



MOUNTAIN SHEEP NEWSLETTER

TO: Grand Canyon VI Team & Training Partners 2009

FROM: Coach Gunn

574.215.4779

CairnStoneAdventureTours.com

rongunn3@verizon.net

Year 6, ISSUE 2

February 18, 2009

OFF AND HIKING!

ROADRUNNER TRAILS: Our first training hike of 2009 got off to a great start despite not being able to use the Roadrunner Trails because of snow. The weather was great and the quiet road course was scenic as our *fired up* team knocked out some mileage. Special thanks to Al Potter, Gary Kachur and Annette Boyce.



NILES RIVERFRONT & MORRIS FARMS: Our next training session will meet **8:00AM Saturday February 21st** at the Niles YMCA. The lecture will be on HOF Training and Hiking Techniques. Training hikes ranging from 2.4 to 8.2 miles will start at 8:30AM. This will be a very scenic course on paved paths and quiet roads along the St. Joe River and the Morris Farms area.

BODY FAT TESTS: Results from the body fat tests will be available at this session. I appreciate everyone's fired up attitude toward getting lean 'n mean for our Canyon adventures. Our next body fat testing will be at Love Creek on **Sunday, March 8th**. Our facility *window* at the Niles Y is too narrow to allow testing.

FLEX PAYMENTS: Thank you for your prompt response to our first Flex Payment date. Receipts will be available at our next meeting.

COACHING SECTION: If you need to review the lecture highlights or missed a lecture session you may go to the *Coaching* section of my web site. [Contact [Thom](#) if you have any trouble with the log in.]

LEPRECHAUN BASH: I am trying to fill a couple of tables at the St. Pats party being hosted at the **Dowagiac Elks Club on Saturday, March 21st**. This is a fund raiser for the club and I want to help them. They have been extremely supportive and helpful to Steve's Run (where else in the world can runners cross a golf course on a summer Saturday morning!) and to my adventure hikes. It should be a great time. The cost is just \$15.00 per person and includes a corned beef and cabbage dinner, reduced prices on green *wheat juice*, and a super live band for dancing. The doors open at 5:00PM and the dinner starts at 7:00PM. I already have some extreme sports alumni fired up to come and I will buy you your first green *wheat juice*. Love to have you!

[ELKS CLUB DIRECTIONS: ([Web Map](#)) Corner of Riverside Dr. and Hill St., Dowagiac]

DIRECTIONS: ([Web Map](#)) YMCA 905 N. Front Street, Niles. [Note: The *Training Schedule* also contains live computer map links to each location when viewed on your computer screen. You should each have a copy of the Training Schedule Revision 1. It is also available on the web site to view, to print or to save to your computer.]

“You can't shoot a canon out of a canoe!”

Coach Gunn