



MOUNTAIN SHEEP NEWSLETTER

TO: Grand Canyon VI Team & Training Partners 2009

FROM: Coach Gunn

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Year 6, ISSUE 16

September 18,, 2009

MANISTEE MAGIC

MANISTEE TEST HIKE: Manistee once again proved to be a very challenging and rewarding Test Hike. A beautiful sunny day with humidity added to the course difficulty but our team accepted the challenge well. I was also very pleased that we had several 21, 16, 10 and 6 milers on the course. Special thanks to Meagan, Whitney, Marty and Thom!
[\[Link to Photos\]](#)

NILES RIVERFRONT: Our pre-trip orientation and short taper program hike will be on Monday, September 21 at Niles Riverfront Park. The orientation will start at 6:00PM with a 3 to 6 mile hike to follow at 6:45PM. I am taking my white water rafting class to West Virginia this weekend and I appreciate everyone's cooperation in getting to this very important meeting on Monday evening.

SHUTTLE BUS: Just a friendly reminder about the shuttle bus to and from O'Hare airport. It is \$43 per person for door to door service both to and from the airport. Most of our veterans say "the party begins when you step on the bus in Niles!" As veteran Dr. Riley says, "this is a no-brainer." If you have not sent your payment bring it to me on Monday so I can have a final count.

ZION HIKES: I have listed below the names of the people who signed up for the *West Rim Trail* hike and the *Narrows* (Top to Bottom) hike. For your planning purposes the cost for the *West Rim Trail* shuttle service is \$35.20 and the cost for the *Narrows* shuttle and rented equipment is \$54.00. [to be paid in Springdale directly to Zion Adventure Company]

WEST RIM TRAIL HIKE

- | | | | |
|-------------|--------|-------------|----------|
| 1. Accoe | Sue | 15. Lies | Terri |
| 2. Brandner | Jim | 16. Moore | Michelle |
| 3. Brandner | June | 17. Price | Janna |
| 4. Brown | Tim | 18. Riley | Lee |
| 5. Caskey | Kay | 19. Riley | Rob |
| 6. Cline | Pat | 20. Schmidt | Marlin |
| 7. Crouch | Jay | 21. Selent | Christy |
| 8. Crouch | Kathy | 22. Sommers | Karen |
| 9. Flynn | Kathy | 23. Walsh | Barb |
| 10. Geans | Rocky | 24. Whitman | Bill |
| 11. Goens | Howard | 25. Whitman | Kris |
| 12. Janssen | Thom | 26. Wright | Alan |
| 13. Kurtz | Tricia | 27. Wright | Bob |
| 14. Lies | Larry | 28. Young | Laurie |

NARROWS RIVER HIKE

- | | |
|----------|--------|
| 1. Kurtz | Tricia |
|----------|--------|



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SHOW ME THE MONEY: Final payments for the trip are due. **THANKS!**

THE HAY IS IN THE BARN: Believe it or not your HOF hikes and all the intense training are finished! It is now time for all hard working *Mountain Sheep* to taper your training and get rested and frisky for the hikes below the rim. All of your hikes should be limited to 7 miles or less. Your pace should be maintained or perhaps picked up a little in order to maintain your high level of conditioning. Continue your core strength training right up to departure day. Also, because of the reduced training load and calorie expenditure, do your *push aways* (*push away* from the dinner table early).

COMMENTS ON THE NARROWS HIKE: This is year six on the Grand Canyon trip for myself (Thom), Marlin Schmidt and Barb Walsh so we have been on some great hikes with Ron. I would just like to add my personal comments about this hike option since I think the new *West Rim* hike was better *advertised* perhaps due to the freshness of the experience.

This was the most enjoyable and spectacular hiking experience for me to date. Last year Ron introduced the *Narrows* river hike to the venue as an option. Several of us opted for this hike in spite of Ron's *walking on bowling balls* description. There are the *bowling ball* sized stones but only during the last part of this hike. I had imagined hiking *in the water* 16 miles but not true. The river meanders creating a deep side and a sand bar side. The hike proceeds in a tacking fashion from one sand bar to the other. You cross the shallow river then walk along it in the sand until you repeat to the other side. There are some scrambles. Places where large trees have lodged creating a natural low dam to crawl over or hike up and around. The colorful sandstone walls rising on both sides of the river provide a rare and wondrous experience. This is a *not to miss* hike for any *rim to rim* qualified hiker.



LINKS TO PHOTOS: [West Rim Hike](#) [Narrows River Hike](#)

DIRECTIONS: Riverfront Park in Niles is located west of the *Riverfront Cafe* and behind the *Eagles lodge* at the NW corner of E. Main and Front Street. Parking lot is located on Sycamore, 1 block north of Main Street. [MAP LINK](#)

"Great achievement is usually born of great sacrifice."