



MOUNTAIN SHEEP NEWSLETTER

TO: Grand Canyon VI Team & Training Partners 2009

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LOVE CREEK DOUBLE HEADER PRODUCTIVE

LOVE CREEK PARK: Both training sessions at Love Creek proved to be very effective in accomplishing valuable training. Our first session turned out to be one of those *callousing* sessions as the wet, muddy course provided a strong challenge. **Special thanks** to Mike Accoe, Thom Janssen and Al Potter. The *jogpot* was also very successful and the rangers at Love Creek Park and Nature Center were very appreciative of our support of their beautiful park.



GRAND MERE: Our next training session will be conducted this **Saturday, March 21** at Grand Mere State Park near Stevensville, MI. The lecture will start at **8:00AM** and the topics will include **proper stretching techniques, emergency weather procedures and training.** Thom Janssen will also demonstrate his *swing pole* trekking technique. At 8:30AM we will start the training hikes that includes courses of 3.4, 6.0, 9.4 and 12 miles on these stunningly beautiful trails. Also be prepared for your toughest training challenge of the program to date.

PHOTOS: Hopefully we can wrap up our photo taking for our *meet the team* section on my web site. We will get your photo early before you start *sucking eggs!*

BODY FAT: Our next body fat tests will be given at **Lawless Park on April 4th**. I am very pleased with everyone's interest in getting *lean and mean* for the trails of the Grand Canyon, Bryce and Zion.

DIRECTIONS: ([Web Map](#)) Grand Mere Park. Take I-94 to exit 22, go west on Grand Mere Rd. then an immediate left, go south 7/10th mile on Thornton Drive to park entrance. ([Park Information](#)). The \$5/car park fee will not be required if there are no parking slips at the gate (it is still early in the season).

[**Note:** The *Training Schedule* also contains *live* computer map links to each location when viewed on your computer screen. You should have a copy of the *Training Schedule* from previous mailings and it is available on the web site.]

“The LCD hikes put the tiger in the cat!” Coach Gunn