



# MOUNTAIN SHEEP NEWSLETTER

TO: Grand Canyon VI Team & Training Partners 2009

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## SUPER DAY AT ST. MARY'S!

**ST. MARY'S/NOTRE DAME/EAST RACE:** We had a beautiful day to ground out some major HOF on the trails of St. Mary's, Notre Dame and East Race. It was good to see a lot of Training Partners on the course also.

**Special thanks to Meagan for subbing for All!**



**LOVE CREEK PARK:** Our next training session is scheduled for **Saturday, July 11<sup>th</sup>** at Love Creek County Park. There will be a short lecture at **8:00AM** prior to our **training hike a at 8:15AM**. The training hikes will be conducted on the beautiful trails of Love Creek and the quiet, bucolic roads that surround Love Creek. There is one tough 2 mile stretch on the big course that will get your attention. The hiking distances range from 4.0 to 22.9 miles. I hope that we again attract several of our Training Partners and shorter hikers.



**CUB TRIPS:** We still have seats for our July 28<sup>th</sup> hike to Wrigley Field. (Information on the web site.)

**STEVE'S RUN:** Registration for this premier 10k Road 'n Trail race is now open. You can register on line [ [REGISTRATION](#) ] Race fliers 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. [ [STEVE'S RUN](#) ]

**DIRECTIONS:** Love Creek Park is located at 9228 Huckleberry Road, Berrien Center, MI 49102. The usual park fee per car is \$3 for Berrien County residents and \$5 for all others. You may want to car pool to to split the gas and park fee. The *Jog Pot* will be set up for your donation to the park. [PARK INFO](#) [PARK MAP](#) [GOOGLE MAP](#)

*"May your trails be crooked, winding, lonesome, dangerous, leading to the most amazing view.  
May your mountains rise into and above the clouds."*