MOUNTAIN SHEEP NEWSLETTER
CairnStoneAdventureTours.com
574.215.4779 Coach Ron Gunn rongunn3@verizon.net

Cool Start For *Best Of The West*

PEAVINE: A very cool but sunny, windless day greeted our *Best of the West* hustlers and training partners this past Saturday morning. The 6 mile course was adjusted to the quiet and scenic Peavine road due to the snow cover on the trails.

A pristine start to our '08 season!

MILLPOND: Our next training session is scheduled for this **Sunday, February 24th** at my home. A lecture on HOF (Hours On Feet) Training, proper equipment, hiking technique, and body fat ratio will begin at **8:00AM**. Training hikes ranging from 2 to 8 miles will start at 8:35AM. If the trails are still snow covered we will hike a neat course on quiet roads near my home.

INFORMATION MEETING: Sunday March 9th at 8:00AM. (*Spring Forward:* Daylight savings time begins today.) Meet at Love Creek Lodge. We still have several interested people considering our '08 *Best of the West* and training programs. It is not too late to join and our next info meeting will feature Thom's beautiful, new slide show on the big screen complete with music that previews this year's trip. I will also repeat all lectures on proper equipment, HOF training, hiking technique and body fat ratio. The final part of the lecture will talk about the importance of core strength training. This session will end at 9:30AM and beautiful hikes on the Love Creek Trails ranging from 3 to 8 miles will follow.

Please note that the hiking schedule has been moved back ½ hour from the originally published 9:00AM starting time. **New hikers** to the program should wait to buy their equipment until after this meeting. You can get by on what you have now for these shorter hikes.

DOLPHIN *ALOHA*: Our recent Dolphin reunion to celebrate our Hawaii trip was a big success. Thom's beautiful musical slide show of our Hawaii Adventure was very well received and everyone enjoyed an awesome potluck. It was good to see Barb Miltenberger coming back strong from her ankle surgery.

***Mahalo Oi* to all who helped make this event happen.**

WEB SITE: Have you checked out the CairnStoneAdventureTours.com web site? It is coming along very well. You can even find it easily by doing a Google search for *Ron Gunn tours*. Thom has done a magnificent job of developing this site that has been inspired by all of our Cairn Stone alumni.

Thanks for your help and support in keeping this program going!

574.215.4779 Coach Ron Gunn rongunn3@verizon.net

DOWN THE TRAIL: I have listed below some of our other planned ***Cairn Stone Adventures*** in 2008 and 2009:

2008

- April 3rd *Cubbie* Run/Walk bus trip to Wrigley Field (Milwaukee Brewers)
- May 30th – June 1st Devil's Lake/Madison, WI hikes
- July 11th *Cubbie* Run/Walk bust trip to Wrigley Field (San Francisco Giants)
- Aug 8th - 10th Pictured Rocks hikes (Munising, MI)
- Sept 13th *Sandhill Crane All Trail* ½ Marathon (Lawless Park)
- Sept 27th – Oct 4th *Best of the West* hiking adventure

2009

- Sept 26th – Oct 3rd *Grand Canyon VI* hiking adventure
- Mid October *Best of Scotland* hiking adventure

DIRECTIONS: My home is at 142 Conifer Trail, Dowagiac, MI 49047. **Map Link**. Conifer Trail is a new Street and not on the maps yet. The above link will get you to my neighbor's house. Mine is the last house on the right and the only house on Conifer Trail. The subdivision is called Villamere. The entrance is off Colby Street. From M-62 (Division Street) on the east side of town take Colby Street (by VFW Hall and Credit Union) north approximately ½ mile to N. Villamere Drive turn right and go one long block keeping right. Keep right at the fork to the last house.

My neighbor's address is 117 N. Villamere Drive, Dowagiac, MI 49047 (for a computer map if the link above does not work).

INSPIRATION: "Today Is A Good Day" (a very long download for dialup connections)

NOTE FROM THOM: Watch for and use the *Hyper Links* to web pages found in the newsletters and the training schedule. They will quickly take you to a map or more information about the location or subject discussed. You will need to keep your Adobe Reader up to date to read and print these mailings. Adobe Reader is free and is used universally to view many kinds of documents or instructions. Adobe Reader download
[At the Adobe web site click the red button. For Windows 98 and ME click ....*other versions*.]

"The will to *prepare* to win is far more important than the will to win."
Robert Knight