



Flash Running Wild

Flexible Fitness for Your Schedule

Shenandoah Intro to Trails Retreat: November 10-12, 2023

Tentative Itinerary

Friday Afternoon:

- Check-in (3pm)
- Meet & Greet
- Tour of the grounds
- Group hike (on grounds)
- Dinner
- Campfire

Saturday:

- Pre-breakfast games on main field (soccer field)
- Breakfast
- Intro to trail safety & orienteering (on grounds)
- Picnic lunch
- Group hike - short drive to local trail
- Dinner
- Campfire #2

Sunday:

- Pre-breakfast games on main field (soccer field)
- Breakfast
- Mid-morning hike/orienteering games
- Check out by 11am