

TO: THISTLE TREKKERS & TRAINING PARTNERS

FROM: COACH RON GUNN

DATE: July 3, 2024

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WE HAD 27 BAD ASS HIKERS AT POKAGON STATE PARK!

POKAGON PARK: It was definitely quality and not quantity turnout for this beautiful challenge on a very HOT day! It was hot but a nice breeze and mercy from the coach made the day worthwhile. Most people nailed the 11.0 or the 8.0 mile course. Special thanks go to Jay, Kathy, and Larry for setting up the course. Also kudos to Thom Janssen and Dave and Karen Laetz.

LOVE CREEK: Our next training hike will be at **Love Creek County Park** this **Saturday, July 6**. All hikes will start at **8:00AM** and the distances will be 6.2, 10.0, 20.2 and an extra credit 22.4 miles. There are modern restrooms at the start in the Nature Center. Please pay your park fee into the Jog Pot (\$3 Berrien County, \$5 others). The weather forecast looks pretty good with temps predicted between 66° and 76°.

REHYDRATION: Our rehydration station will be the *Old Tavern Inn* in Sumnerville. [10 min.]

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

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

SCOTLAND OPENINGS: We still have spots for two female hikers, on trips 3 and 4.

Contact Thom for details. 269.462.0683 Thom@CairnStoneTours.com

