

# Eagle Point Fit Trip - Training Weekend

April 23 to April 25, 2021

Pembina Nordic Centre, Drayton Valley, Alberta

## Itinerary

### Friday, April 23, 2021

- 6:00 pm: \* Meet & Greet with your hosts Keri & Erin (Pembina Nordic Outdoor Education Center)  
\* Keys to Injury Prevention
- 7:30 - 8:30pm: Group run at Rotary-Pembina Nordic Community Trails South

### Saturday, April 24th, 2021

- 8:30 am: Meet at Pembina Nordic Outdoor Education Centre
- 9:00 am: Group Run at Pembina Nordic Trails
- 11:00 am - Noon: Pilates for Runners

### ***Lunch - Supplied by White Bull Cafe***

- 12:30 - 1:30pm: Nutrition Session with Keri
- 1:45 - 2:30pm: Runner Specific Cross Training HIIT class
- 2:30 - 3:30pm: Yoga with Natalie from Affinity Yoga

### Sunday, April 25th

- 9:00 am: Meet at Hilltop Trails for final group run

# Your Eagle Point Fit Trip Hosts

## Keri Bowzaylo

After years of battling a weight loss roller coaster, I found my passion in running. I took this new found joy to a new level, and began running ultra marathons, which is something I never imagined I was capable of. During this time, it became a passion to motivate and educate others, and in my time in the fitness industry I have been able to impact the lives of teens, teams, seniors, and every day people as well as working with national and internationally ranked athletes. My fitness journey has also taken me across the country to educate other fitness professionals. In addition to my fitness credentials, I also enjoy spending every spare moment in the mountains, whether it be running, hiking or snowshoeing. This has led me to becoming an Apprentice Hiking Guide and Apprentice Interpreter with the Interpretive Guiding Association, as well as co-leader for Wild Women Adventures. I am also fortunate to work with Sinister Sports in various capacities, including as a Training Camp Coach.



## Erin Klatt



Running has always been my refuge. After a stressful or frustrating day of teaching I would go for a run. One year, a friend asked me to join her team at Sinister 7 and since I am always game for a challenge I jumped in with both feet. I was hooked! I then decided to share that energy with my students and started an ultra marathon team at my high school..... Turns out, they too got hooked! Many of my former students still run with me to this day be it for fun, training or at races such as Grizzly Ultra, BlackSpur, Sinister 7 and new this year - Hook or Crook!

## What to bring to the training weekend:

- Running shoes!
- Running clothes (layers)
- Water bottle/hydration pack

## What's Included:

- Eagle Point Fit Trip Long Sleeve Tech T
- Discount for the Eagle Point Trail Triple
- Highlighting race routes
- Focused training sessions
- Yoga & stretching
- Fully supported coached runs
- Talks & discussions
- Strength & conditioning sessions
- Lunch & snacks

## Food:

- **Snacks** will be available throughout the training weekend (including but not limited to: bananas, oranges, bars, candy, individual chip bags, coffee/tea, water, electrolytes)
- **Lunch:** Cup of soup and a quesadilla from White Bull Cafe. Vegan option available.

**Cost:** \$250 (e-transfer to [bev@epbrparkscouncil.org](mailto:bev@epbrparkscouncil.org))

Please Register by April 9, 2021 at  
[www.epbrparkscouncil.org/events/fit-trip-2021](http://www.epbrparkscouncil.org/events/fit-trip-2021)