



MOUNTAIN SHEEP NEWSLETTER

TO: Grand Canyon VI Team & Training Partners 2009

FROM: Coach Gunn

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Year 6, ISSUE 5

April 1, 2009

STUNNING GRAND MERE PROVIDES WAKE UP CALL

GRAND MERE: We had a great day to tackle this stunningly beautiful, but extremely challenging course. Mile for mile this is as tough as any training course that we have. In fact, I could scale it back a mile and we could still get the HOF training that we need at this point in our training schedule. Everyone's attitude was terrific on this *tear* day and lots of valuable conditioning was gained.



LOST AND FOUND: I found a nice pair of gloves on the course that the owner can claim at Lawless Park.

THANK YOU: I loved the birthday cards (I think) and I saved them for our team to review at Lawless Park as several were very funny, including the musical card from *Jennifer*. [This has been a running joke since *Jlo's* name showed up one year on the rooming list next to Ron's name.]

LOVE CREEK PARK: Our next training session will be **Saturday April 4th at Dr. T. K. Lawless Park**. The lecture will start at **8:00AM** and will include **training, map reading and a core strength and flexibility review**. The *fuel for the canyon* lecture is now scheduled for the Swiss Valley hike on April 18th. Our training session will start at 8:30AM on the beautiful all-trail (no sand!)



Lawless course. Distances will include a non-repeat 13.1 mile on the Sandhill Crane ½ Marathon course, a 10k and a 2.9 mile course. You will like this venue as it is more forgiving than the Grand Mere course.

BODY FAT: Our next body fat tests will be given at **Lawless Park on April 4th from 7:40AM to 8:00AM**. Please remember to fast and bring your own coffee. I am very pleased with everyone's interest in getting *lean and mean* for the trails of the Grand Canyon, Bryce and Zion.

BACKPACKS ON: It is very important that all serious hikers training for the Grand Canyon start training with their backpacks on. This is needed in order to simulate the conditions that you will encounter while hiking the *Best of the West*.

IN YOUR FACE: Just a reminder that if you need to review one of the lectures please check out the *Coaching* section of the web site. I enjoy being your coach and pushing you to higher accomplishments. I can also be contacted by email or phone if you need some coaching advice.

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EMERGENCY PHONE NUMBERS: These numbers should be saved in your cell phone for use during training hikes. **Primary:** Ron 574.215.4779 **Backup:** Al 269-462-1336, Thom 269-462-0683

SIGNOUT SHEETS: If you forget to *sign out* please call me. It is vital to your safety that you use the *Sign-out* sheets properly. When you *sign in* before the hike I know you are on the course. When you *sign out* after your hike I know you are no longer on the course. When anyone forgets to *sign out* I either have to look on the course for them or guess that they forgot which risks leaving someone on the course alone. Thank you in advance for your cooperation as I care deeply about your safety.

DEVIL'S LAKE: Information on a wonderful trip to our first *test hike* will be sent out soon. The two *test hikes* are mandatory if you wish to go below the rim but my organized trip for travel to Devil's Lake Wisconsin is optional. You can drive yourself to meet us there if you wish. This trip is popular. The price is right and our charter bus usually fills as we have several people, who are not in our team, sign up just for this trip and the beautiful hikes. This trip is a great camaraderie builder for our '09 Grand Canyon team. We have 52 seats available on the bus and our team will be the first to know of this classic trip.

CUBBIES: If you are a *die hard* Cubbies fan like me you will also be interested in the attached information. I am planning two excursions again this year to Wrigley Field to cheer on the Cubs. These trips feature pre-game hikes along the Chicago Lakefront Trails to Wrigleyville.

DIRECTIONS: ([Web Map](#)) [Dr. T. K. Lawless Park](#). M60 - nine miles east of Cassopolis (3 miles past Vandalia) or four miles west of Jones, south on Lewis Lake Road about one mile, left on Monkey Run, one mile to park entrance on left. The \$2/car park fee will be collected in the *JogPot*.

“When you have worn out your shoes, the strength of the shoe leather has passed into the fiber of your body. I measure your health by the number of shoes and hats and clothes you have worn out.”

Ralph Waldo Emerson