

Guided Outdoor Activities

FRI
6:30 AM
SAT
4:30 PM



HIIT

Led by Jordan Metzl (Fri.), Annika Lenz (Sat.)
Hotel Lawn/Conference Room
BRING: water, sun protection
PROVIDED: mats

FRI
6:30 AM
SAT
4:30 PM



ROCK CLIMBING

Led by Katey Blumenthal, Volker Schoffl, Isa Schoffl
Echo Canyon | Bouldering (Fri), Crag (Sat)
BRING: climbing shoes, harnesses*, water, sun protection, snacks
PROVIDED: ropes, anchors, helmets, (*provided if you don't have your own)

FRI
6:30 AM
SAT
4:30 PM



MOUNTAIN BIKING

Led by Aaron Provance
Park City / Deer Valley Trails
BRING: water, sun protection, snacks
PARTICIPANT RENTAL:** bikes, helmets

FRI
6:30 AM
SAT
4:30 PM



TRAIL RUNNING

Led by Brett Toresdahl
Local Trail System
BRING: trail running shoes, water, sun protection, snacks

FRI
6:30 AM
SAT
4:30 PM



HIKING

Led by Rachel Meyers
Local Hiking Trails
BRING: hiking shoes, water, sun protection, light pack, snacks

SAT
4:30 PM



YOGA

Led by Janelle Holter
Hotel Lawn/Conference Room
BRING: water, sun protection

5th International
Extreme Sports Medicine Congress



REGISTER

**** Bike rentals:**
If you plan on the Mountain Biking activity, you may bring your own bike or arrange a rental from Christy Sports Deer Valley or Switchback Sports Park City