



MOUNTAIN SHEEP NEWSLETTER

TO: Grand Canyon V Team & Training Partners 2008

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Can You tell Me Where I Can Find The Bald Hill Ferry?

SWISS VALLEY: This was a huge training step for our team on this redesigned course. Mile for mile this is probably the toughest training course on our schedule.



This was definitely a *callousing* experience as we prepare for going below the rim in the Grand Canyon. In fact, in many ways it was an unofficial *test hike*.

The course was tough but our team was tougher!

Great job!

SPECIAL THANKS: To Al Potter, Jerry Toney, Thom Janssen and Bill Livingston.

Also special thanks to the crew at Swiss Valley including Jim, Linda, Missy and Jamie!

ANN ARBOR: We had a small but mighty group enjoy the trails of Gallup Park before hitting the beautiful, but challenging hills of the *Arb* in our extra credit training session this past Sunday. No wonder the University of Michigan cross country team always ranks high in the NCAA Division I cross country championships!

POTATO CREEK: Our next training session is scheduled for this **Saturday, May 3rd** at Potato Creek



State Park. This is a beautiful venue which features lots of trails and 3 miles of bike paths. It does have the highest point in St. Joseph County (Vargo Hill at 835') but overall it isn't nearly as tough as Swiss Valley. However, we are now up to 16 miles of HOF for our *below the rim* group so we are starting to grind out some miles. Shorter hikes range from 3.4 miles to 10.3 miles on this course. A lecture on *training* and a demonstration of *loading your backpack* will start at **8:00AM** with the training hikes to begin at 8:35AM.

DEVIL'S LAKE: We have just 5 seats left on the bus to Devil's Lake. These venues are truly a destination themselves and I really look forward to this weekend! Watch out for *The Spotted Cow* and *The Fat Squirrel!*

FRIENDLY REMINDER: Our next flex payment of \$284.00 is due May 5th. Your cooperation has been awesome! Thanks!

DIRECTIONS: **Potato Creek State Park** is located just southwest of South Bend. It is best to take US 12 West to the 131 bypass (southwest of Niles) and go south (Indianapolis) on the bypass and exit at Mayflower Rd. Take Mayflower Rd south. You will cross S.R. 23 and in a couple of miles Mayflower branches left. Don't take this. Stay on the main road (south) which turns into Oak Rd. Follow Oak Rd south about 6 miles to S.R. 4. Turn west (right) at S.R. 4 and go about 1.5 miles to the entrance. The address is **25601 State Rd 4, North Liberty, IN 46554**. [MAP LINK](#) **PARK FEES:** Consider **car pooling** as the park fees are \$5.00 (Indiana plates) and \$7.00 (out of state) per car. **REHYDRATION:** I suggest the *Top Notch Restaurant 23530 State Rd. 2, South Bend, In 46619* [MAP LINK](#)



"That was a tough hike! Great work!"

Sue Dobrich 2 time Grand Canyon extreme hike veteran