

# CAIRN STONE 2024 TRAINING NEWSLETTER

TO: THISTLE TREKKERS & TRAINING PARTNERS

FROM: COACH RON GUNN

DATE: April 25, 2024

574.215.4779

Ron@CairnStoneTours.com



## CAIRN STONE HIKERS SHOW GRIT AT SWISS VALLEY

**SWISS VALLEY:** Our Cairn Stone hikers had a very positive response to our toughest training challenge to date. They conquered many tough hills and rough ground with determined effort! We had 101 tackle the course with a great attitude. Special thanks go to Thom Janssen, Tom Wisniewski, Jim D'Haenens, Gary Kachur, Gretchen Allison, Nancy Myers, Beth Curtis, Pat Gilmore and Kathy Roschek. It was a tough set up! And the Jog Pot was great! Thank you!

**GRAND MERE:** Our next training hike will be this **Saturday, April 27** at **Grand Mere State Park**. We will meet at North Lake Park for a lecture on *Loading Your Daypack for Scotland* at **8:30AM** if weather permits. Our hikes of 15.7, 9.4, 7.6 and 5.0 miles will start at 9:00AM. I also plan to finish taking head shot photos for a display at Devil's Lake as we work to galvanize our team for Scotland.

**REHYDRATION:** Our rehydration station will be the *Watermark* in nearby Stevensville pending the availability of the *Grand Mere Inn* food truck.

**DIRECTIONS:** North Lake Park, 3600 Grand Mere Road, Stevensville, Michigan. (I-94 exit 22, west 1,800' on Grand Mere) The Watermark Brewing Company, 5781 St. Joseph Avenue, Stevensville, Michigan (1.4 miles east on Grand Mere/John Beers, R on St. Joseph) [Driving map links in email]

**COURSE MAPS:** Course maps will go out tomorrow for you to print and a final decision on rehydration location.

**SCOTLAND:** I am excited to announce that trip assignments have been made and the list will be mailed soon to all Scotland participants.



“Carry as little as possible,  
but choose that little with care.”

Earl Shaffer

