



2018

# AMR RUN + REFRESH RETREAT WEEKEND SCHEDULE

## THURSDAY \* OCTOBER 25

- 11:00-2:00** Retreat check-in at Shoreway Acres Inn, 59 Shore St., Falmouth, MA 02540  
Lunch is on your own; hotel check-in is at 4 p.m. Front desk can hold bags or possibly provide early check-in. Please join Sarah in the hotel parking lot to experience a Chrysler Pacifica for yourself! A great way to explore the minivan both Sarah and Dimity drive, as well as a directed "mingling" experience.
- 2:00-2:30** Welcome + Retreat Overview
- 2:30-2:45** Pit Stop  
**\*Coaching sessions with Amanda, MK, and Dimity 3-5pm today!**
- 2:45-4:15** Breakout Expert Sessions
- 4:15-5:30** Get settled in room + evening prep
- 5:30-6:45** Introductions + Happy Hour (tapas buffet + drinks)
- 7:00-7:30** Podcast Recording Party Reception (light sweets + more beverages)
- 7:45-8:30** Live recording of AMR podcast at Shoreway Acres Inn
- 8:45 (or later)** Head out on the town, visit with your new friends, read, knit, sleep...

## SATURDAY \* OCTOBER 27

- 6:30-7:15** Buffet breakfast served at 5:30-7:30 a.m.  
Depart for race start line, Falmouth Town Square (.05 mile)  
Cape Cod Half-Marathon starts (Course closes at 10:30)
- Post-race** Post-race lunch is on your own. See AMR suggestions for yummy local spots.  
Join Sarah in the hotel parking lot to experience a Chrysler Pacifica for yourself! A great way to check out the minivan both Sarah and Dimity drive.  
Afternoon Free time! Kennedy Museum with SBS; yoga; shop; nap; or whatever you choose!
- 12:30** SBS leads carpool group to Kennedy Museum in Hyannis (at museum 1:30-3pm, back at 4:00)
- 3:45-4:30** Gentle post-race yoga with Carrie at Shoreway Acres Inn
- 5:15-6:15** Evening prep
- 6:30-9:00** Celebratory Cape Cod Lobster Clambake Dinner + after-dinner karaoke at Shoreway
- 9:00 (or later)** Done for the day or head out on the town!

## FRIDAY \* OCTOBER 26

- Buffet breakfast served 7:30-9:30 a.m.
- 7:00** Group run (options range from 2-5 miles, all paces) or strength/walk w/ Dimity
- Until 9:00** Shower, get changed, eat buffet breakfast (in whatever order you prefer!)
- \*Coaching sessions with Amanda, MK, and Dimity today 9-12:30**
- 9:00-10:30** Breakout Expert Sessions
- 10:30-10:45** Pit Stop
- 10:45-12:15** Breakout Expert Sessions
- 12:15-12:30** Pit Stop
- 12:30-1:30** Lunch at Shoreway Acres Inn
- 1:30** Group photo
- 1:30-3:00** Free time to explore Falmouth, shop, read, knit, nap, your choice!
- 3:00-3:15** Walk to Expo for packet pickup (0.8 mile)
- 3:00-4:30** Cape Cod Half Marathon packet pickup (Gus Cauty Falmouth Recreation Center, 790 East Main St)
- 5:00-5:45** Pre-race yoga with Carrie at Shoreway Acres Inn
- 6:30** Meet for 0.9-mile walk to Flying Bridge Restaurant (220 Scranton Ave.)
- 7:00-8:30** BAMR Pre-Race Dinner
- 8:30 (or sooner)** Groups walk back to hotel. Pre-race sweet dreams!

## SUNDAY \* OCTOBER 28

- 7:00** Group runs (options range from 1-7 miles) or outdoor strength/walk w/ Dimity
- until 9:30** Shower, get dressed, pack. (Checkout is 11:00; bring bags to brunch or have front desk hold)
- 9:30-11:00** Farewell (sniff, sniff) Brunch at Shoreway depart

\* AND HUNTER'S MOON ON 10/24 \*

sunrise: 7:06AM, sunset: 5:44PM

