



# MOUNTAIN SHEEP NEWSLETTER

TO: Grand Canyon VI Team & Training Partners 2009

FROM: Coach Gunn

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## SPECTACULAR DAY AT SPUD CREEK!

**POTATO CREEK:** Once again we were blessed with a beautiful day to build some valuable HOF. Everyone did great! Special thanks to *Waterman* Al Potter!

**ROADRUNNER TRAILS/MILL POND:** Our next training session will be Sunday, May 17<sup>th</sup> at the Elks Club in Dowagiac. The lecture will start at 8:00AM and will include Grand Canyon vets Barb Starke and Marlin Schmidt. Barb will speak on holistic training for the Grand Canyon and Marlin will finish his tips. I will not be present as my daughter Sarah won a scholarship to study in London this summer and I will be helping her get situated that weekend. My son Jeff, alum of Grand Canyon IV, will set up this beautiful course. The training hike will start at 8:30AM and will include 12 ½ miles of trails and 5 ½ miles of road. The training hikes will range from 3 to 18.4 miles.

**AIRLINE NAMES:** Just a reminder to double check your name that has been submitted to American Airlines. The list was attached to the last email for Potato Creek and it is very important that the names on this list match the photo ID that you will be using at check-in (i.e. - Drivers License, Passport, etc.). American no longer requires middle initials or names. **Please contact me ASAP if there are changes.** [rongunn3@verizon.net](mailto:rongunn3@verizon.net)

**DEVIL'S LAKE:** I just got back from a trip to Devil's Lake with my SMC Extreme Sports class. The course is in great shape and I am really excited about our first Test Hike.

**EARTH WALK:** A special thanks to the 18 participants who did a great job of cleaning up the roads and trails around Swiss Valley. Your stewardship is greatly appreciated!

**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:** In the Coaching section you will find the [Airline List](#) along with *Lecture Notes*, the *Cell Phone List* and other useful information. The Login is *GC6* and the password *fireup*.

**DIRECTIONS:** The **Elks Club** is located in southeast Dowagiac. Coming from the stop light in downtown Dowagiac take M62 east (Division St.) toward SMC. At Riverside Drive turn south (Right) and go up the hill to the Elks Club.

Coming into Dowagiac from the east on M62 just past the VFW turn south (Left) on Riverside Drive and go up the hill to the Elks Club.

**ADDRESS:** Corner of **Hill St. & Riverside Dr., Dowagiac, MI 49047.** [\[MAP LINK\]](#)

**GPS Coordinates:** 41.9773,-86.098

“In every walk in nature one receives far more than he seeks.”

John Muir