



## Flash Running Wild

Flexible Fitness for Your Schedule

Join Coach Kate Marden for a weekend of relaxing outdoor activity, the chance to unplug, and discussions with like-minded people about what it means to lead a healthy life – and how to find that path for yourself! The retreat will be held at Shenandoah Meadows, a 40-acre property located in Fort Valley, VA that offers beautiful scenery, comfortable accommodations, and on-site amenities such as a swimming pool, 1-mile trail, and lake. A short 90-minute drive from Washington, DC, it is the perfect place to escape from the rat race. Shenandoah Meadows is near multiple longer hiking trails and is a short drive to nearby Luray.

### **Dates:**

December 8 (Friday) to December 10 (Sunday)

### **Location:**

[Shenandoah Meadows Retreat](#), Fort Valley, VA

### **Spots Available:**

6-10

### **Price:**

**All packages include accommodation for 2 nights and all food/beverages.**

- \$450 per person for private room in Chalet (+processing fee when registering, which is shared with FRW).
- \$350 per person for shared accommodation in Chalet, queen sized bed OR room with bunks.
- \$450 per person for a tiny cabin (2 on property).

### **What to Expect:**

- The retreat starts on the afternoon of the 8<sup>th</sup> of December and ends on the 10<sup>th</sup> of December.
- Full itinerary will be sent to attendees.
- Deposit of \$150 is due upon registering, with the balance due two weeks before start of retreat.
- This is NOT a running retreat – it is an **ACTIVE WELLNESS** retreat.

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



Accommodation at Shenandoah Meadows will include one larger Chalet with 3 bedrooms (2 with queens and 1 with two bunks – one set of bunks has a queen bed), and a semi-private room with a twin bed. The Chalet has a full kitchen, three bathrooms, television, campfire set-up, and hot tub. The two tiny cabins (located across a field from the Chalet) offer a pull-out couch on the ground floor and a loft regular-size bed. The tiny cabins have no private bathrooms but rather use the bathhouse located a 30-second walk away. All meals will be prepared and offered at the Chalet.

### **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.

Dinners will be themed around one of the five original [Blue Zones](#) of the world.

### **What will I learn on this retreat?**

We will spend time discussing the [Five for Life Healthy Lifestyle Principles](#) and how to better incorporate small actions for big change into our daily lives:

- Back-to-Basics Nutrition
- Functional Fitness
- Sleep & Stress
- Social Circle
- Finding Your Purpose

Retreat participants will come away with the tools to build a healthy lifestyle roadmap, as well as new connections with a vested interest in ensuring each other's success!

### **Do I have to be a runner to attend?**

Absolutely not. There will be optional trail running available each morning on the loop around the property (~1 mile), but participants may walk that loop, as well. Participants who wish to run more may complete multiple loops. If a group is comprised of multiple attendees with a preference for trail running, the group will split into two groups (walkers/runners) for at least one of the hikes.



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### Tentative Itinerary

#### Friday Afternoon:

- Check-in (any time after 3pm)
- Meet & Greet
- Tour of the grounds
- Easy local walk/hike
- Dinner (Blue Zone Theme #1)
- Post-dinner informal wellness discussion (Intro to the Five for Life healthy lifestyle principles) – campfire outside if weather permits.

#### Saturday:

- Pre-breakfast walk/easy hike/jog around the grounds
- Breakfast
- Late morning hike/easy trail run (Signal Knob)
- Lunch
- Post-lunch wellness discussion (one of the Five for Life principles)
- Afternoon free time and/or local hike/walk
- Dinner (Blue Zone Theme #2)
- Post-dinner campfire with wellness discussion (one of the Five for Life principles)

#### Sunday:

- Pre-breakfast walk/easy hike/jog around the grounds
- Breakfast
- Mid-morning hike (short drive to Massanutten Trail)
  - We will divide into 2 groups if there are both runners and walkers in the group – one group will do an easy jog and the other group will walk. 30 minutes out on the clearly marked trail and 30 minutes back.
- **Check out is at 11am** – we will pack the cars prior to departure.
- **Optional afternoon trip into nearby Luray to walk along the Greenway, browse/shop on Main Street, and have lunch.**



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### **What is the cancellation policy?**

At any point up to 30 days from the start of the retreat, you can cancel your registration and receive a full refund minus deposit.

If you cancel your registration between 14 days and 29 days from the start date of the retreat, you will receive a 50% refund minus deposit.

If you cancel your registration within 13 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.**