



MOUNTAIN SHEEP NEWSLETTER

TO: Grand Canyon V Team & Training Partners 2008

FROM: Coach Gunn

574.215.4779

CairnStoneAdventureTours.com

rorgunn3@verizon.net

Year 5, ISSUE 10

June 5, 2008



DEVIL'S LAKE: The Mountain Sheep were tougher than a *Moss Piglet* at our first test hike at Devil's Lake! On a beautiful, warm day, our team did very well on this scenic but tough venue that simulated many of the challenges that will be faced in the Grand Canyon. Everyone was off the course by 6:00PM and many valuable lessons were learned – 6 to 8 hours of quality HOF were gained as we build toward 9 – 14 hours in the Grand Canyon! We also had some very tough *above the rim* hikers who conquered both the East and West Bluffs. Whether you finished the full course or not you now have a better sense of the work you must do to conquer the Manistee challenge and qualify to hike below the rim. Special thanks to my helpers Thom, Al, Bill, Vic, Marlene and Gary.

BATTLE CREEK LINEAR PARK: A special bonus hike will be held this **Sunday, June 8th at 10:00AM** on the [Battle Creek Linear Park Trails](#). The hiking distances will be 3.1, 6.9, and 10.2 miles. These trails are all paved and meander along the river and greenways in the city of Battle Creek. This will be mid range weekend hike before our next LCD/HOF session in Niles. We will meet in the public parking lot next to [Clara's Restaurant](#) in downtown Battle Creek. There will be no lecture but there will be the option of re-hydrating at Clara's, a neat renovated train depot. The computer [map](#) address is Clara's On The River, 44 McCamley St. N., Battle Creek, MI 49017 (From I-94 take exit 98B North (M-66), follow signs to downtown, left at Van Buren, left at McCamley 269-963-0966)



CERTIFICATES/BIG HEAD: All of Saturday's participants are allowed to have the *big head* for the upcoming week. Colorful certificates will be awarded in Niles when we get back to serious work. Then no more *big head* allowed as it is important to learn the lesson that **"a hungry dog hunts best!"** before our trip to the Canyon.



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COOL DUDES: My daughters thought that this was a really cool group of people and I greatly appreciated the friendship that you gave them. **And thank you all for your very generous gift!**

HANG LOOSE: I have been organizing group travel long enough to realize that weather or mechanical problems can interfere with the best laid plans. Your willingness to *hang loose* and change our dinner plans for Friday evening was greatly appreciated.

BODY COMP CHALLENGE: As we build toward our 27.6 mile test hike at Manistee I am still concerned that some of our *below the rim* candidates are carrying too much extra weight, including your's truly. I plan to trim 10 pounds of [adipose tissue](#) (fat) in order to be more efficient for Manistee and the Grand Canyon. Just a pound a week would make a big difference in performance! We have 16 weeks to go to Manistee. We need *lean, mean biking machines* below the rim. **MAKE IT HAPPEN!**

NILES RIVERFRONT: Our next HOF training session will be **Saturday, June 14th** at the **Niles Riverfront Park Pavilion** (not at the YMCA). A lecture on Training, Pilates and Yoga will start at **8:00AM** and the Training session will start at 8:30AM. This is a beautiful course that includes the Morris Farm area and the St. Joe riverside. The course is mostly paved and gravel roads. The hikes will vary from 3 to 20 miles.

DIRECTIONS: [Niles Riverfront Park](#) NW of stoplight at Bus. US12 and Bus. US31 in Niles. Park behind the Eagles lodge or in the south end of the Park parking lot. [MAP](#)

WHAT IS A MOSS PIGLET?: Check this [link](#) to find out just how tough you are? A flyer is enclosed for all who are receiving this Newsletter by *snail mail*.

"We are certainly FIRED UP after that great hike last weekend! We learned a few things and are adjusting our workouts to include even more cardio to get up the mountains faster!"

Keith and Katrina Andrews

