



MOUNTAIN SHEEP NEWSLETTER

TO: Grand Canyon V Team & Training Partners 2008

FROM: Coach Gunn

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Year 5, ISSUE 17

September 22, 2008

THE HAY IS IN THE BARN!

LAWLESS PARK: Despite some warm rain, the orientation session went very well and many questions were answered. The rain couldn't quell the excitement of our upcoming adventure and several team members tested their performance gear in the rain. Special thanks to Scott Wyman, Director of Cass County Parks, for opening the shelter for us.



Next step...her majesty THE GRAND CANYON!

TRAINING: As far as your training is concerned the hay is in the barn. No more HOF sessions are needed as our hard working *Mountain Sheep* now need to taper and get rested and frisky for the hikes below the rim. Hikes should be limited to 7 miles or less. Your pace should be maintained and perhaps even picked up a little as you maintain your high level of conditioning. In other words, reduce your total mileage but keep your shorter hikes brisk. Continue your core strength training right up to our departure day. Also, because of the reduced training load and calorie expenditure, do your *push aways* (push away from the dinner table early).

PACKING: **Limit your baggage to one carry-on and one suitcase.** I suggest your carry-on to be your back pack. Pack your gear essential to your hike in your backpack and wear your hiking shoes on the plane. Plan for the worst case of your luggage not arriving. With all your essential gear with you on the plane your hike will go as planned. Be sure to remove forbidden items such as your knife, trekking poles, any liquids over 3 oz. and perhaps unmarked bags of powder. Put them in one large baggy in your checked luggage so you have just one thing to grab to reload your back pack Saturday night. Find details on the TSA web site; [What To Know Before You Go](#).

Your suitcase has a size and weight limitation of 50lbs and 62 linear inches (Length + Width + Height). Over this and you could pay as much as \$250 penalty. Your back pack is your one carry on piece, other than a small purse or camera bag anything else may be assessed a penalty fee by the airline. United now charges \$15 for the first checked bag and \$25 for the second. We will talk more of this on the shuttle bus, but some of our past travellers found it convenient to pay the \$5 at the curb to check their bag rather than dragging them inside and waiting in line. It is your choice. More information about United's current baggage policy can be found at this [web site link](#).

SHOW ME THE MONEY: Great job of getting your final payments in to me on time!

CONTACT ME: If you plan to meet us at Chicago airport please drop me an email so that I will not plan for you on the shuttle bus. We have had a good response for the shuttle from the Niles campus so far. However, there remain some I have not heard from so please email me or mail a check ASAP and hopefully we can hold to the \$42 each round trip. In my opinion it's a *no brainer*, the \$42 round trip bus shuttle to the airport is well worth it. This door to door service is great. We are dropped off at our terminal door and picked up just outside baggage claim. We walk out the door, get on the bus and head for home snoozing most of the way.



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SANDHILL CRANE: I really appreciate all the *Mountain Sheep* who either participated or helped at the inaugural Sandhill Crane ½ Marathon and 10k Trail Race. Everyone involved had a great attitude despite the rain and the general consensus was that it is a great trail course.

HIKE CHOICES: I appreciate everyone's cooperation in letting me know what hikes you are interested in doing. If you have questions about any of the proposed hikes that I covered Saturday please call me at 574-215-4779. I was in West Virginia all weekend with a bus load of students white water rafting on the Gauley River. What a great trip we had!



WEB SITE REMINDER: [A message from Thom]

I have opened the web site coaching section so no login is required during the time of our trip. You may want to review the information there. The most current and useful information is either on the TRIP INFO page has a link to it from that page. I have adding photos of Bryce and Zion. Photos of North and South Rims are already posted.

“The trail is the thing, not the end of the trail. Travel too fast and miss all that you are travelling for!”

Louis L'Amour





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