

TO: THISTLE TREKKERS & TRAINING PARTNERS
FROM: COACH RON GUNN
DATE: July 17, 2024

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LOVE WINS AT THE CREEK !

LOVE CREEK: We had a fired up group of beautiful people put in a lovely effort at the beautiful Love Creek park! Close to 90 trekkers toured the course in rapid time on this very lovely day. The weather was much cooler than usual for July and most of our Cairn hikers enjoyed the routes. **Special notice** goes to Dave Dits and Tom Wisniewski for their great job of marking the course and to Gary Kachur for his usual super aid station. And the staff at Love Creek are very supportive and had the trails in great shape!

Good Samaritan: I filled in at Gary's aid station while he helped a lost elderly woman found lost and confused along the road. It's a long story but 4 or 5 hours later, with help from local authorities, they located her residence and returned her home safely.

NEXT HIKE: Our next training hike will be this **Saturday, July 20** at **Madeline Bertrand County Park in Niles**. All hikes will start at **8:00AM**. Course distances offered will be 6.1, 10.0, 12.4, 16.0, 20.0 and an *extra credit* 22.4 miles. There are modern restrooms at the start in the Nature Center. Please pay your park fee at the entrance (\$3 Berrien County, \$5 others). There will be no Jog Pot this week as participants have been wonderful! **THANK YOU!** The weather forecast looks pretty good being dry and with temps predicted for the 70'S°.

REHYDRATION: Our rehydration station will be the *Iron Shoe* in Niles, MI.

DIRECTIONS: Look for driving map links in the next email along with your course map.

COURSE MAPS: Course maps will go out on Friday to print for your hike.

SCOTLAND UPDATE: Despite a *knuckleball* in my direction, everything is looking great for our Scotland trips! My cardiac doctor wouldn't give me final clearance to go on the scout trip with my family until I had a procedure done so I had to send my family on and the setup is going great. All the hikes, hotels, airlines and ground transportation were in place but I just wanted to make sure. My family and I have hiked Scotland several times and I was disappointed I couldn't go but I will be there for the trips. I have included some of their photos. We will also have a comprehensive orientation program soon.

SCOTLAND OPENING: We still have a spot for one female hiker on trip 4.

Contact Thom for details. 269.462.0683 Thom@CairnStoneTours.com

PASSPORT INFO: We need to get names on tickets for trips one and two **very soon**. To avoid delays your passport information and ticket must match. Also, send your United and/or TSA numbers. [Thom@CairnStoneTours.com]

STEVE'S RUN: The 50th Steve's Run is being held this Friday evening. I would love to have your support for this beautiful event.

"Not everyone in this race today knows Steve Briegel. But everyone here knows someone who has matched his courage in fighting cancer."

Coach Gunn [at the start of Steve's Run]