



Flash Running Wild

Flexible Fitness for Your Schedule

Join Coach Kate Marden for a long weekend in the beautiful Shenandoah Valley. Participants can expect to run 4-8 miles per day. The retreat will be held at Shenandoah Meadows, a 40-acre property located in Fort Valley, VA. A short 90-minute drive from Washington, DC, it is the perfect place to escape from the rat race. Shenandoah Meadows is near multiple hiking trails, and there is a swimming pool, pond, and basketball court on-site. In addition, there will be acupuncture and body work services onsite (included in the price), campfires, runners' workshops, and down time to relax and enjoy the views.

Dates:

September 15th (Friday) to September 18th (Monday), 2023

Location:

Shenandoah Meadows Retreat, Fort Valley, VA

Spots Available:

7

Price:

- \$650 per person for shared bunkroom accommodation (3 spaces available) (+processing fee when registering, which is shared with FRW)
- \$850 per person for private accommodation, queen sized bed (4 spaces available)
- Accommodation included
- All meals included
- \$150 deposit due upon registering, with the balance due by August 15, 2023

What to Expect:

Main Attractions:

- Running trails
- Acupuncture, massage, and basic chiropractic services
- Runner's Workshops
- A strong foundation - strength training for runners
- Fuel for success - nutrition for runners
- Prime for success - warm up routines and form drills for runners
- A mind for success - mental strategies for becoming a better runner
- In it for the long run - process over outcome thinking and becoming a lifelong runner



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Important Details:

- *The retreat starts on the afternoon of 15th of September and ends the morning of the 18th*
- *Full itinerary will be sent to attendees*
- *Deposit of \$150 is due upon registering, with the balance due by August 15, 2023*

FAQs

What is the average pace of the runs on this retreat?

All group runs will be on local trails of varying levels of technicality. There will be stops along the way to eat, drink, and take pictures! And when the trails become too technical, we will slow down to hike rather than run. Nobody will be left behind. There will be free time during which participants may go for faster solo runs if they choose, and there is a ~1 mile trail that loops around the property.

What terrain will we be running on?

All trails, all the time. Participants may opt to run on local roads on their own time and at their own risk.

What is the group size on this retreat?

We can have up to 8 runners, including Coach Kate.

What can I expect the accommodation to be like at the Shenandoah Meadows?

Accommodation at Shenandoah Meadows will include one larger chalet with 2 private rooms and a small kitchen and two smaller cabins with one room each. There is a shared bunk room in the chalet that can fit up to 3 people. There is a larger dining facility on the property. Meals will be prepared and shared in either the chalet's kitchen or the dining facility.

Though there is room for other groups on the property, retreat participants will be the only guests the weekend of the retreat.

Will we pay for meals separately or are they included in the price of the retreat?

All meals are included. Prior to the retreat, Coach Kate will reach out to participants with a food preferences survey, and all meals will be prepared on-site. There will be ample snacks available to all participants, as well.

What will a typical day entail?



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Sample itinerary for a day at Shenandoah Meadows:

8:30-9:30am: Breakfast

10:00-12:30pm: Group run/hike

1:00pm-2:00pm: Lunch

2:00pm-3:00pm: Optional runners' education workshop

3:00pm-6:00pm: Local hike OR free time

6:00pm: Dinner

7:00pm: Bonfire, free time

***Runners' Workshops will be offered every day of the retreat, and anticipated topics include:*

- *A strong foundation - strength training for runners*
- *Fuel for success - nutrition for runners*
- *A mind for success - mental strategies for becoming a better runner*

How will I get to/from the retreat center?

Participants will need to arrange their own transportation to the property. The nearest airport is Washington-Dulles International Airport, approximately 80 miles.

What time is check-in for the retreat on the 15th?

12:00pm, though once you have your schedule, please let Kate know when you will be arriving so she can plan accordingly.

What is included in the retreat package?

- *Accommodation at Shenandoah Meadows for 3 nights.*
- *3 meals/day for the duration of your stay.*
- *Daily educational workshops.*
- *Group activities (campfire, hikes, etc.).*

What is the cancellation policy?

At any point up to 60 days from the start of the retreat, you can cancel your registration and receive a full refund minus deposit.



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If you cancel your registration between 30 days and 59 days from the start date of the retreat, you will receive a 50% refund minus deposit.

If you cancel your registration within 30 days from the start date of the retreat, there will be no refund issued.

***Though the deposit is non-refundable, if you cancel and we are able to fill your spot, you will receive a \$150 credit toward your next retreat with FRW Expeditions.*

***In the unlikely event that FRW Expeditions must cancel this retreat, you will receive a full refund. Participant is responsible for any cancellation fees associated with airfare and/or travel arrangements.*

Can non-runners attend the retreat?

Absolutely. All planned runs and activities are optional, so if a non-running friend wants to come with and spend some extra time lounging on the beach while you run, they are more than welcome!