



MOUNTAIN SHEEP NEWSLETTER

TO: Grand Canyon VI Team & Training Partners 2009

FROM: Coach Gunn

574.215.4779

CairnStoneAdventureTours.com

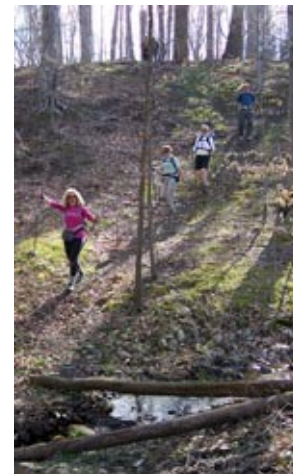
rongunn3@verizon.net

Year 6, ISSUE 7

April 30, 2009

SUPER DAY AT SWISS!

SWISS VALLEY: Not only was the weather great at Swiss Valley – so were our hikers! This was definitely a *tear day* in our training program and everyone responded very well. And I saw that *LFW* scratched on the trail near the end Marlin. I was also pleased to see so many above the rim hikers on the course. **Special thanks** to *waterman Al Potter* and the crew at Swiss Valley.



POTATO CREEK: Our next training session will be at **Potato Creek State Park on Saturday, May 2nd**. The lecture will start at **8:00AM** and will cover **Training and Loading Your Day Pack** for the Grand



Canyon. We will start our training session at 8:30AM on the beautiful trails of Potato Creek. Hikes ranging from 3 to 16 miles will be offered.

TRAINING NOTES: Just a reminder that all lecture notes can be found in the coaching section of my web site. Last week's lecture on Fuel For The Canyon is very important information and I would like everyone, especially our fired up rookies, to review the notes. [Login to *Coaching* page (GC6 fireup), click *Lecture Notes* button in list on right, click the *pdf* link to open a printable page. Also please verify your information in the *Cell Phone List*. E-mail Thom with any corrections]

FULL PACK: At this point in our training it is important that everyone going below the rim train with a full day-pack weighing somewhere around 15 to 16 pounds. It is important to simulate the conditions that you will face below the rim, including carrying a well packed day-pack. There will be a day-pack check prior to our first Test Hike at Devil's Lake. I have also found that keeping a well supplied day-pack in your car can be very helpful. You never know when you will need a flashlight, first aid supplies, rain jacket, or dry socks.

LOST AND FOUND: A good pair of hiking shoes, a pair of sunglasses and a pair of gloves were all found at Swiss Valley. I will bring them to Potato Creek.

IMPORTANT DOUBLE CHECK: Please find attached a list with the names I have submitted to the airlines. **Your name must match the name on the photo ID** that you are going to use at airline check in and security (i.e. - Drivers License, Passport, etc.). If they don't match you could be in for a big hassle and might even miss our flight. Also attached is the room list for our hotels. **Please contact me ASAP if there are changes to either of these lists.** rongunn3@verizon.net

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

WEB SITE TIPS: For a preview of the Potato Creek hike check out the photos on the web site Login to the *Coaching* section, *Hike Previews*, and then to the *Potato Creek* page.



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HELPFUL VENDORS: I have listed below some stores and web sites with hiking equipment, including energy and electrolyte products: Coach Gunn

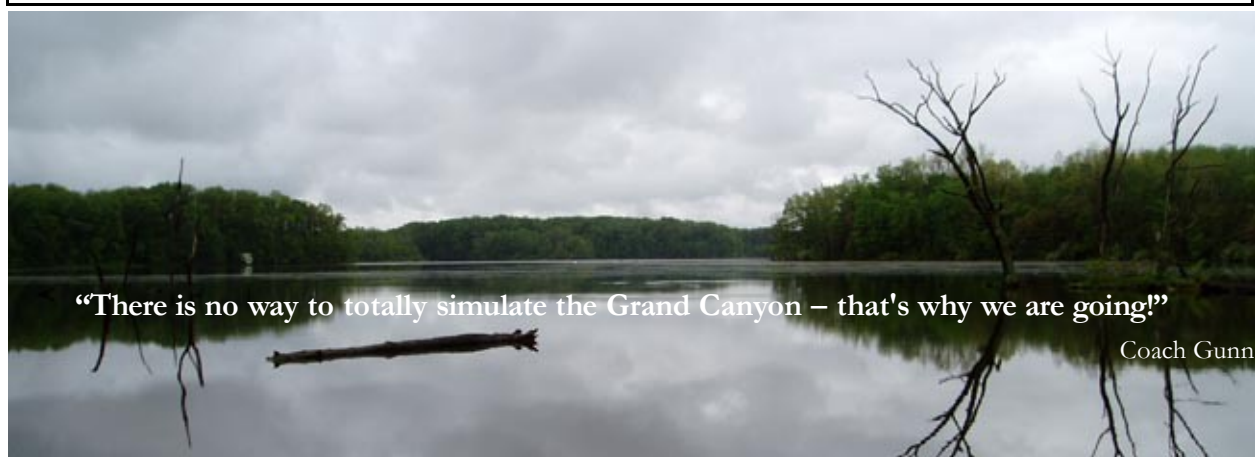
- | | | | | |
|---|---|------|------------|-------------------|
| ◆ | Gazelle Sports | | Kalamazoo | 269-342-5996/2441 |
| ◆ | Lee's | | Kalamazoo | 269-381-7700 |
| ◆ | Metro Run and Walk | Dave | Mishawaka | 574-257-7867 |
| ◆ | Outpost Sports | | Holland | 616-396-5556 |
| ◆ | REI | | Ann Arbor | 734-827-1938 |
| ◆ | REI | | Detroit | 248-347-2100 |
| ◆ | REI | | Troy | 248-689-4402 |
| ◆ | REI | | Chicago | 312-951-6020 |
| ◆ | Taylor'd Running | Ryan | St. Joseph | 269-408-1400 |
| ◆ | The Bivouac | | Ann Arbor | 734-761-6207 |
| ◆ | Uncle Dan's | | Evanston | 888-260-hike |
| ◆ | http://www.campmor.com | | | |
| ◆ | http://www.ems.com | | | |
| ◆ | http://www.highsierrasports.com | | | |
| ◆ | http://www.moosejaw.com | | | |
| ◆ | http://www.roadrunnersports.com | | | |

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](#)

MEETING PLACE: **Tulip Poplar picnic shelter.** After the entrance booth it is a left turn, right turn, and another left turn. [Follow the signs]

PARK FEES: Consider car pooling as the park fees are \$5.00 (Ind. Res.) or **\$7.00** per car.

REHYDRATION: I suggest the **Top Notch Restaurant 23530 State Rd. 2, S.B.** [MAP LINK](#)



“There is no way to totally simulate the Grand Canyon – that's why we are going!”

Coach Gunn