



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 10

June 10, 2009

GREAT TEST AT DEVIL'S LAKE!

DEVIL'S LAKE: Our first test hike at Devil's Lake went very well. The weather was too good (I am a *mean* coach) and lots of valuable training and feedback on conditioning was gained. This experience also helped us gel as a team as we continue our quest for the Grand Canyon just little over three months from now. The outstanding cooperation of everyone involved in this important endeavor is greatly appreciated. You will be an awesome group to travel with! Special thanks to Thom, Mary Ellen and Kenny, Bill and Arlen. Also, the gift from the bus group was greatly appreciated!

NILES: Our next training session will be Saturday, June 13th at the Niles Riverfront Park pavilion. A lecture, featuring Grand Canyon Rim to Rim vet and current team member Karen Sommers, will start at 8:00AM. She does a great job and many team members have found her information very helpful in the past. At 8:30AM our training hike will start on a beautiful course featuring bike paths and quiet roads along the river and through the scenic Morris Farms and greater southwest Niles area. The hiking distances will vary from 2.0 to 20.4 miles.

MANISTEE – A PEAK AHEAD: We had several qualifiers for our final test hike at Manistee on September 13th. Like Devil's Lake, this Test Hike provides a great barometer for a person's ability to go Rim to Rim. There will be no formal trip organized for this hike but a block of rooms has been reserved for our group at a very nice hotel near our Test Hike. More information on this required Test Hike will appear in our next Newsletter. WOW!....we are almost in our third *trimester*!

CUB TRIPS: Our June 19th trip is full but we still have seats for our July 28th hike to Wrigley Field

STEVE'S RUN: Registration for this premier 10k Road 'n Trail race is now open. You can register on line [[REGISTRATION](#)] Race flyers were in the Devil's Lake trip packets. Also my web site has photos, links to videos and other historical information about this popular event. [[STEVES RUN PAGE](#)]

JUSTIN: One of my most loyal travelers for both Cairn Stone and the SMC Extreme Sports programs has a couple of rooms for let in his lodging in Bridgman. Please contact Justin if you know of anyone who might be interested. justin.flagel@gmail.com OR 269-326-0239 (See attachment for more detail)

FRIENDLY REMINDER: The \$280 June 3rd flex payment is due . *Merci Beau Coup!*

DIRECTIONS: Meet at Niles Riverfront Park pavilion. Park in the lot next to the Eagles Lodge on the NW corner of the traffic light on Main and Front street in Niles, MI or park in the Park's lot off of Sycamore or Ferry street. [MAP](#)

“You need special shoes for hiking – and a lot of special soul as well.”

Emma Woodhull - Bache