



MOUNTAIN SHEEP NEWSLETTER

TO: Grand Canyon V Team & Training Partners 2008

FROM: Coach Gunn

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LOVE AT FIRST SIGHT

LOVE CREEK: We had a great meeting at Love Creek and I am *in love* with our 2008 team! Once again we had to take to the quiet, scenic country roads because of snow cover on the trails, but everyone had a good attitude and got in some strong early season conditioning. Thanks for your generous support for Love Creek Park. We will see their beautiful trail system later in our training program. Special thanks to Thom, Al and the Love Creek rangers!

GRAND MERE STATE PARK: Our next training session will be **Saturday, March 22nd at Grand Mere State Park** along Lake Michigan near Stevensville. A lecture on training and fuel for the Canyon will start at **8:00AM** and a beautiful but challenging training hike ranging from 2.5 to 12 miles will start at 8:30AM. I encourage all of our team, ranging from casual walkers to extreme hikers, to attend.

FULL BUS: Our Mesquite bus is full as we have 56 fired up team members for our 2008 *Best of the West* venture! A big thank you is due to all of our past Grand Canyon Trips alumni as their referrals are the main reason for our sellout! We are however taking wait list names in case of unexpected emergencies. We also have several training partners that will be a big asset to our team while training.

BODY FAT TESTS: I will give body fat tests this Saturday morning from 7:30AM to 7:45AM. Please do not eat or exercise before the test. I will also have the results for those who took the test at Love Creek. We want **LEAN & MEAN HIKING MACHINES** going below the Rim!

MEET THE TEAM BOARD: Thom and I will be circulating with a camera during our training sessions taking pictures for our *meet the team* bulletin board. We have a great group and we want everyone to get to know each other.

TRIP INSURANCE: A couple of trip members have asked about trip cancellation insurance in case of unexpected emergencies. I recommend going to your local travel agency and getting American Express trip cancellation insurance. I will bring some forms on Saturday. Cairn Stone Adventure Tours also carries supplemental accident insurance on every team member.

Note from Thom: A few weeks ago my sister and her husband missed their flight to Florida due to an auto accident on the way to the airport. They broke through the ice where water covered the road and had to call a wrecker. The trip cancellation insurance cost just \$20 but has so far paid for their full fare tickets both ways and will pay to repair the damage to their car, which will approach \$2,000.

CUBBIE HIKE: I am taking a bus trip to Wrigley Field on Thursday, April 3rd to watch the Cubbies play the Brewers. This trip includes optional pre-game hikes ranging from 2 to 7 miles along the beautiful Chicago Lakefront. The cost is only \$43 per person due to the special early bird rate for the tickets. We will stop at [Greektown](#) after the game for dinner. The weather can be fickle in early April but you can't beat the fun at Wrigley Field! Remember – there is no such thing as bad weather – just bad dress. ***Fire Up for the Cubs!*** (Details on our web site *Other Trips & Events* page: http://cairnstoneadventuretours.com/cubs_trips.html)

DIRECTIONS: Grand Mere State Park. Take I-94 to exit 22, go west on Grand Mere Rd. then south .7 mile on Thornton Drive. Click [here](#) for park information and a map.

“Two roads diverged in a wood, and I took the one less traveled by, and that has made all the difference.”

Robert Frost