

TO: THISTLE TREKKERS & TRAINING PARTNERS

FROM: COACH RON GUNN

DATE: August 1, 2024

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BONUS HIKE GOES WELL AT SAUGATUCK !

SAUGATUCK: We had 40 trekkers enjoy this lovely and challenging bonus hike! It was a beautiful day full of sunshine. **Special thanks** go to Jay and Kate Crouch for marking the course, to Thom for getting a last minute newsletter out, to Dave Dits, Tyler Dits and Ray Tomes for picking up the course and to Heather Birky and Lori Secor for bringing extra maps. I also want to thank Karen Mackowiak and Jim Manore for bringing a delicious, ice cold root beer from, the barrel stand down the street.

LAWLESS PARK: Our next training hike will be this **Saturday, August 3** at **Dr. T. K. Lawless County Park** east of Cassopolis. The hikes will start at **8:00AM** and distances included are 18.0, 13.1 (½ marathon), 6.7 and 3.1 miles. As coach, I am establishing 18.0 miles as a goal distance considering the warm weather and our Scotland challenges. There are modern restrooms at the start. Please pay the park fee into the Jog Pot and not at the entrance gate.

DIRECTIONS: Located on Monkey Run Street, nine miles east of Cassopolis, off M-60 and Lewis Lake Road. 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.

REHYDRATION STATION: Our rehydration will be our long time favorite, Lindy's Restaurant.

NIGHT HIKE: Please note that we will have another **bonus hike on Friday, August 9** at **Lawless Park**. It will be our second **Perseid Meteor Shower** viewing at Lawless Night Sky Park. This was very successful last year and this year they have added live music and refreshments.

