



# MOUNTAIN SHEEP NEWSLETTER

TO: Grand Canyon V Team & Training Partners 2008

FROM: Coach Gunn

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**SHINING GEM:** Our training session at Lawless Park went extremely well. The weather was awesome and large turnout of Canyon trekkers got in some great training. We also raised \$63.00 for the Cass County Parks and I know that several members of our team gained Karma for helping to clean the trails. They looked great when I went back to pick up the signs! [Photos of the 2008 hike now on the web site]

Special thanks to Scott Wyman and Al Potter.

**SWISS VALLEY:** Our next training session will be at Swiss Valley Ski Area on **Sunday, April 20<sup>th</sup>** with a lecture on trekking poles and static stretching starting at **8:00AM**. John Joossens of [Outpost Sports](http://OutpostSports.com) will be our special guest. This adventurer has done it all and has forgotten more about extreme sports than most of us remember. Our training hikes will start at 8:35AM and will feature beautiful, but challenging hikes of 14.0, 10.2, 4.9, and 2.8 miles. The course combines grassy ski slopes, wooden trails and mostly quiet country dirt roads. I encourage everyone to come and enjoy this unique venue with perhaps a couple of surprises. There will be something for hikers of all abilities and this will be a defining moment along the training trail for our Rim to River to Rim hikers. [Preview photos of past hikes at Swiss Valley on the web site]

**BONUS ANN ARBOR HIKE:** In honor of our Ann Arbor area trekkers I am setting up some training hikes on **Sunday, April 27<sup>th</sup> starting at 8:30AM**. The beautiful venue includes [Gallup Park](http://GallupPark.com) and the [University of Michigan Arboretum](http://UniversityofMichiganArboretum.com). Hikes will range from 3 miles to 14 miles and also includes a flat 6.6 mile along the Geddes Pond, Huron River and Parker Mill. The “Arb”, where the nationally ranked University of Michigan cross country team trains, will provide an outstanding opportunity to gain conditioning on hills. If you are interested in attending this bonus hike please contact me for additional information. For planning purposes it is important that I know who is coming.

**DEVIL'S LAKE:** This is a great trip and I highly recommend going with the group if at all possible. I have worked hard to keep the cost down and this is a great team building and bonding experience. This will be our only team trip together before we leave for the Grand Canyon in late September. The Manistee test hike will not be a group trip. Everyone travels on their own then we meet for a good time in Cadillac. We will have a great discount rate at our host hotel – the five sunburst rated Days Inn in west Cadillac.

**DIRECTIONS:** To Swiss Valley Ski Area, 13421 Mann St., Jones, MI 49061. [Map Link](#) (N. on Patterson Hill Rd. from M-60, 3 miles then L on Mann St. Patterson Hill Rd. is 1 mile west of M-60 & M-40)

**SPECIAL INVITATIONS:** I am inviting all the Mountain Sheep and Training Partners to join the Monday Night Running Club as my guests. We meet at my home on **April 28<sup>th</sup> at 6:00PM**. After a short informal meeting you can hike from 1 to 4.2 miles on trails and road by the Mill Pond. I am providing pizza and beverages for all. [142 Conifer Trail, Dowagiac – [Map Link](#)]

**ALSO** join the MNRC May 5<sup>th</sup> 6:00PM to walk among the tulips in Holland. Details on line at [mondaynightrunningclub.org](http://mondaynightrunningclub.org) or call Thom.

*“The 2008 Grand Canyon team looks really great!”*

Thom Janssen 4 time Grand Canyon extreme hike veteran

