



# MOUNTAIN SHEEP NEWSLETTER

TO: Grand Canyon VI Team & Training Partners 2009

FROM: Coach Gunn

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## PRISTINE DAY AT LAWLESS

**LAWLESS PARK:** Our team enjoyed near perfect hiking weather on the beautiful Lawless Park trails. Our *below the rim* hikers nailed a 1/2 marathon as we build our HOF. **Special thanks to Scott Wyman**, director of the Cass County Parks, for his help, support and the fire in the shelter fireplace. And once again, our *jogpot* for the park fees was generous.

**SWISS VALLEY:** Our next training session will be at **Swiss Valley Ski Area on Saturday, April 18<sup>th</sup>**. The lecture will start at **8:00AM** and topics will include training, hiking downhill and fuel for the Canyon. The training session will start at 8:30AM and will include hikes of 14, 7 and 4 miles. This is one of our *signature* HOF hiking sessions and I am hoping for a good turnout.



**SHOW ME THE MONEY:** Our April payments went very well - THANKS!

**DEVIL'S LAKE:** I am pleased that the bus to the Devil's Lake Test Hike is filling fast. Complete info on our first and most important Test Hike is attached. We have several vets from past *below the rim hikes* on board for this beautiful hike also.

**OPPORTUNITY** You are the first to be informed of this. We have two seats that have opened up for our 2009 trip to the Grand Canyon. First come will be first served for this rare opportunity.

**EMERGENCY PHONE NUMBERS:** These numbers should be saved in your cell phone for use during training hikes. **Primary:** Ron 574.215.4779 **Backup:** Al 269-462-1336, Thom 269-462-0683

**WEB SITE TIPS:** Check out the photos from past training hikes on the web site. Login to the *Coaching* section, *Hike Previews*, and then to the *Swiss Valley* page.

**DIRECTIONS:** ([Web Map](#)) ([Swiss Valley](#)). To: Swiss Valley Ski Area, 13421 Mann St., Jones, MI 49061. (Travel north on Patterson Hill Rd. from M-60 3 miles then left on Mann St. Patterson Hill Rd. is 1 mile west of M-60 & M-40 intersection and just a few miles east of Lewis Lake Road [to Lawless Park])

**“I have never seen an athlete drown in his/her own sweat yet!”**

Coach Gunn