

CAIRN STONE 2024 TRAINING NEWSLETTER

TO: THISTLE TREKKERS & TRAINING PARTNERS

FROM: COACH RON GUNN

DATE: May 22, 2024

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HEAVEN'S GATE AT DEVIL'S LAKE!

DEVIL'S LAKE: There truly was a Heaven's gate at Devil's Lake for our hikers. It was a gorgeous day to trek this wonderfully beautiful and very challenging course. Our return to this Cairn Stone iconic course certainly didn't disappoint. Many of our hikers hit the extra credit goal of 18 miles! Special thanks need to go to Marty and Kathy Flynn, Deborah and Chris Beckman and Thom Janssen for their outstanding help.

ROADRUNNER TRAILS: Our next training hike will be this **Saturday, May 25** at Roadrunner Trails with the Trailhead at the **Elks lodge**. There will be a lecture on preparing your day pack for the wilderness back country at **8:00AM** and at 8:20AM we will start hikes of 18.0, 10.0, 8.0 and an extra credit hike of 20.0 miles. The weather looks great for Saturday! It is golf season. Please park at the far end of the parking lot, closest to Hill Street.

REHYDRATION: We will rehydrate at *The Wounded Minnow* in downtown Dowagiac.

DIRECTIONS: Elks Lodge, 300 Riverside Drive, Dowagiac, Michigan [Corner of Riverside and Hill]

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

SCOTLAND UPDATE: We will be sending out the updated trip assignments and instructions to all our *Thistle Trekkers* by Friday.

SCOTLAND OPENINGS: Presently we have one opening for one female hiker and another for a male hiker. This is a rare opportunity for two Training Partners to get on the hiking tour of Scotland. Contact Thom for details if interested. 269.462.0683 Thom@CairnStoneTours.com

