



MOUNTAIN SHEEP NEWSLETTER

TO: Grand Canyon V Team & Training Partners 2008

FROM: Coach Gunn

574.215.4779

CairnStoneAdventureTours.com

rorgunn3@verizon.net

Year 5, ISSUE 5

April 2, 2008



GRAND MERE: Scheduling a make up for the Grand Mere hikes was a good call. What a magnificent day on this beautiful venue! We had a great turnout, even some repeaters from last weekend, and some good training was accomplished on this tough course. [[LOGIN](#) then go to *Grand Mere* for new photos and for a preview of the *Lawless Park* course.]



LAWLESS PARK: Our next training session is scheduled for this coming **Saturday April 5th** at Dr. T. K. Lawless Park. The lecture on **Static Stretching and Core Strength** exercises will start at **8:00AM** and the training session will start at 8:30AM. Lawless Park is the gem of [Cass County Parks](#) and is another excellent training venue on trails. Featured hikes include: 2.9 miles, 5.1 miles, 8.1 miles 13.2 miles.

I encourage all of our Grand Canyon Team and Training Partners to attend and enjoy the future site of the *Sandhill Crane All Trails 1/2 Marathon*. This inaugural race event happens September 13th.

DIRECTIONS: 15122 Monkey Run St, Vandalia, MI 49095 (S. on Lewis Lake Rd. from M-60, L on Monkey Run St.)

WHY 13.2?: At Lawless Park the long course for the below the rim hikers concludes with an out and back hike to a turnaround. The turnaround for 13.0 miles is the base of a hill. If you go to the top of the hill the distance is 13.2 miles. Need I say more?

JOG POT: There is a modest park usage fee of \$1 for Cass County residents and \$2 per car for all others. Please place this in the *Jog Pot* box next to the sign out sheets. I will then give your



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donations to Scott Wyman Director of Cass County Parks. Scott will be there early to start a roaring fire in the pavilion fireplace as well as to open the rest rooms. Scott is a good guy and has long supported our programs.

COACHING: I appreciate your support of the Grand Canyon trip and Training Partners program. An important part of the program is coaching. Don't hesitate to contact me if you have any training questions. Thom is doing a great job of adding a coaching section to my web site and slowly but surely we are getting some good information in there. We still have a way to go but check it out regularly for additions.



TRAIN WITH PACKS: We still have some team members considering below the rim hiking challenges who are not carrying a pack or are sharing a pack. An important part of our training sessions is simulating conditions while hiking below the rim. This includes carrying a pack that weighs between 12 and 16 pounds. Get use to it now and it will make your test hikes and your below the rim experiences much better.

CELL PHONE: I strongly encourage you to bring a charged cell phone on all training hikes. This is for safety reasons. I carry all of your cell phone numbers and Thom will make a wallet size list for all who agree. This has greatly helped in past emergency situations and has been generally useful during our trip. Believe it or not there is some cell phone signal in parts of the Canyon. [Please, [email Thom](#) IF your cell phone number is NOT on your registration form OR if you DO NOT wish to share your cell phone number with the others on this trip and the Training Partners.]

Cell phone numbers that you need to know are:

Ron Gunn 574-215-4779 Thom Janssen 269-462-0683 Al Potter 269-462-1336

SCHEDULE CHANGES: Please note the revised training schedule that is attached (and available on line). One change has been made in August and two optional hikes have been added (Battle Creek Linear Park and Gallup Park/The *Arb* in Ann Arbor). It is important that you double check all training hike sites and dates because sometimes *stuff* happens.

SPECIAL INVITATION: 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 28th 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](#)]

“If you come to an unmarked fork on a training course and one trail is flat but the other goes uphill, there is a 110% chance that Ron's course goes up the hill!”

Marlin Schmidt (paraphrased)
4 time Grand Canyon extreme hike veteran

