

TO: THISTLE TREKKERS & TRAINING PARTNERS

FROM: COACH RON GUNN

DATE: June 19, 2024

574.215.4779



Ron@CairnStoneTours.com

CAIRN STONE HIKERS GET IT DONE IN THE DUNES!

INDIANA DUNES: Cairn Stone hikers enjoyed a good day of resistant training in the wonderful dunes and trails along the beautiful Lake Michigan coast. Although not quite as large as some of our previous groups, our trekkers showed great spirit and achieved solid rewards for taking on the hills and bogs of Scotland. Special thanks to Doug, Peggy, Jay, Kathy and Gary for their valuable help on this hike.

POKAGON STATE PARK: Our next training hike will take place at the beautiful **Pokagon State Park** near Angola, Indiana on **Saturday, June 22**. Because of the predicted heat for this coming weekend I will be offering shorter hikes of 11.2 and 5.0 miles. From a coaching standpoint this is fine because we have no extreme hike in Scotland. If someone wants to risk it they can seek more mileage on their own. I am also adjusting the start times by offering an open hike **between 7:00AM and 9:00AM**. We will have several hikers choose to stay overnight at the lodge. We will start and finish at the *Potawatomi Lodge* restaurant entrance area. Modern restrooms are available there. There is an entrance fee for each car and some will carpool to ride together. It will be hot and there will be only one aid station - **Bring plenty of water and electrolyte supplements**. The aid station will be at the *Spring Shelter* near the 4.6 mile mark.

REHYDRATION: Our rehydration station for after the hikes will be named at the start.

DIRECTIONS: Look for driving map links in the email with the course map. (I-80/90 exit south at I-69, follow park signs). Park fee: \$7 Indiana \$9 Others

COURSE MAPS: Course maps will go out on Friday for you to print for Saturday's hike.

SCOTLAND OPENINGS: Presently we have openings for two female hikers, one each on trips 3 and 4. This is a rare opportunity at this late date to get assigned to a hiking tour of Scotland. There's plenty of time left to train and to get in shape.

Contact Thom for details if interested. 269.462.0683 Thom@CairnStoneTours.com

PASSPORT COPIES: 52 received of 96. Trips 1 and 2, send to Thom Thank you!

