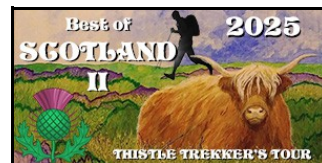




## CAIRN STONE 2025 NEWSLETTER



**TO:** SCOTLAND, UP NORTH & TRAINING PARTNERS

**FROM:** COACH RON GUNN

**DATE:** March 5, 2025

574.215.4779

Ron@CairnStoneTours.com

### LAWLESS PARK WAS LOVELY!

**LAWLESS PARK:** Thanks to the Cass County Parks Department our hike at snow covered Dr. T. K. Lawless Park was beautiful! The groomed trails offered an excellent opportunity to get in a tough and much needed workout. Special thanks also go to Jim and June Brandner, Marty Flynn, and Thom Janssen. And the parks department also appreciated the generous Jog Pot! Thank you.

**POKAGON PARK:** Our next training hike is this **Saturday, March 8 at Pokagon State Park** near Angola, Indiana. The hike will start at **10:00AM** and we will meet in the lobby of the Potawatomi Inn restaurant for a hike briefing. The course distances are 10.9 and 18.7 miles. Shorter hikes can be arranged.

**DIRECTIONS:** Pokagon State Park, Potawatomi Inn, use east entrance. [Map Links in email]

**REHYDRATION:** Potawatomi Inn and other options mentioned at the briefing.

**HIKE THE JACK:** We will have the *Pathfinder Awards* available at the hike for those who navigated the *Hike the Jack* course to find the sculptures and historic mansions in Dowagiac.

**SCHEDULE UPDATE:** Please see the attached updated hike training schedule.



**2025 THISTLE TREKKERS:** Please let Thom know when you have completed your **ETA** (Electronic Travel Authorization). Also review all the notes on the *Travel Tips* page to help prepare for your stay in and travel to Scotland.

**2025 UP NORTH:** About 55% have responded to the March 1 Action Item email. We will begin assigning people to a trip after we hear from everyone. **Please do it now.** Also, while we like your eagerness, please do not send money until you are offered a spot. Contact Thom with questions.

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