



# MOUNTAIN SHEEP NEWSLETTER

TO: Grand Canyon V Team & Training Partners 2008

FROM: Coach Gunn

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## Major HOF on Roadrunner Trails

**ROADRUNNER TRAILS:** Our Mountain Sheep tore up the Red course this past Sunday as great weather enhanced our team's performance on this challenging course. Some major HOF was achieved in our last training session before our big *test bike* at Devil's Lake. Special thanks to Al Potter, Thom Janssen, and Pat Murphy.



**A WONDERFUL PART OF THE JOURNEY:** Our *test bike* at Devil's Lake will indeed be one of our wonderful parts of our journey to the Grand Canyon. Complete details are attached. Please review carefully. I am fired up for this trip!

**CELL PHONES:** For safety reasons I have asked Thom to create a wallet size cell phone list of all participants going to Devil's Lake. If you don't want on this list please let me know ASAP.

**WATER SHOES:** I checked with the Devil's Lake rangers on Monday of this week about the status of the Tumbled Rock Trail. They said that it is still under water but that the situation is improving. You may want to consider bringing some water shoes (or perhaps even flip-flops) to cover this part of the trail. This is a beautiful part of the course and comes at about the 11 mile mark. I suggest leaving your shoes with Al Potter and then pick them up at the 9 mile checkpoint at the Chateau Beach House. We will have a big bag for this and you can drop them off when you return to the Chateau Beach House at the 12.3 mile mark. Another option will be to walk beside the railroad tracks on the East Bluff side of the lake. Hopefully it won't be an issue but to be forewarned is to be forearmed! Our needs for Devil's Lake are modest so the low cost shoes will suffice. The following links will give you an understanding of the types of water shoes available along with the price ranges. You can either purchase online or from a local merchant.

[Shoes under \\$40](#)

[Amazon](#)

[Dicks Sporting Goods](#)

**FRIENDLY REMINDER:** Final payments for Devil's Lake Trip are due. Muchas Gracias!

*"The best things in life are the people we love, the places we have been,  
and the memories we have made along the way"*

Unknown