

Preliminary Itinerary (Subject to changes, but this gives you a taste of what we will be up to!)

Friday

Arrive Friday afternoon/evening

Check in: 4:00 pm - 6:00 pm

Dinner & welcome 6:00 pm - 7:15 pm

Night Run with Petzl 7:30 pm - 8:30 pm

Campfire Social (s'mores and beers) 8:30 pm

Saturday

Yoga/Core/Stretching Session 7:00 am - 7:45 am

Breakfast 8:00 am - 8:45 am

Uphill/Downhill Form Clinic 9:00 am - 10:00 am

Morning Run 10:15 am - 12:00 pm

Lunch 12:30 pm - 1:15 pm

Trail Running Clinic 1:30 pm - 2:15 pm

Afternoon Run 2:30 pm - 4:30 pm

Self Massage Clinic 5:00 pm - 5:30 pm

Happy Hour 5:30 - 6:30 pm

Dinner 6:30 pm - 7:15 pm

Trail Running Movie 7:30 pm

Sunday

Breakfast 7:00 am - 7:45 am

Yoga/Stretching 7:45am-8:15am

Last run 8:30-11

Lunch, Pack Up Camp & Farewell 11:15-12:30