



574.215.4779

MOUNTAIN SHEEP NEWSLETTER

TO: Grand Canyon VI Team & Training Partners 2009

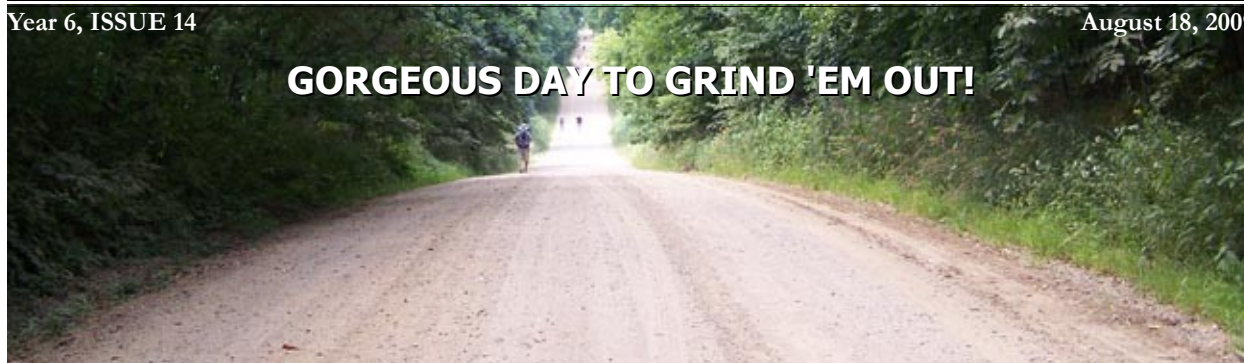
FROM: Coach Gunn

CairnStoneAdventureTours.com

rongunn3@verizon.net

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GORGEOUS DAY TO GRIND 'EM OUT!

RUSS FOREST: What a great day to earn some major HOF! And it was super to have such a big turnout, including our Training Partners and above the Rim hikers. Special thanks to waterman Al and Scott Wyman, director of Cass County Parks.

ROADRUNNER TRAILS: This will be our last major HOF trek before the Manistee Test Hike. We will meet at the Elks Club in Dowagiac on **Sunday, August 23rd at 8:00AM**. The lecture will include Training and complete descriptions of all the hikes available on our Best of the West trip. At **8:30AM** we will begin hikes that range from 3 to 26 miles. The course includes 14 miles on the SMC Roadrunner trails and 12 miles on quiet country roads, mostly gravel, around the Mill Pond.

ITINERARY: A tentative trip itinerary is included along with this Newsletter. I can't believe it is almost here. I am soooo FIRED UP!

TRIP VACANCY: Unfortunately one of our veteran hikers Vicky Holaway suffered a back injury that is going to take her off this trip. Her roommate is the vivacious Karen Locke and she is looking for a roommate – *female roommate*.

MANISTEE: The Grand Canyon group discount at [Days Inn](#) ends this Friday. **231.775.4414**

PICTURED ROCKS: Our Pictured Rocks weekend trip, which included some Grand Canyon vets, went extremely well. Our treks included a top five Michigan hike – the Jordan River Valley Trail and a top ten world hike – Pictured Rocks. Do you remember Devil's Lake runner Alex McPherson? He knocked out 32+ miles on the beautiful trails of this National Scenic Lakeshore!

SAUGATUCK PICNIC: Please join me and the MNRC (Monday Night Running Club) for our annual Labor Day gathering to run/walk the lakeshore, climb Mount Baldhead stairs and share a wonderful picnic potluck lunch with old and new friends. Watch for an email with details soon.

DIRECTIONS: The Elks Club is located in southeast Dowagiac at the corner of Riverside Drive and Hill Street. [\[MAP\]](#) From the stop light in downtown Dowagiac take M62 east (Division St.) toward SMC. At Riverside Drive turn south (Right) and go up the hill turn Right on Hill Street. Coming into Dowagiac from the east on M62 just past the VFW turn south (Left) on Riverside Drive and go up the hill, turn Right on Hill Street. Please park near the Hill St. end of the lot.

"I have two doctors, my left leg and my right."

G. M. Trevelyan