

# 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: athletic clothing, running shoes, water, sun protection  
PROVIDED: mats

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## ROCK CLIMBING

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

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## MOUNTAIN BIKING

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

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## TRAIL RUNNING

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

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## HIKING

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

### \*\* 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

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