



MOUNTAIN SHEEP NEWSLETTER

TO: Grand Canyon VI Team & Training Partners 2009

FROM: Coach Gunn

574.215.4779

CairnStoneAdventureTours.com

rongunn3@verizon.net

Year 6, ISSUE 15

September 9, 2009

A MARATHON IN TRAINING!

ROADRUNNER TRAILS: Some major HOF was gained on Roadrunner Trails and environs as many of our team members knocked off 26 miles on another beautiful day for training. Special thanks to *Waterman*, Al Potter!!



SAUGATUCK PICNIC: Many team members enjoyed a gorgeous day and hike at Saugatuck. The mid range hike of 12 miles ended with the *Mt. Baldy* stairs and a wonderful potluck picnic with the Monday Night Running Club. And again, special thanks to Al and all those who helped me clean up!

MANISTEE TEST HIKE: I am excited about this very special hike that will take place this Sunday. This is an awesome hike that *is mandatory* for all members of our team who are considering going below the rim. This hike will take place rain or shine and the only thing that will delay it would be the threat of electrical activity. The present long range forecast calls for 71° and rain. Complete information on this Test Hike was sent a few weeks ago and is also attached again for your careful review. I hope to see everyone at the pre-hike reception at the Day's Inn at 5:00PM on Saturday night.

DAY PACK INSPECTION: As a reminder there will be an inspection of your day pack prior to the start of the Manistee hike. Review the *Day Pack Checklist* on the web site in the *Coaching* section under [Lecture Notes](#). [Login *GC6* and password *fireup*]

DECLARATION FORM: I will be circulating a declaration form at Manistee for the hikes that our team members are considering doing on our trip. A list of hikes is below:

- * Rim to River to Rim (S. Kaibab to Bright Angel trail)
- * Rim to River to Rim plus Plateau Point
- * S. Rim to N. Rim (veterans only, weather permitting)
- * Plateau Point (Bright Angel to Plateau Pt. Round trip)
- South Rim Half Marathon (S. Kaibab trail head to Hermit's Rest)
- Zion: The Narrows – Top to Bottom (optional - 16 mile river hike)
- Zion: The West Rim Trail (optional – 15 mile wilderness hike)
- * Must qualify with a strong timely finish at Manistee



MOUNTAIN SHEEP NEWSLETTER

TO: Grand Canyon VI Team & Training Partners 2009

FROM: Coach Gunn

574.215.4779

CairnStoneAdventureTours.com

rongunn3@verizon.net

Year 6, ISSUE 15

September 9, 2009



WEST RIM TRAIL: I recently hiked the West Rim Trail in Zion and it is awesome! It is 15.5 miles that starts in the remote back-country west of Zion Canyon at close to 8,000' and finishes at the Grotto in Zion Canyon at 4,000'. It is a back country hike with no water except for a couple of slow springs. The first 10 miles follows a beautiful mountain ridge with a couple of major dips into Potato Hollow and Telephone Canyon. At about 10 miles the trail drops into Behunin Canyon and starts its decent into Zion Canyon with one more 1/2 mile climb sandwiched in. In the final miles the trail actually overlooks *Angel's Landing* and at *Scout Lookout* hikers have the option of going up to Angel's Landing before descending Walter's Wiggle to the Grotto shuttle stop. The Zion Adventure Company will shuttle us out to the trail head at *Lava Point* for a cost of about \$25 per person. I plan to organize trips on both Friday and Saturday as we are allowed only 12 people per group on the trail for the entire day.

SOUTH RIM HALF MARATHON: I also hiked the trail from the South Kaibab trail head to Hermits Rest and it is much improved and very easy to stay on. The views are dynamite and the last 6 miles feature awesome views of the Colorado River, including Granite Rapids, Hermits Camp, the Tonto Trail, and the world's finest view of 17 geological layers. And of course, the finish is at the charming Hermits Rest, one of my favorite spots in the Grand Canyon.

FINAL PAYMENTS ARE DUE: The final payments for the trip are due. Your anticipated prompt response is greatly appreciated as final bills for the trip are due. Many of our team are already paid up – THANKS!

SHUTTLE BUS TO THE AIRPORT: Once again I have made arrangements for a shuttle bus to take us door to door to and from O'Hare airport. The cost is \$43.00 per person. If interested please send in your check to Cairn Stone Adventure Tours, 142 Conifer Trail, Dowagiac, MI 49047. This has worked very well on past trips, proving to be the least costly and the most convenient way for most of our travelers to get to and from O'Hare airport.

"I applaud all of our team members attempting the Test Hike this weekend for their hard training, long hours, many sacrifices and willingness to put it all on the line."

Coach Gunn