



MOUNTAIN SHEEP NEWSLETTER

TO: Grand Canyon VI Team & Training Partners 2009

FROM: Coach Gunn

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Year 6, ISSUE 18

October 14, 2009

MAGNIFICENT EFFORT IN THE MAJESTIC SOUTHWEST!

WOW, WHAT AN INCREDIBLE TRIP!: You guys were totally awesome – not only on the trails but as a group. I don't know how I am going to top this one for achievement, weather and group fun. Due to your hard training and brilliant strategy everyone was out of the Canyon before 7:00PM on our two major below the rim hikes and I was at dinner before 8:00PM.

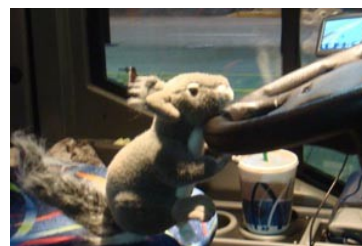


The South Rim Half Marathon, and our Zion West Rim, East Rim and Narrows hikes also went very well. And Terri Lies showed great courage and grit in getting out of the Canyon after an unfortunate incident where she broke her ankle. This is truly a case of ***out of adversity comes greatness.***



PARTY: Our team celebration is scheduled for **Sunday, November 8th at 2:00PM** in St. Paul's Parish Hall in Dowagiac. I will provide meat, beverages (including wheat juice) and plastic ware. Please bring a dish to pass. I also plan to invite all Cairn Stone Adventure alumni to attend as a special tribute to Al Potter as planned. A *jog-pot* will be available for gift donations [to Al].

PUERIF, KENNY KAIBAB, OR NOOKIE GRAY: Thanks for all the special gifts including the coolest T-Shirt ever, my badge, and a Kaibab squirrel. This was a great trip for wildlife sightings as we spotted a rattlesnake, a [North Rim] Kaibab Squirrel, mountain sheep, bison, mule deer, elk, condor and a tarantula. About the only thing we missed was a javelina and an antelope. [[Javelina](#)]



SHUTTLE CHARGES: The charges for the optional shuttles to and from the airport and to the trail heads in Zion are listed below.

O'Hare Airport \$43.00 West Rim hike \$35.00 East Rim hike \$31.50

Thank you in advance for your prompt payment! [If you are unsure about having made a payment or not please contact Coach Gunn directly]

SANDHILL CRANE: We had an awesome day for the Half Marathon and 10k races and several of our Mountain Sheep enjoyed the courses. **Muchos Gracias for your support!**

DIRECTIONS: St. Paul's Episcopal Church, 306 Courtland street, Dowagiac, MI 49047. Courtland is one block north of, and parallel to, W. Division (M-51/M-60), the church hall is located between Green and Center streets. [[MAP](#)]



"Life is kind of like Hiking"

Whitney Podell



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Life is kind of like Hiking

by Whitney Podell

Sometimes you're prepared, other times you're caught off guard.
You'll sometimes be scared. But then realize it wasn't so hard.
You always have to keep moving forward, like water fountains.
You may encounter obstacles, detours, steep slopes, snakes, bears,
crazy locals, rivers or mountains.
You always manage to stay on a path, covering ground,
Sometimes stopping, to look around.
The paths may fork and sometimes end.
But you head back and start again.
The weather may change and make you frown.
But at least you didn't let it knock you down.
Drenched by a thunderstorm you get sad.
Look at, those (plants and animals) that benefit, it wasn't so bad.
You sometimes are maybe alone,
or lucky to have a place called home.
Everyone's path is different, never the same.
Some call it life others call it a game.
And when you finally reached a certain trails end.
Now you know you are, tougher then you ever imagined.
Every trail makes you more and more of who you are today,
And for some people I don't even have to say.
So next time you're outside, close your eyes and absorb the sun.
Be lucky to be in your own shoes, because Hiking is not for everyone.
So next time someone tells you "take a hike..."
Look at them and smile and say, "You are right!"