



# MOUNTAIN SHEEP NEWSLETTER

TO: Grand Canyon VI Team & Training Partners 2009

FROM:

Coach Gunn

574.215.4779

CairnStoneAdventureTours.com

rorgunn3@verizon.net

Year 6 DEVIL'S LAKE ISSUE

May 25, 2009



**Date:** Saturday, May 30, 2009

**TIME:** 8:15 am Tour participants will leave the hotel for the bus trip to Devil's Lake.

8:40 am Meet at the Devil's Lake State Park – See itinerary on page 3.

**DIRECTIONS:** For those meeting us at Devil's Lake see the directions on page 4.

**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:** The *Test Hike* is mandatory for anyone considering going on one of the below rim hikes. While the group tour was not mandatory and participants could choose to travel to Devil's Lake on their own, they will miss some of the team building experience. Devil's Lake is a super destination in itself and we have some non-Grand Canyon people again this year.

**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>ETA</u>	<u>CHK PTS</u>	<u>YOUR HIKING GOAL</u>
- 19.0 miles	7 - 8 ½ hrs	4	RIM TO RIM & WEST RIM TRAIL, ZION
- 16.0 miles	5 ½ – 7 hrs	3	PLATEAU POINT & GRAND VIEW 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



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**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 checkpoint. There will be no tags for the above rim hikers. We will have one bus and one van on site. As they fill, we will transport hikers back to the hotel. Everyone should be off the course by 6:00 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 shirts and pants, rain jackets and trekking poles. The trekking poles should have rubber tips for use on some parts of the course. Cell phones are also a good idea. Grand Canyon veterans will do a day-pack inspection and award the first day-pack tag prior to the hike. [WEB LINK](#)

**CELL PHONE LIST:** I will give you a master call phone list of all check point inspectors. Please download from my web site and print the GC6 cell phone list for participant phone numbers. 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. [WEB LINK](#)

**AWARDS:** All trip participants will also be awarded a custom t-shirt.

**RECEPTION:** Our hotel has a large indoor swimming pool and Jacuzzi. This will allow for an excellent recovery. A lounge and courtyard are adjacent and 2 for 1 "re-hydration" will be available. This weekend will be great for building team spirit!

**ITINERARY:** You will find a detailed itinerary on pages 3 and 4. You will want to cut out the Pocket Itinerary on page 5 for your convenience and it has the Inspector phone numbers.

**WEB SITE LINKS:**

[DEVIL'S LAKE PARK MAP](#)

[DEVIL'S LAKE PARK](#)

[BAYMONT INN](#)

[BAYMONT INN MAP](#)

[GREENWAY STATION](#)

[GEORGE'S CHOP HOUSE](#)

[BIAGGI'S RISTORANTE ITALIANO](#)

[FONTANA SPORTS](#)

[STATE STREET PEDESTRIAN MALL](#)

[PARFREY'S GLEN FROZEN](#)

[VIEWS OF DEVIL'S LAKE](#)

[JUNE 2008 FLOODING](#)



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## ITINERARY

### Friday, May 29, 2009

- 8:30 am** Bus will be available for loading at the SMC Niles Campus parking lot. The SMC Niles Campus is at the intersection of US 12 and Reum Road southeast of Niles (where US12 and M60 intersect). **Please dress** in hiking /running clothes and we will have a neat hike/run before we get to the hotel.
- 8:45 am** Promptly leave campus.
- 9:30 am** Short rest stop at Lincoln Oasis in Harvey, IL.
- 11:30 am** Lunch stop at Belvedere Oasis in Belvedere, IL.
- 1:00 pm** Restroom stop at Wisconsin Welcome Center (I will meet you there)
- 2:30 pm** Arrive at Olin-Turville Park. Run/walk will start here.
- 5:00 pm** Load bus at Great Dane Pub & Brewing Company in Madison (A short tour of University of Wisconsin en route.)
- 5:30 pm** Arrive at lodging: Baymont Inn & Suites, 8102 Excelsior Drive, Madison, WI 53717. Relax and enjoy the Jacuzzi, pool, and 2 for 1 drinks at the Baymont Pub.
- 7:00 pm** Team meeting in the courtyard area.  
Following the meeting we will go to the upscale Greenway Station area for dinner. See flyer in your packet for a list of restaurants and their phone numbers for reservations. Additional restaurants nearby include George's Chop House ( 608-827-0334) and Biaggi's Ristorante Italiano (608-664-9208).

### Saturday, May 30, 2009

- 7:00 am** Continental breakfast at hotel (remember it is 8:00 am body time).
- 8:00 am** Load bus and leave for Devil's Lake.
- 8:40 am** Arrive at Devil's Lake (Parfrey's Glen) and start hikes  
A series of hikes will be set up ranging from 1.1 miles to 19 miles. Those taking the shorter hikes will have the option of spending some time on the beautiful village square of Baraboo, just a couple of miles outside Devil's Lake State Park. All hikes will end at the Chateau Beach House on the North Shore. I estimate that the longer hikers will start finishing around 4:00 pm. As the bus and van fill we will return to Madison. I am planning that everyone will be off the course by 6:00 pm.  
**Complimentary beverages at the finish.**



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**6:15 pm** Hospitality starts with 2 for 1 drinks in the Suak Valley Lounge at the hotel. This is where we see the *Spotted Cow* and get *Totally Naked*. A team meeting will be held to congratulate all hikers on conquering Devil's Lake. Plans will be made for dinner in the Greenway Station area. Hardier souls may want to venture down to State Street for the evening. A coaching hint for those going to Greenway Station – Cold Stone Creamery is well worth the stop after dinner.

## Sunday, May 31, 2008

**7:00 am** Continental breakfast at the hotel.

**8:30 am** Load bus for hikes on the University of Wisconsin shoreline trails, including one of the most romantic spots in the USA – Picnic Point.

**Noon** Check out and load bus for State Street/Capitol Square area for lunch and shopping.

**2:30 pm** Load bus at Capitol Square and return home (I plan on riding the bus home with you).

**8:30 pm** ETA at SMC Niles Campus

## OTHER INFORMATION FOR THOSE DRIVING TO MADISON, WI

**WHERE TO MEET US:** Those hikers who did not take the bus should meet us at:

- The **Baymont Inn by 8:00 am on Saturday** morning to follow the bus. OR
- The **South Shore parking lot of Devil's Lake State Park by 8:35 am.**

Directions are listed below. **Do not** go to Parfrey's Glen as you will have a long hike back to your car when you finish the Test Hike. Also, **do not** go to the North Shore – you will miss us.

**DIRECTIONS:** As you are approaching Madison, WI from the south on I-90/I-39 take the US 12/18 Exit (142) west. Continue west and then north around Madison on US12.

- **For the Baymont Hotel**, exit at Saulk Trail and go west to the first stop light after going under US 12. Turn right and go north to the Baymont Inn & Suites at 102 Excelsior Drive, Madison WI 53717.
- **For the South Shore at Devil's Lake** continue north on US 12 about 28 miles. As you near Baraboo, WI you will pass an abandoned army site and go up a big hill. Once up the hill look for signs for Devil's Lake. You will turn back east (right) and take the South Shore entrance to the parking lot.



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## POCKET ITINERARY

### Friday, May 29, 2009

- 8:30 am** Bus loading at the SMC Niles  
**8:45 am** Promptly leave campus.  
**9:30 am** Stop at Lincoln Oasis in Harvey  
**11:30 am** Lunch at Belvedere Oasis  
**1:00 pm** Restroom stop at Wisconsin  
Welcome Center  
**2:30 pm** Arrive, Run/walk will start here.  
**5:00 pm** Load bus at Great Dane Pub &  
Brewing Company  
**5:30 pm** Arrive at Baymont Inn & Suites  
**7:00 pm** Team meeting in the courtyard  
**7:30 pm** Following meeting out for dinner.  
George's Chop House ( 608-827-0334)  
or Biaggio's (608-664-9208) or ???.

### Saturday, May 30, 2009

- 7:00 am** Continental breakfast  
**8:00 am** Load bus  
**8:40 am** Arrive and start hikes  
Off the course by 6:00 pm.  
**6:15 pm** 2 for 1 in hotel lounge

### Sunday, May 31, 2009

- 7:00 am** Continental breakfast  
**8:30 am** Load bus for hikes  
**Noon** Check out & load bus for lunch  
and shopping.  
**2:30 pm** Load bus at Capitol Square  
**8:30 pm** ETA at SMC Niles Campus

**RON GUNN 574-215-4779**

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