



MOUNTAIN SHEEP NEWSLETTER

TO: Grand Canyon V Team & Training Partners 2008

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SNOW BUNNIES

GRAND MERE: On my way home from the Grand Mere hike this past Saturday I noticed that someone built a snow bunny in their front yard. Pretty cool but not exactly what you expect the day before Easter. What I thought was going to be a disaster actually ended up being a great training hike. The snow stopped and the sun came out and we had a beautiful trek. 16 intrepid souls showed up to brave the weather and some even braved a very cold picnic table for the body fat tests. Great hustle by all!

GRAND MERE REPEAT: This is such a great venue that I plan to repeat this challenging training hike this coming **Saturday morning, March 29th**. The *Training and Food for the Canyon* lecture will start at **8:00AM** and training hikes ranging from 2.1 to 12 miles will start at 8:30AM. I will also do **body fat tests** from 7:30AM to 7:45AM. Your body fat ratio is a better measure of fitness than the scale or a measuring tape.

TRIP INSURANCE: I still have some American Express flyer's for trip protection insurance or you can go to www.accessamerica.com/americanexpress/.

CUBBIE HIKE: I still have seats on the bus for my day trip to Wrigley Field on April 3rd. We will leave from downtown Niles at 10:00AM and start making drop offs for optional hikes on the beautiful Chicago Lakefront Trail at 11:00AM. These hikes to Wrigley Field range from 2 to 7.3 miles. The Cubs play the Brewers at 1:20PM and we will stop at [Greektown](http://www.greektown.com) on the way home for dinner. The cost for this trip is only \$43.00 per person! Love to have you go! (Details on our web site through the *Other Trips & Events* page: http://cairnstoneadventuretours.com/cubs_trips.html)

TRIP PAYMENT RECEIPTS: Just a reminder that receipts for your trip payments are available in a special box at all of our hikes. Thanks for a great job!

DIRECTIONS: Grand Mere State Park. Take I-94 to exit 22, go west on Grand Mere Rd. then south .7 (7/10) mile on Thorton Drive. Click [here](#) for park information and a map.



Special thanks to Training Partner Stewart Beach for the Grand Mere photos of the March 22nd hike.
(Look for more of Stewart's photos on the web site soon.)