

# 2020 AMR RUN + REFRESH RETREAT



## Weekend Schedule

### FRIDAY | FEBRUARY 28

- noon-2:00** Retreat check-in at Beach House - Sand & Surf Pre-function
- noon-2:00** AMR Pop-Up Shop - Near AMR registration - Check out gear showcased by SBS and purchase your new favorite item to wear all weekend!  
*Lunch is on your own; hotel check-in is 4pm. Front desk can hold bags or possibly provide early check-in, based on availability.*
- 2:00-2:30** Welcome + Retreat Overview - Sand & Surf Ballroom
- 2:30-2:45** Pit Stop  
**\*1:1 sessions with SBS and Dimity today 2:45-5pm**
- 2:45-3:45** Breakout Expert Sessions (A,M and R rotations - see you badge code)
- 3:45-4:00** Pit Stop
- 4:00-5:00** General Session with Dr. Kate Mihevc Edwards
- 5:00-6:00** Get settled in room + evening prep
- 6:00-8:15** Introductions + Happy Hour at Beach House -The Dunes (appetizer buffet + beverages)  
Recording of 10th anniversary episode (!) of AMR podcast, with you in the audience
- 8:30 (or later)** Head out on the town, visit with your new friends, read, FaceTime with fam, watch Netflix, sleep

### SUNDAY | MARCH 1

- Pre-race Buffet breakfast served at 6-7:30am*
- 6:00** Late packet pickup - on the beach
- 7:15** WMNRUN race (all distances) starts
- 8:00** Post-race party begins with complimentary beachfront yoga at 9:00 and 11:00
- noon** Beach party ends  
*Lunch is on your own. See suggestions for yummy local spots.*  
*Afternoon Free time! Whatever you choose! Clothing swap, massage, more yoga, nap, etc.*
- 1:00-5:00** For-a-fee massages onsite at Beach House - advanced reservations required
- 1:00-4:00** Nature's Gem complimentary mini-foot massages
- 3:30-4:00** Gently Used Clothing Swap
- 4:00-4:30** Demystifying CBD (+ first-hand spectator stories from Oly Trials!) with Nature's Gem founder Lisa Baskfield at Beach House
- 4:00-5:00** Gentle post-race yoga with Brenda at Beach House
- 5:00-6:00** Evening prep
- 6:00-9:30** Celebratory Post-Race Dinner + after-dinner karaoke at Tiki Hut beachside
- 9:30 (or later)** Done for the day or head out on the town!

### SATURDAY | FEBRUARY 29

- Buffet breakfast served 7:00-9:00 a.m.*
- 7:00** Group Run w/ SBS, Katie, + Adrienne (options range from 2-5 miles, all paces) or strength/walk w/ Dimity
- Until 9:15** Until 9:15 am Shower, get changed, eat buffet breakfast (in whatever order you prefer!)  
**\*1:1 sessions with Liz and Jenn today 1-2pm and 3:30-4:30pm**
- 9:15-10:15** Breakout Expert Sessions
- 10:15-10:30** Pit Stop
- 10:30-11:30** Breakout Expert Sessions
- 11:45-12:45** Lunch at Beach House
- 1:00-3:30** Olympic Marathon Trial Viewing Party
- 1:00-5:00** Free time to explore Hilton Head, stroll the beach, read, knit, nap, your choice!
- 4:00-5:00** Writing Workshop with Dimity and Adrienne
- 4:00-5:00** Pre-race Yoga with Brenda at Beach House
- 5:00** Packet pickup at Beach House - Sand Room
- 5:45** Race Course Q&A with race director at Beach House - Sky Room
- 5:45** Meet to walk to pizza-and-salad dinner - FISH Coastal Seafood, 1 N. Forest Beach Dr
- 6:00-7:30** BAMR Pre-Race Dinner - Pizza and Salad at the FISH Coastal Seafood
- 7:30 (or thereabouts)** Groups walk back to Beach House. Lay out your flat-self. Sweet dreams!

### MONDAY | MARCH 2

- 7:00** Group runs (options range from 1-3 miles) or outdoor strength/walk w/ Dimity
- until 9:00** Shower, get dressed, pack. (Checkout is 11:00; bring bags to brunch)
- 9:00-10:30** Farewell (sniff, sniff) Brunch at Beach House
- 10:30 and beyond** Depart

*\*Note: Times, locations, speakers and events all subject to change.*

