




SCHEDULE OF EVENTS

**MAY 31ST –
JUNE 2ND 2019**

EVENT BASE CAMP:
THE RIDGELINE HOTEL
ESTES PARK, CO

	8a	9a	10a	11a	12p	1p	2p	3p	4p	5p	6p	7p	8p	9p	
FRIDAY								CHECK-IN							
								RACE REGISTRATION							
												RUNNING SEMINAR: JENNI NETTIK 6-7 PM			
SATURDAY	REGIS- TRATION		10K RUN 9:00 AM				EXPO 10 AM – 4 PM								
			6K RUN 9:15 AM				GRAB & GO LUNCH AT LATITUDE 105 								
										JULI RATHKE: 1:30 – 2:30 PM LAKE ESTES		POST PARTY COMEDY SKETCH WITH BRITTANY CHARBONEAU 4:30 – 5:30 PM			
		YOGA 9-10 AM JULI RATHKE TRAIL RIDGE			VIVA OIL* 11 AM – 11:30 AM	ROCKY MOUNTAIN CONSERVANCY† 11:30 AM – 12:00 PM		PANEL: 12 – 1 PM TRAIL RIDGE		JEREMY BLOOM: 3 – 4 PM, TRAIL RIDGE	DINNER 6 PM	BAND 7-9 PM ASPEN COURTYARD			
SUNDAY			MOUNTAIN BIKE GUIDED TRAIL RIDE 9 – 11 AM												
		BLOODY MARY BRUNCH 9 – 12 PM													

* VIVAOIL, FEATURING ROMY CAMPBELL, RN - GENERAL CBD DISCUSSION, SATURDAY, 11 AM-11:30 AM

† ROCKY MOUNTAIN CONSERVANCY, SATURDAY, 11:30 AM – 12 PM



FEATURED SPEAKERS

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Jeremy Bloom “MAKE IMPOSSIBLE HAPPEN”

Saturday, 3–4 pm
(Trail Ridge Room)

Jeremy Bloom is a 3x World Champion, 2x Olympic Skier and former football player for the Philadelphia Eagles and the Pittsburgh Steelers. He is the founder of Wish of a Lifetime, a charity that grants lifelong wishes to senior citizens. He is also the CEO of Integrate, a venture backed marketing software company. Jeremy will share his life experiences and demonstrate that anything is possible when you attack your goals and dreams.



Dream Team Panel: “FROM RECREATIONAL RUNNER TO ELITE ATHLETE—REACH YOUR FULL POTENTIAL”

Saturday, 12–1 pm (Trail Ridge Room)

How did elite marathoner Brittany Charboneau transition from recreational runner to professional athlete training for the Olympic trials in less than two years? Join Coach Jenni Nettik as she leads a panel discussion with Brittany and her dream team, strength and conditioning coach Josh Clark, sports dietitian Amanda Turner, physical therapist Lara Canham, and massage therapist and energy healer Nate Ewert as they discuss how they help Brittany and everyday runners reach their full potential.

Jenni Nettik

Coach Jenni Nettik is the owner of Mercuria Running in Denver, CO. Jenni is a lifelong competitive runner dating back to when she was beating all the boys in 1st-grade recess. Today Jenni runs for fun, fitness, and a little competition. She specializes in form coaching, training plans, and online coaching for everyone from beginning 5k runners to elite marathoners and ultra runners. Jenni’s own favorite distance is the marathon, where she thrives on the mental and physical challenges of 26.2 miles. Jenni splits her time between the trails and roads.



Brittany Charboneau “HIGH OCCUPANCY ME-HICLE: HOW I GOT OUT OF MY HEAD AND INTO THE DRIVER’S SEAT OF MY OWN JOURNEY”

Friday, 4:30–5:30 pm
(Aspen Courtyard)

Join elite marathoner and comedian Brittany Charboneau as she tells her story about making the decision to leave her corporate job to pursue running



and comedy full time in a one-woman comedic sketch performance. Brittany navigates the internal struggles of letting different emotions (fear, complacency, confidence & intuition) “take the wheel” until she realizes that her journey is up to her to be in control of her own vehicle. The audience can relate to her story with their own decisions in their life, to letting their emotions drive their vehicle, and can be entertained by Brittany bouncing between all five characters at once!

Juli Rathke

Juli is a multi-passionate entrepreneur having started her first company in her twenties – launching everything from magazines to media production businesses shooting documentaries to yoga studios and schools to website development and global travel planning/guide services to launching print and national brand publications.



She serves as a high-performance executive consultant, company culture expert, personal mentor, speaker, motivator and educator with a strong empathic skillset to connect with a very diverse clientele. She is the publisher of her own creation, YOGA + Life® Magazines, a human condition expert, the founder of the Experts Club and an unshakable optimist. She has helped thousands of people to greater influence in their own lives by achieving success in life and business equating to better health and their ultimate happiness.



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