



MOUNTAIN SHEEP NEWSLETTER

TO: Grand Canyon VI Team & Training Partners 2009

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AWESOME '09 TEAM SET TO GO!

ROADRUNNER TRAILS: Our first training session for 2009 will be held **Saturday, February 7th** starting at **9:30AM**. We will meet at the Southwestern Michigan College Fitness Center on the Dowagiac campus. A lecture on **HOF Training and proper equipment** will start at 9:30AM and a training hike ranging from 2 – 6 miles will begin at 10:45AM. Directions are listed at the end of this newsletter.

EQUIPMENT NEEDED: Please don't buy any equipment until after Saturday's lecture, especially shoes, backpacks, trekking poles and other performance gear items. "Wear equipment that you already have for Saturday's hike. It will work fine for this short hike.

FULL BUS: Our '09 trip has reached 57 fired up participants and we will now start adding people to the wait list. However, the information sessions scheduled for February 11th and March 7th will be held. It has been my experience on past trips that a couple of seats may open up during the year and also there are some people interested in 2010 or just want to see Thom's excellent DVD of our trip.

BODY FAT TESTS: I will administer body fat tests from 8:50 to 9:20AM this Saturday before our lecture. Please fast (clear liquids only) for 8 – 10 hours before the test. Body composition is a very important factor in our extreme hikes below the rim and this test will help evaluate if you need any improvement in this area. I will have a pot of coffee on so that you can get *fired up* for your hike. Your cooperation in getting to the Fitness Center early is greatly appreciated as I will get very busy before and during class. We need *lean n mean walking machines* below the rim!

FLEX PAYMENT: The first flex payment of \$280.00 was due February 3rd. Thanks for your anticipated prompt response. I will have all payment receipts available at each training session.

SCOTLAND: Plans for Scotland 2010 are going very well and I will have preliminary information out soon. It appears that we have a lot of people interested in being HIGHLANDERS!

2009 TEAM: I am really excited about the training team that we are putting together this year. We have a great cross section of returning vets and promising rookies for both the Training Partners and Grand Canyon '09 programs. I am eager to start the training sessions and look forward to seeing everyone.

DIRECTIONS: The SMC Fitness Center is located just off Dailey Road about two miles southeast of Dowagiac. The entrance to the west parking lot is well marked and located just a quarter mile north of Mathews Road. The Fitness Center is the first building on your right as you come up the driveway.

[\(Web Map\)](#) Note: The *Training Schedule* also contains a link to a computer map for each location.

"The will to prepare to win is far more important than the will to win!"

Robert Knight