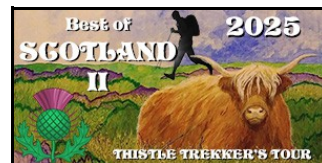




CAIRN STONE 2025 NEWSLETTER



TO: SCOTLAND, UP NORTH & TRAINING PARTNERS

FROM: COACH RON GUNN

DATE: February 20, 2025

574.215.4779

Ron@CairnStoneTours.com

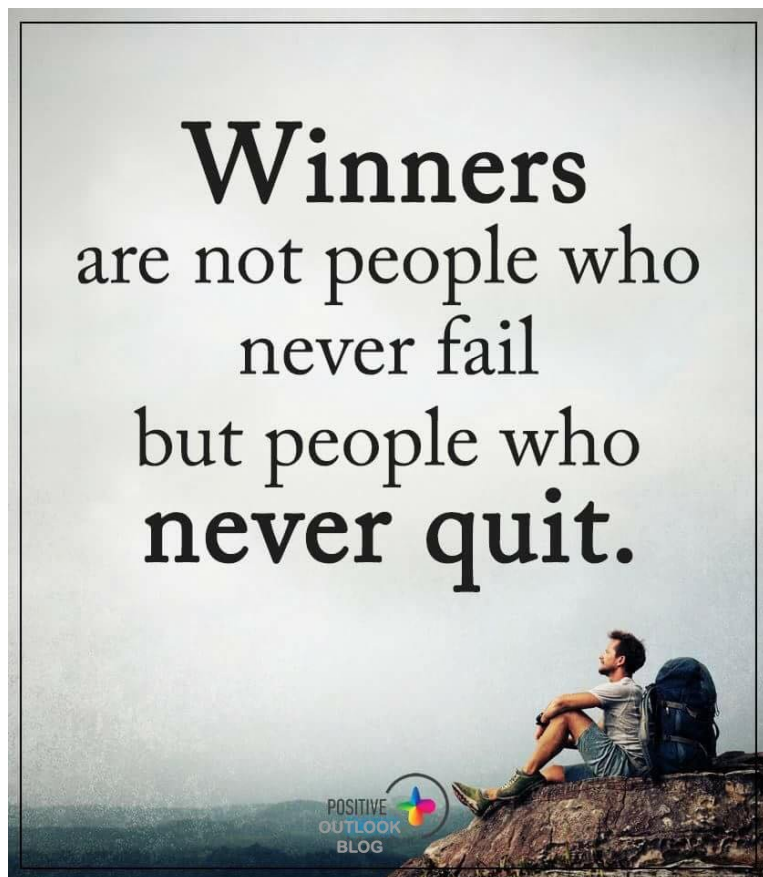
BONUS HIKE ENJOYS MY WEATHER LUCK!

MORRIS FARMS: A small but mighty group enjoyed very good conditions for our Morris Farms bonus hike in Niles. Special thanks to Jay and Kathy Crouch and their daughter Erin, who was a great host at the *Iron Shoe*!

LAWLESS: Our next training hike is scheduled for **9:00AM this Saturday, February 22** at **Dr. T. K. Lawless County Park** just southeast of Vandalia, Michigan. Courses of 16.1, 13.1, 8.2, and 10k will be set up. Scott Wyman and Jay Wade [Of the Cass County Parks department] have worked very hard to groom and mark the course. I sent savvy Cairn Stone vet Jim Brandner out, with his wife June, to scout out the course and they said it was very hike-able but be prepared for a challenging workout! I am very appreciative of the Brandner's help and advice. Cleats and crampons may be helpful along with trekking poles and use caution on the roads. Modern restrooms and a roaring fire will be at the start and finish.

DIRECTIONS: Lawless Park (15122 Monkey Run, Vandalia, MI) [Map Links in email]

REHYDRATION: Lindy's Restaurant will be our rehydration station. [57983 M-62, Cassopolis, MI]



2025 THISTLE TREKKERS: Please let Thom know when you have completed your **ETA**. Also review all the notes on the **Travel Tips** page to help prepare for your stay in and travel to Scotland.

[Thom@CairnStoneTours.com 269.462.0683]