

CAIRN STONE 2024 TRAINING NEWSLETTER

TO: THISTLE TREKKERS & TRAINING PARTNERS

FROM: COACH RON GUNN

DATE: April 10, 2024

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BIG GAINS AT SPUD CREEK!

POTATO CREEK: We had a nice turnout tour the beautiful trails of *Potato Creek State Park* and reap some good training gains. Special thanks go to Jay, Kathy, Terri, Larry, Rob, Lee and Gary for their help on setting up the course.

SWISS VALLEY: Our next training hike will be this **Saturday, April 13** at **Swiss Valley Ski Area** and the weather will be wonderful with clear skies and a high of 63°. Course distances of 14.4, 8.4 and 6.0 miles will be available. At **8:30** there will be an essential course briefing. PLEASE NOTE THAT THE STARTING TIME OF 8:30AM IS MANDATORY! IT IS EXTREMELY IMPORTANT THAT EVERYONE ATTEND THE COURSE BRIEFING! No early or late starts. Thanks for your cooperation.

REHYDRATION: Our rehydration station is the *Friendly Tavern and Grille* in nearby Jones.

DIRECTIONS: Swiss Valley Ski Area, 13421 Mann St, Jones, MI [Driving map links in email]

COURSE MAPS: Course maps will not be emailed. Because of the importance of the course briefing maps will be handed out during the course briefing.

