

TO: THISTLE TREKKERS & TRAINING PARTNERS

FROM: COACH RON GUNN

DATE: August 29, 2024

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CAIRN STONE HIKERS MASTER ROADRUNNER TRAILS!

ROADRUNNER TRAILS: A nice turnout toured the Roadrunner Trails and got sharp for our trip to Scotland. Special thanks to Kate, Jay and Larry for marking the trails and to SMC for keeping the trails in great shape! We also appreciate the clean restrooms and hospitality of the *Dowagiac Elks*. The Jog Pot was touching and really helps.

POTATO CREEK: Our final scheduled hike before Scotland will be held at **Potato Creek State Park** this **Saturday, August 31 starting at 8:00AM**. We will meet at the Boat Rental parking lot which is one stop before the beach. Course distances offered for the hikes include 15.5, 8.8, 5.0 and 2.4 miles. I also can assign a course for 20 miles if anyone is interested but I feel that 15.5 is good for our taper for Scotland. There is an admission for the park (\$7/\$9). There will be no Jog Pot - Our hiker's contributions have been wonderful!

DIRECTIONS: Potato Creek State Park, Turn left at the T, go about 5 miles, look for the Boat Rental signs, parking lot is on the right. Look for driving map links in the next email along with your course map.

REHYDRATION: I am going to recommend *Jesus Latin Grill* in Mishawaka as our rehydration station. It is a really cool, relaxed spot and features great spirits and food. This has been a very hectic time for me but I am going to try and make it.

SCOTLAND UPDATE: Everyone's attitude on the Scotland teams has been great and I am planning on adding tech long sleeve shirts with a special Scotland design. These shirts will be awarded at our reunion party at the Elks following the third and fourth trips. *Fire up!*



Emily Gunn, July 2024