

**TO:** THISTLE TREKKERS & TRAINING PARTNERS**FROM:** COACH RON GUNN**DATE:** June 6, 2024

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## **GREAT DAY ON THE TRAILS!**

**ROADRUNNER TRAILS:** We had a beautiful day to hike these wonderful trails and gained substantial training benefits. We had 86 participants on the holiday trek. Special thanks go to Jay, Kathy, Larry and Gary for their awesome help! The Jog Pot was great—Thanks! Also special thanks to Jeff Gunn for picking up extra red cones for me.



**INDIANA DUNES:** Our next training hike will be at the **Indiana Dunes State Park** near Chesterton on this **Saturday, June 8**. We will meet at **8:00AM** (CST) or 9:00AM (EST) at the pavilion. There will be a brief lecture and then hikes will start of 19.1, 18.5, 10.0 and 8.75 miles set up on this beautiful layout. Everyone should plan to pay park admission. [\$7 Indiana, \$9 others] There will be no Jog Pot—You people have been wonderful! There are modern restrooms at the start and finish and one on the course.

**REHYDRATION:** Our rehydration station will be the really cool *Ghost Isle Brewery* in New Buffalo.

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

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

**SCOTLAND OPENINGS:** Presently we have openings for two female hikers and one male hiker. This is a rare opportunity at this late date to get assigned to a hiking tour of Scotland. And with 90 days or so left to train, there's time to get in shape. Contact Thom for details if interested. 269.462.0683 Thom@CairnStoneTours.com

**After a day's walk, everything  
has twice its usual value.**

— George Macauley Trevelyan

