

CAIRN STONE 2024 TRAINING NEWSLETTER

TO: THISTLE TREKKERS & TRAINING PARTNERS

FROM: COACH RON GUNN

DATE: May 7, 2024

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GREAT JOB AT GRAND MERE

GRAND MERE: We had a sweet turnout of 84 hikers tackle this challenging hike on a beautiful day for hiking! This was the second leg of a punishing dual of tough hikes. The weather was much better than expected. And special kudos to Dave and Karen Laetz who did a wonderful job of marking the course, picking up the course and making a super map! Also thanks to Chris Ringer and Daryl Boughton for their help with maps and aid.

DEVIL'S LAKE: Our next training hike will be a special trip to our classic hike at Devil's Lake, Wisconsin. The bus will depart on Saturday but the actual hike will begin at 9:00AM on Sunday, May 12 at *Parfrey's Glen* trailhead. Hike distances of 18.0, 15.0, 12.3, 9.1, 2.6 and 1.4 miles will be offered. There is a modern restroom at the start. The finish for all hikes will be at the Chateau Beach House on the north shore of Devil's Lake. With Thom's help I will have a team photo board at the finish checkpoint. Coach Gunn will instruct all hikers on how they can achieve their hiking goal. Also, **by separate email, all participants will receive a detailed itinerary and course maps for all hikes.**

Please print everything and bring to Devil's Lake.

REHYDRATION: We will Jog Pot beverages at the finish and we will talk about dinner plans for the evening to celebrate conquering Devil's Lake.

DIRECTIONS: Parfrey's Glen, 1377 County Rd DL, Merrimac, WI [Driving map links in Devil's Lake email]

COURSE MAPS: Course maps and the itinerary will email to all participants for you to print.

