



MOUNTAIN SHEEP NEWSLETTER

TO: Grand Canyon V Team & Training Partners 2008

FROM: Coach Gunn

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Year 5, ISSUE 11

June 25, 2008



DID IT AT NILES: Our training session at Niles went very well as we build our HOF. Rim to River to Rim vet Karen Sommers did a great job of demonstrating how Yoga and Pilates can be used to aid your trek through the Canyon. Also *special thanks* to Earl Weaver, Jerry and Jean McCarty and Thom Janssen.

ST. MARY'S-NOTRE DAME-EAST RACE:

Our next training session will be **Sunday, June 29th at St. Mary's College.**

NOTE: These changes from the original schedule.

- We will NOT meet at Health and Lifestyle Center.
- There will be NO LECTURE and the training session will start at **8:00AM.**



This will help us beat the heat. There will be several training courses setup, including a beautiful 3.2 mile through the St. Mary's woods, an awesome 7.2 mile through St. Mary's and Notre Dame and a 21 mile course that will include double loops on the St. Mary's/Notre Dame course with a loop on the East Race to downtown and back. This year's course has been modified to include more trails and shade (I'm getting soft in my old age!)

POTTY BREAK: Please take a potty break prior to arriving at the gym. We may not have access to bathrooms in the gym and the alternative is to use toilets in Regina Hall where Sarah resides. The Inn of St. Mary's or the Hilton Garden Inn both have great facilities worthy of *Mountain Sheep*.

DEVIL'S LAKE CERTIFICATES: I forgot to distribute these certificates at Niles but they will be available at St. Mary's.

JENNIFER WILL BE JEALOUS: The *Gunn Gut Check* is at a solid 1.1 lb. of adipose tissue (fat) loss for the first week even though the MNRC potluck at McCarty's was a major setback! The best time to check weight is in the morning when you first get up and after using the toilet. Weigh in your underwear (or not) but the same each time. Before this is all over *Jennifer* will be jealous!

RETURN FLIGHT: United Airlines called this week and changed our return flight from Las Vegas again. It now departs at 5:00PM, which is better and gives us more time in Zion. However, hang loose because we still have three months to go.



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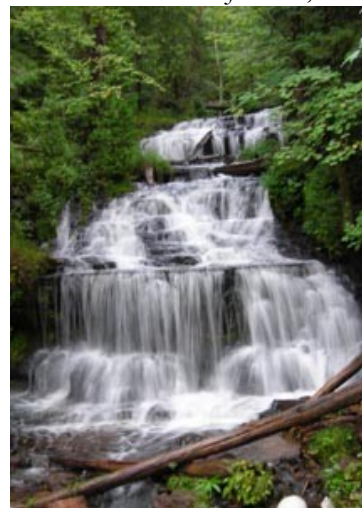
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PICTURED ROCKS: This most magnificent weekend trip has just four seats left! Check this great optional hike out on our web site. Sea kayaking is also offered.



COACHING TIPS:

1. One long continuous training hike is better than two shorter training hikes. HOF is where it is at when going below the rim.
2. When on a road course, quite often it is best to walk on the side of the road. This better simulates the footing in the Canyon.
3. Train with your day-pack loaded at 15 lb. or so. This will get you ready for the reality of the Rim to River to Rim or Plateau Point hike.
4. Do core and peripheral strength training after training sessions, not before.
5. Hike during the heat of the day. Most of the Rim to River to Rim is in desert climate.
6. Wear training shoes only in training. Keep them resilient. I use to worry about people breaking-in their shoes, now I'm worried about them breaking them out!
7. Keep continuity in your training program with a good mid week hike (5-8 miles) and a good off weekend hike (9-12 miles).
8. NOTE: Visit the [web site](#) for more training information; Login then go to Lecture Notes.

DIRECTIONS: We will meet in the parking lot at the St. Mary's gym. The gym is located on the north side of campus next to the soccer and softball fields. Take Old US-31/IN-933 to Douglas Road and turn west. Take this road past the Inn of St. Mary's and the Hilton Garden Inn. At the stop sign turn back north (right) and follow the road around to the gym parking lot. If using Mapquest use the [Inn of St. Mary's](#) for reference at 53993 IN933 North, South Bend, IN 46556.

"FIRE UP FOR BREATH TAKING MOMENTS"

Coach Gunn