

2024 LINEUP		FRIDAY 9/13	SATURDAY 9/14	SUNDAY 9/15		
	THE LOOP	MAIN STAGE	SAUNA VILLAGE	ZEN ZONE & COMMUNITY GTM	LEARNING LAB	EXPERIMENTAL EXPO
1						
2	CHECK IN 7 RACE PACKET PICKUP		OPEN ACCESS TO SAUNA VILLAGE			OPEN ACCESS TO EXPERIMENTAL EXPO
3	SHAKEOUT RUN WITH JEFF GALLOWAY			GUIDED YOGA WITH LYT FOUNDER LARA HEIMANN	RACE PREP WITH COACH CHRIS HAUTH	
4	SPEED CLINIC WITH KEN RIDEOUT				INTENTION SETTING WITH AMANDA SELLERS	
5	BEER MILE PRESENTED BY ATHLETIC BREWING		INTRO TO COLD EXPOURE WITH PLUNGE	GROUP WORKOUT WITH PROMIX ATHLETE RASHAAD SLOWLEY	PILLOW TO PODIUM WITH TODD ANDERSON	
6			★ WORLD'S HOTTEST PARTY ★	BREATHWORK WITH COACH BEN SMITH	THE RUN WALK METHOD WITH JEFF GALLOWAY	
7		PICKLE EATING CONTEST PRESENTED BY SUCKERPUNCH				
8		OPENING CEREMONIES				
9		EVEREST MINDSET PANEL WITH DEVON LEVESQUE, MIKE POSNER, JON KEDROWSKI PRESENTED BY OUTDOOR RESEARCH				
10		★ JESSE ITZLER KEYNOTE SPEECH ★				
11		TIBETAN SINGING BOWLS SOUNDBATH	OPEN ACCESS TO SAUNA VILLAGE			
12		ACOUSTIC & FIRESIDE HANGOUT				

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7						
8						
9		GROUP WARMUP WITH JOE HOLDER				
10	★ ★ THE RACE BE SURE TO CHECK OUT OUR TRACKSIDE EXPERIENCES!		OPEN ACCESS TO SAUNA VILLAGE AND ICE CAMP			
11						
12					EAT LIKE A GIRL WITH LESLIE DURSO	OPEN ACCESS TO EXPERIMENTAL EXPO
1				GUIDED YOGA WITH LYT FOUNDER LARA HEIMANN	HARVEST THE POWER OF SPROUTS WITH DOUG EVANS	
2			HOT YOGA WITH LYT FOUNDER LARA HEIMANN	DEEP STRETCH WITH HOMBODY FOUNDER NINA BARTELL		
3	NAVY SEAL GRINDER PT WITH CHADD WRIGHT			BREATHWORK WITH COACH BEN SMITH	MENTALHEALTH & RUNNING WITH RAYMOND BRAUN	
4			HIP HOP SAUNA	GROUP WORKOUT WITH PROMIX ATHLETE SAMANTHA HUSKEY	INTRO TO MICRODOSING WITH ALI SCHAPER	
5				BREATHWORK WITH COACH BEN SMITH	SIPS & STORIES WITH MEGAN PRUITT, JESS BLAKELY & AMANDA MCGREIGHT	
6		AWARD CEREMONY				
7						
8		★ MIKE POSNER ★				
9		THE RUNNINGMAN BAND				
10			OPEN ACCESS TO SAUNA VILLAGE AND ICE CAMP			
11						

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7						
8						
9		WIM HOF BREATHING WITH MIKE POSNER				OPEN ACCESS TO EXPERIMENTAL EXPO
10	SWEET HONEY FARMS GOAT REFLECTION WALK LED BY AMANDA SELLERS			GOAT YOGA PRESENTED BY SWEET HONEY FARMS	FIT FOR LIFE WITH JOE HOLDER	
11		CLEAN EATING WITH VANI HARI, DOUG EVANS, CALLEY MEANS, & LESLIE DURSO				
12		RECOVERY PANEL WITH TODD ANDERSON, RYAN DUEY & PETE NELSON				
1						
2						
3						