



Run SMART Retreat Itinerary, July 25th -31st

Sunday, July 25th

6:00pm, Embassy Suites Conference Room

Welcome kickoff dinner, meet and greet, review of itinerary

Monday, July 26th

7:30am, meet in Embassy Suites lobby for departure

RUN: Buffalo Park

9:30am, Embassy Suites dining room

Breakfast

11:00am, Embassy Suites Conference Room

Morning Session: Marathon Training w/ Magdalena Lewy-Boulet

12:30pm, meet in Embassy Suites lobby for departure

Lunch: Northern Arizona University Dining Hall

4:00pm, Embassy Suites Conference Room

Afternoon Session: Run SMART Coaches Q&A

6:00pm, meet in Embassy Suites lobby for departure

Dinner: Beaver St Brewery

Tuesday, July 27th

7:30am, Embassy Suites dining room

Breakfast

8:00am, meet in Embassy Suites lobby for departure

RUN: Sedona

11:00am, downtown Sedona

Lunch + shopping

12:30pm, downtown Sedona

Departure to Flagstaff



4:00pm, Embassy Suites Conference Room
Afternoon Session: Nutrition Q&A w/Alicia Shay

6:00pm, meet in Embassy Suites lobby for departure
Dinner: Picasso's

Wednesday, July 28th

7:00am, meet in Embassy Suites lobby for departure
RUN: Schultz Creek Trail

9:00am, Embassy Suites dining room
Breakfast

11:00am, Embassy Suites Conference Room
Morning Session: Dr. Jack Daniels

12:30pm, meet in Embassy Suites lobby for departure
Lunch: Northern Arizona University Dining Hall

4:00pm, meet in Embassy Suites lobby for departure
Afternoon Session: Gait analysis

6:00pm, meet in Embassy Suites lobby for departure
Dinner: Karma

Thursday, July 29th

6:30am, Embassy Suites dining room
Breakfast

7:00am, meet in Embassy Suites lobby for departure
HIKE: Grand Canyon National Park

12:30pm, Lunch + shopping
Grand Canyon National Park

4:00pm, meet in Embassy Suites lobby for departure
Afternoon Session: Restorative Yoga w/ Mimi Rosetti

6:00pm, meet in Embassy Suites lobby for departure
Dinner: on your own



Friday July 30th

7:00am, meet in Embassy Suites lobby for departure
RUN: Waterline Road

9:30am, Embassy Suites dining room
Breakfast

11:00am, Embassy Suites Conference Room
Morning Session: Dr. Jack Daniels

12:30pm, meet in Embassy Suites lobby for departure
Lunch: Northern Arizona University Dining Hall

4:00pm, meet in Embassy Suites lobby for departure
Dinner: Coach Vince's house

Saturday, July 31st

7:00am, meet in Embassy Suites lobby for departure
RUN: Observatory Mesa

9:30am, Embassy Suites dining room
Breakfast

11:00am, Embassy Suites Conference Room
Morning Session: Closing session with Run SMART Project staff