



MOUNTAIN SHEEP NEWSLETTER

TO: Grand Canyon VI Team & Training Partners 2009

FROM: Coach Gunn

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Year 6, ISSUE 13

July 30, 2009

LOVE THAT HOF!



LOVE CREEK: We had a great day to do some major HOF at Love Creek! Special thanks to Al, Thom and the rangers at Love Creek (Kip and Pat). And again, I was pleased that we had several of our shorter hikers attend and enjoy these beautiful trails. The *Jogpot* for the park went very well – THANKS!

RUSS FOREST: Our next training session will be **Sunday, August 2nd** at Russ Forest County Park. There will be an informative lecture at **8:00AM** prior to our **training hike at 8:30AM**. The lecture will cover **Training and Map Reading**. The venue is a non-repeat course on the beautiful forest trails in Russ Forest and the quiet, bucolic gravel roads in northeast Cass County. The hike distances will range from **2.4 to 24.3 miles**.



PAYMENT DUE: The next flex payment is due August 3rd – ***Merci Beaucoup!***

FLIGHT TIME CHANGE: Our departure flight time on American Airlines has been moved up to 10:05AM. Sorry, I really tried to avoid an early morning departure from Niles. We will need to leave at 5:30AM. Presently our non-stop schedule is listed below:

9-26-09	10:05AM	Leave Chicago O'Hare	11:55AM	Arrive Phoenix
10-4-09	3:15PM	Depart Las Vegas	8:45PM	Arrive Chicago

I will have your seat assignments at this Sunday's training session.



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STEVE'S RUN: This was probably our finest Steve's Run ever! We had great weather and a record field of participants. Special thanks to the many Grand Canyon team members who supported this event!

MANISTEE TEST HIKE: Information on our final and very important TEST HIKE is attached. Please review carefully. There are also shorter hikes available in this beautiful area for our above the rim hikers. This is a very special and exciting time in our Grand Canyon Training Program.

SCOTLAND 2010:

DIRECTIONS: Russ Forest County Park is located just 1/2 mile east of the flashing light at Decatur Road and Marcellus Hwy (7 miles West of Marcellus and 8 miles East of Dowagiac on Marcellus Hwy). [MAP LINK](#) Note use the west entrance to the park.



SCOTLAND 2010: Though this trip appears to be filled, you may be interested with seeing my photo slide show on **August 3rd at 6pm** on the Dowagiac Campus Lyons building in the Upton Room.

"A RIM-TO-RIVER TO-RIM ROOKIES OBSERVATIONS:

Going down – Breathtaking views on a lovely morning made this segment of the trek seem to pass more quickly than it really did..

The fun part, going up – We made a tactical error by dawdling too long at the river. That, in turn, put us in the aptly named Devil's Corkscrew at a bad (hot) time.

The work part – I have two suggestions to future hikers for some psychological, if not physical, comfort going uphill:

1) **Emulate the mules.** They've been doing this for a long time. If you watched them on the trail you probably noticed their slow, deliberate gait on the ascent. The tortoise, not the hare, wins here.

2) **Set a slow but steady pace.** You'll get there. Be patient. It's a big place. Avoid the temptation to look where you assume the rim is (up). Take breathers and look where you've come. Much to your surprise you'll discover that you haven't been marching in place for the past several hours. You're actually closer to the top!

In sum: Be an ass and don't look up!"

Bill Whitman

Grand Canyon V 2008 Veteran

