



MOUNTAIN SHEEP NEWSLETTER

TO: Grand Canyon VI Team & Training Partners 2009

FROM: Coach Gunn

574.215.4779

CairnStoneAdventureTours.com

rongunn3@verizon.net

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LOTS OF POWDER BUT NO POWDER PUFFS!

NILES/MORRIS FARMS: Wow! We had 38 fired up hikers on the Sign-in/Sign-out sheet this past Saturday. The weather was challenging but beautiful as some good training mileage was gained on this scenic course. Special thanks to Al Potter, the Niles YMCA, and a tip of the hat to the Fowlers who travelled over 3 hours from near Lansing to knock out some miles.

LOVE CREEK: Our next training session will be at **Love Creek County Park on Sunday March 8th**. The lecture will not start until **9:30AM** and the training session will start at 10:00AM. As previously scheduled there will be a Grand Canyon information session starting at 8:00AM and will include Thom's beautiful slide show. At **9:00AM body fat tests** will be given (remember to fast). I will have a pot of coffee on. The **lecture topics** will include core strength training, trekking pole techniques and HOF training. The hikes will range from 4 to 10 miles on the beautiful trails of Love Creek. If the weather does not cooperate we will move to a scenic course adjacent to Love Creek.

FIRE UP PUMP: I was really pumped this past Saturday with everyone's attitude and I demonstrated my enthusiasm by pumping my right arm and fist. This is my way of saying that I am with you and fire up! I started using this years ago when on the roads training with my teams. Instead of honking I gave them the silent fire up! The pumping action mimics the engineers on the old steam engines when they had the fire stoked and pulled on the train whistle.

LOOK PRETTY: I will be wandering the trails during the training session taking photos for our *meet the team* gallery. We have lots of neat people worth meeting!

EXTREME SPORTS FOOD DRIVE: The students and alumni of the Southwestern Michigan College Extreme Sports program are conducting a food drive for the food banks at St. Paul's Episcopal Church in Dowagiac and the Michiana Martin's stores. I will have a box available at this hike and *Mahalo!*

TRIP PROTECTION INSURANCE: I will have Trip Protection Insurance forms available as a courtesy at our next training session. You may also go directly to this [web site](#) to compare plans and to purchase the protection you desire. [Travel Insurance plans can cover trip cancellation, baggage loss, medical costs and AD&D.]

EARLY NEWSLETTER: This Newsletter is coming out early as I will be away from campus with students on an Extreme Sports field trip. Before each hike it is wise to always check your email for last minute updated information.

DIRECTIONS: ([Web Map](#)) Love Creek County Park, 9228 huckleberry Road, Berrien Center, MI 49102 Park phone: 269-471-2617 Coach Gunn cell: 574-215-4779.

[**Note:** The *Training Schedule* also contains *live* computer map links to each location when viewed on your computer screen. A copy of the **Training Schedule Revision 2** is attached to the email along with this Newsletter. It is also available on the [web site](#) to view, to print or to save to your computer.]

“There is no such thing as bad weather – just bad dress!” Norwegian Proverb