

Schedule of Events Desert and Mountain Ultra Camp '07

Lisa and Marshall propose the following schedule of events. This schedule is subject to change based on the overall needs of the camp participants, as we want to present the very best camp for you.

Wednesday May 2	
4:30 p.m.	All participants arrive at Stovepipe and check in
6:00 – 8:00 p.m.	Welcome Reception and Dinner-Toll Road Restaurant, Stovepipe Official camp welcome, goodie bag distribution, introductions, camp overview, and discussion of participants' goals
8:30 p.m.	Evening run
Thursday May 3	
7:00 – 8:30 am	Breakfast at your leisure-Toll Road Restaurant
9:00 a.m. – 1:00 p.m.	Running session with Lisa and Marshall Downhill running technique Power walking (and why it works) Gait analysis, including video taping
1:00 – 2:00 p.m.	Lunch-your choice
2:15 – 3:30 p.m.	Stretching class (the benefits of stretching) and cross training with Lisa Meet in the Stovepipe auditorium
4:00 – 6:00 p.m.	Classroom Session #1 Review gait analysis video Nutrition, Hydration, and Electrolyte Balance Mental Aspects of Training and Racing
6:30 – 8:00 p.m.	Group Dinner -Toll Road Restaurant
8:30 p.m.	Presentation by Marshall Journeys in Extremes Around the World*
Friday May 4	
7:00 – 8:30 am	Breakfast at your leisure-Toll Road Restaurant
9:00 a.m. – 1:00 p.m.	Running session with Lisa and Marshall Running the flats, dune/sand running, and uphill and downhill work
1:00 – 2:00 p.m.	Lunch-your choice
2:15 – 3:30 p.m.	Cross training with Lisa, including benefits of self-massage Meet by the pool and bring your jump ropes!
4:00 – 6:00 p.m.	Classroom Session #2 The Power of Walking Training and Race Strategy Troubleshooting, including foot care and dealing with forces of nature
6:30 – 8:00 p.m.	Group Dinner-Toll Road Restaurant
8:30 p.m.	Presentation by Lisa Desert Racing**

Saturday May 5	
7:00 – 8:30 am	Breakfast at your leisure-Toll Road Restaurant
9:00 a.m. – 1:00 p.m.	Trail run with Lisa and Marshall Trail running techniques Uphill and downhill work Gait analysis, including video taping
1:00 – 2:00 p.m.	Lunch-your choice
2:15 – 3:30 p.m.	Core body training session with Lisa Meet by the pool
4:00 – 6:00 p.m.	Classroom Session #3 Review gait analysis video Clothing and Race Gear Pacing and Crewing
6:30 – 8:00 p.m.	Group Dinner-Toll Road Restaurant Participant Quiz Show
8:30 p.m.	Evening Presentation: Finding Balance in Your Life*** by Lisa and Marshall
Sunday May 6	
7:00 – 8:30 am	Breakfast at your leisure-Toll Road Restaurant
8:30 – 9:30 a.m.	Camp wrap up/Q&A
10:00 – 12:30 p.m.	Free time/ solo runs-your choice of locations
1:00 p.m.	Departure

***Journeys in Extremes Around the World by Marshall**

World class athlete Marshall Ulrich will take you around the world-from the cold thin air of Mount Everest to heat of Death Valley, from the frozen ice of Antarctica to the sands of the Sahara, and from the frozen Iditarod trail to the stifling jungles of Borneo-showing you how the human body is able to adapt and perform in these beautiful, extreme, and harsh environments.

****Desert Racing by Lisa**

Experience the magic of desert racing as Lisa takes you through video footage from Morocco’s famed race, the Marathon des Sables. Lisa is the only American woman ever to win the women’s division of this race. Following the video presentation, Lisa will cover the essentials of desert racing including how to run sand dunes, how to deal with the weather extremes (heat during the day and cold at night), how and what to pack in your backpack, how to care for your feet, and what clothing to bring along for your next desert adventure.

*****Finding Balance in Your Life presented by Lisa and Marshall**

No... it’s not all about the running. Lisa and Marshall discuss the importance of having an appropriate foundation in order to successfully set and achieve your goals, providing guidance on how to make a plan that works for you, your life, and your family.