



MOUNTAIN SHEEP NEWSLETTER

TO: 2011 Grand Canyon VIII Team & Devil's Lake hikers

FROM: Coach Gunn

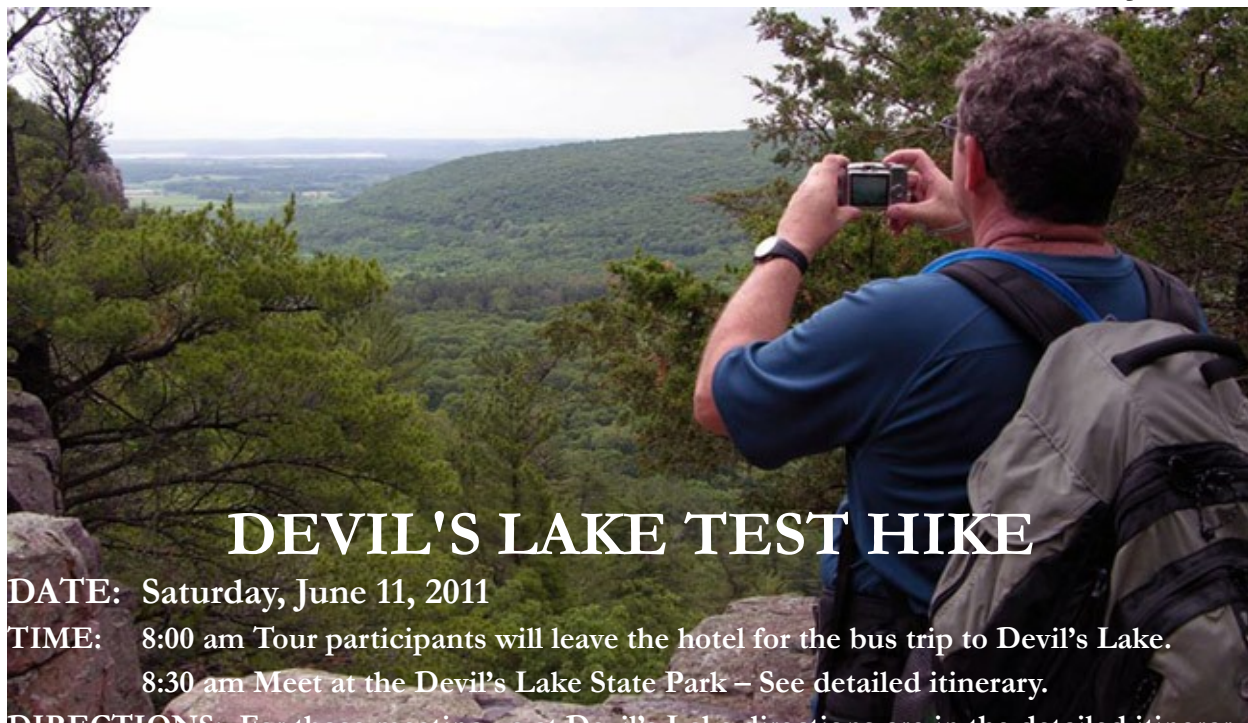
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Year 8, DEVIL'S LAKE ISSUE

April 13, 2011



DEVIL'S LAKE TEST HIKE

DATE: Saturday, June 11, 2011

TIME: 8:00 am Tour participants will leave the hotel for the bus trip to Devil's Lake.

8:30 am Meet at the Devil's Lake State Park – See detailed itinerary.

DIRECTIONS: For those meeting us at Devil's Lake directions are in the detailed itinerary.

MANDATORY QUALIFIER: This *Test Hike* is mandatory for all participants who want the opportunity to advance to the final *Test Hike* at Manistee. Your cooperation with the high standards set for this program is greatly appreciated.

GROUP TRIP: Just as past years, a group trip has been organized at a very fair price. The *Test Hike* is mandatory for anyone considering going on one of the below rim hikes. However, the group tour is not mandatory and participants may choose to travel to Devil's Lake on their own. Devil's Lake is a super destination in itself and I expect some non-Grand Canyon people to attend.

COURSE: The course is a very worthy test hike site. It is beautiful, challenging, and it will give participants a good feel for where they are in their training for a *below the rim* hike. Maps complete with narrative will be distributed at an on site pre-hike orientation. The hike distances are listed below:

| <u>DISTANCE</u> | <u>HOF</u> | <u>CHK PTS</u> | <u>YOUR HIKING GOAL</u> |
|-----------------|-------------|----------------|---|
| - 16.0 miles | 5 ½ – 7 hrs | 3 | PLATEAU POINT HIKE & RON'S BELOW THE RIM |
| - 19.0 miles | 7 - 8 ½ hrs | 4 | RIM TO RIM & ZION DAY-LONG OPTIONAL HIKES |
| - 8.1 miles | N/A | 0 | ABOVE THE RIM HIKES |
| - 6.7 miles | N/A | 0 | ABOVE THE RIM HIKES |
| - 2.1 miles | N/A | 0 | ABOVE THE RIM HIKES |

CHECK POINTS: There will be four (4) check points on the 19.0mile hike and there will be three (3) checkpoints on the 16.0 mile hike. Hikers will log in at each check point and will be given a colored day pack tag for each station. All hikers' physical condition will be monitored at each



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checkpoint. There will be no tags for the above rim hikers. We will have one bus and one Jeep on site. As they fill, we will transport hikers back to the hotel. Everyone should be off the course by 5:30 pm. There will be a reception at the hotel following the hike honoring everyone's achievements.

EQUIPMENT: Equipment needed for the test hike includes a well packed day pack , hiking shoes, performance underwear, shirts and pants, rain jackets and trekking poles. The trekking poles should have rubber tips available. Cell phones are also a good idea, but two way radios may work better (we will use channel 7). **Grand Canyon veterans will do a day pack inspection** and award the first tag prior to the hike. Your bag should be packed as it will need to be for your Grand Canyon hike. Use the checklist on the [Lecture Notes](#) page under *TRAINING* on the web site. [You should be using powdered or tablet electrolytes by now] (Email [Thom](#) if you have login issues.)

CELL PHONE LIST: I will give you a master cell phone list of all check point inspectors and participants. This is for safety reasons. However, reception can be hit or miss. The good news is that this is not the Grand Canyon as far as remote wilderness is concerned. The park is surrounded by county roads and you shouldn't perish in the back country if you become lost or injured.

AWARDS: All participants will also be awarded a custom t-shirt at the reception in the courtyard at the hotel.

RECEPTION: Our hotel has an oversized Jacuzzi and a large indoor swimming pool. This will allow for an excellent recovery. A lounge and courtyard are adjacent and Jog Pot "re-hydration" will be provided. This weekend will be great for building team spirit!

WEB SITE LINKS:

[DEVIL'S LAKE PARK MAP](#)

[BAYMONT INN](#)

[BAYMONT INN MAP](#)

[DEVIL'S LAKE PARK](#)

[GREENWAY STATION](#)

[GEORGE'S CHOP HOUSE](#)

[BIAGGI'S RISTORANTE ITALIANO](#)

[FONTANA SPORTS](#)

[STATE STREET PEDESTRIAN MALL](#)

VIDEOS:

[PARFREY'S GLEN FROZEN](#)

[VIEWS OF DEVIL'S LAKE](#)

