



MOUNTAIN SHEEP NEWSLETTER

TO: Grand Canyon V Team & Training Partners

FROM: Coach Gunn

574.215.4779

CairnStoneAdventureTours.com

rongunn3@verizon.net

Year 5, ISSUE 2

March 1, 2008

Higdon Hill

HIGDON HILL: Good hustle by a large *fired up* crew of Grand Canyon Trekkers and Training Partners. Our early bird trainers were greeted with another pristine day this past Sunday. Once again because of snow cover on the trails, an alternate course was set up on the quiet country roads near my home. The course included a ½ mile hill dubbed *Higdon Hill* after Hal Higdon's son Kevin. It was one of the favorite training sites for this SMC multi All American runner.

(For information on Hal Higdon: http://en.wikipedia.org/wiki/Hal_Higdon)

LOVE CREEK: Our next meeting will be **Sunday, March 9th at Love Creek County Park**. An informational meeting for everyone interested in this year's Grand Canyon trip or training will begin at **8:00AM** in the lodge (NOTE THE TIME CHANGE; *SPRING FORWARD ONE HOUR*). This information meeting will include a beautiful 22 minute musical slide show preview of our 2008 adventure developed by Thom Janssen. The preview includes photos of the 17 mile Narrows Hike along and in the Virgin River.

Following the informational meeting our training lecture will repeat the vital information in our first two lectures including proper equipment, hiking technique, HOF training and body composition. The last 10 minutes will cover core strength training. At 9:30AM (½ hour later than the tentative schedule) we will start some beautiful optional training hikes ranging from 2 to 10 miles on the Love Creek Trails (weather permitting).

All of our casual and extreme hikers are encouraged to join us to hike this neat venue!

BODY COMPOSITION: As I talked about in my last lecture and will emphasize again on March 9th, a hiker's ratio of lean muscle tissue to fat is an important factor for success in our extreme hikes in the Grand Canyon. I will give body fat tests at our next two training sessions for anyone who wants one. All you need to do is not eat or workout 4 hours prior to the test. A male's body fat percentage should be 18 or under and a female's should be 25 or under. We need *lean and mean walking machines* below the rim!

FILLING UP FAST: I am very excited about the interest in this year's *Best of the West* adventure hikes. Thus far we have assembled a great team with a wide variety of aspirations – ranging from the gorgeous shorter rim hikes to the challenging below the rim hikes. We presently have 47 firmly committed which means we have **just 7 seats left** on the Mesquite Bus. Once we fill the 7 seats everyone else who is interested will be put on a waiting list. Several factors limit the size of this trip to one tour bus including the availability of rooms at the Grand Canyon (which require reservations a full year in advance), the bonding of the team, and to maintain the charm and a personal touch.

FLEX PAYMENTS & RECEIPTS: Our first of the four flex payments of **\$284 is due March 3rd**. I have several deposits to make, including air, charter bus and lodging so your cooperation is greatly appreciated. Payment receipts will be available in the blue box at each training session.

“Mucho Gracias!”



MOUNTAIN SHEEP NEWSLETTER

TO: Grand Canyon V Team & Training Partners

FROM: Coach Gunn

574.215.4779

CairnStoneAdventureTours.com

rorgunn3@verizon.net

Year 5, ISSUE 2

March 1, 2008

NARROWS HIKES: One of the exciting options for this year's trip out West will include hiking the Narrows in Zion National Park in Utah. There are two options for hiking the Narrows:

The first is an extreme hike that covers 17 miles (feels like 23) from Chamberlain Ranch to the Riverwalk in the Zion Canyon. This hike is challenging as it is beautiful and will require passing the Devil's Lake and Manistee test hikes. 60% of the hike takes place in the Virgin River and its magnificent slot canyons. It takes about 10 to 12 hours to complete. A back country permit is required for this hike and all groups are limited to 12. It is important that I identify people in our group who are seriously interested in this extreme hike in order to get the back country permits (Only 48 hikers total are permitted each day on this hike and permits may go fast). An additional charge of approximately \$77.00 will cover a van spot, all equipment required and a back country permit.

The second option is called the *bottom up* hike into the Narrows from the Riverwalk. This is also an awesome hike into some of the most beautiful areas of the Narrows. Hikes can range from 1 to 10 miles and it is an out and back course. No van spot or back country permit is required. Equipment can be rented for about \$17 to \$46. Although no test hike requirements apply to this hike, a strong training background is suggested if you wish to venture 2 to 5 miles up the river and back through the slot canyons. Many of our people did this hike two years ago and loved it! I have a lot of information to share about this hike at our March 9th meeting and you can browse the information and photos on our outfitters web site (www.zionadventurecompany.com) Zion Adventure Company is located convenient to our hotel in Springdale and is a good place to rent mountain bikes too.

Another good web site for Narrows information is www.nps.gov/archive/zion/zionnarrows.htm.

First come first serve on the 17 mile *top to bottom* hike. Once we get 12 confirmed I will work on organizing a second group of hikers for the following day.

CUBBIE TREKS: Since the early 70's I have been doing run/walks along the Chicago Lakefront Trail to Wrigley Field. For the past several years I have organized bus trips that have been very popular. Drop offs are made from 7 miles to 2 miles and it sure makes the *wheat juice* taste good in the "friendly confines". This year I was fortunate to get 50 tickets for two Cub afternoon games. Check them out – they are great urban hikes and we stop at either Navy Pier or Greektown for dinner on the way home. ***Fire Up for the Cubs!***

(Details on our web site *Other Trips & Events* page:

http://cairstoneadventuretours.com/cubs_trips.html)

DIRECTIONS: Love Creek Park is located at 9228 Huckleberry Road, Berrien Center, MI 49102. The usual park fee per car is \$3 for Berrien County residents and \$5 for all others. The *Jog Pot* will be set up for your donation. **PARK INFO:** <http://www.berriencounty.org/parks/?dept=1&pid=186>

MAP LINK: <http://www.berriencounty.org/parks/?dept=1&pid=319>

"The state of a persons health is often determined by what you take two at a time – pills or stairs!"