CAIRN STONE

2024 TRAINING NEWSLETTER

TO: THISTLE TREKKERS & TRAINING PARTNERS

FROM: COACH RON GUNN **DATE:** August 15, 2024

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HEAD LAMP HIKERS ENJOY BEAUTIFUL EVENING!

LAWLESS NIGHT SKY: Our *Dark Sky* hikers got the job done on a beautiful, cloud free evening. Special thanks to Scott Wyman for setting up the course and building a fire. The Scotland orientation went well also. And the Jog Pot earned \$104 for the *Cass County Night Sky* program. THANK YOU!

ROADRUNNER TRAILS: Our penultimate training hike for Scotland will be this **Saturday**, **August 17** on Roadrunner Trails. We will meet at **8:00AM at the Elks Club** for an update and course briefing. At 8:15AM we will start hikes of 20.4, 16.0, 10.1 and 8.1 miles on this beautiful all trail course. Remember to park away from the clubhouse in order not to deter golfers. Also, perhaps I can get some of the *Trip 2 crazies* to arrange a hike for September 14.

DIRECTIONS: In Dowagiac on the corner of Riverside Drive and Hill Street. Look for driving map links in the next email along with your course map.

REHYDRATION: We will rehydrate at the Wounded Minnow in downtown Dowagiac.

scotland trips next month have been sent out and the website updated. Please double check to be sure you are prepared and that you pack everything [see the orientation sheet and Travel Tips web page]. I want to thank you for your understanding and cooperation with some of our lodging. We were fortunate to secure lodging in remote and beautiful places with rustic charm. I am excited to show you some of the most beautiful parts of Scotland and for the wonderful memories that I know you will make to take home with you!



