

**TO:** THISTLE TREKKERS & TRAINING PARTNERS

**FROM:** COACH RON GUNN

**DATE:** August 7, 2024

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### GUTTY EFFORT AT LAWLESS!

**LAWLESS:** Our hikers demonstrated great determination and hustle for a very warm and humid hike on these tough trails. Special thanks to Gary Kachur and Jay Wade for their help and to Scott Wyman for a great job of marking the course. Our Jog Pot was strong and the Cass County Parks Department really appreciated it! Also thanks to Mickey, Mary, Dawn, Stormy, Pam, Kathy, Randy, Tim and Jan for the special libations.

**SCOTLAND ORIENTATION:** I will conduct a Scotland orientation with updated materials and pre trip tips at **8:00PM** in the shelter at Lawless Park before Sunday's bonus hike. The updated orientation materials will be mailed to all Thistle Trekkers on Monday and those that attend will be able to ask questions.

**BONUS HIKE:** Our bonus hike and **Meteor Watch Night** hike has been rescheduled for this **Sunday, August 11**. The weather forecast is much better for clear skies to view the meteor showers. The hikes will start at **9:00PM** after the Scotland orientation and update. There will be no music or entertainment but I will have Windmill cookies and water – you may bring your own refreshments. Your course map is included with this newsletter. **Please print the map and bring it with you.**

**NIGHT HIKE TIP:** Use the red light on your headlamp to keep your night vision.

**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.