

June 18 - 21, 2009, Thursday – Sunday:

Ultra-Marathon Man, Dean Karnazes – The Ultimate Running Experience *The Perfect Father's Day Getaway!*

Join Ultra-Marathon Man Dean Karnazes in a small, exclusive group for three days of running fun, adventure and fitness education in an intimate setting. Although Dean has run on roads, trails, coastlines, deserts, and mountains throughout the world, his favorite spot is Cavallo Point's backyard -- the Marin Headlands. Overnight program guests begin each day with a healthy breakfast in the acclaimed Murray Circle restaurant and an optional invigorating yoga class, then all participants head out into some of the most beautiful scenery Northern California has to offer. Learn fitness, running, and nutrition tips along the way. Bring the entire family to enjoy all that Cavallo Point offers, for both runners and non-runners.

All participants receive special gifts from The North Face as well as an autographed copy of Dean's book, *Ultra-Marathon Man: Confessions of an All-Night Runner*, and access to the Healing Arts Center Spa and Workout Facilities.

- **COST:**
 - **Overnight Guest Program Fee: Starting at \$1,665 per person**, including 3 nights' accommodations (double occupancy, single supplement applies), instruction, Dean's book and movie screening, meals (3 breakfasts, 2 lunches, 1 dinner, 1 reception), daily access to the Healing Arts Center & Spa, valet parking.
 - **Day Guest Program Fee: \$1,295 per person**, including instruction, Dean's book and movie screening, some meals (2 lunches, 1 dinner, 1 reception), daily access to the Healing Arts Center & Spa, valet parking.
- **TIME & PLACE:** Cavallo Point, from Thursday (check in for overnight guests begins at 4 pm; followed by an orientation dinner with Dean) - Sunday (noon)

- AGENDA -

Day 1: Thursday, June 18

- 4 pm or later: Check-in for overnight guests
- Orientation dinner with Dean

Day 2: Friday, June 19

- 7 - 10 am: Breakfast in Murray Circle for overnight guests (day guests may purchase separately)
- 10 am: Run in Headlands (3-5 miles)
- 12:30 pm: Lunch, Tidewater A
- Free afternoon / evening

Day 3: Saturday, June 20

- 7 - 10 am: Breakfast in Murray Circle for overnight guests (day guests may purchase separately)
- 10 am: Run to Headlands (5-7 miles)
- 12:30 pm: Lunch, Tidewater A
- Free afternoon
- 5:30 pm: Private Reception
- 7 pm: Dean's movie (also open to the public) in Callippe Ballroom

Day 4: Sunday, June 21

- 7 - 10 am: Breakfast in Murray Circle for overnight guests (day guests may purchase separately)
- 10 am: Run (short)
- Check-out

Dean Karnazes

Dean was named by *TIME* magazine as one of the "Top 100 Most Influential People in the World" in 2007. The January 2007 cover of *Outside* magazine hailed him as "America's Greatest Runner." An internationally recognized endurance athlete and bestselling author, Dean has pushed his body and mind to inconceivable limits.

Among his many accomplishments, he's run a 135-mile ultra-marathon across Death Valley in 120-degree temperatures and 50 marathons in 50 days in 50 states. Dean swam across the San Francisco Bay, climbed Half Dome in Yosemite, mountain-biked for 24 hours straight, surfed the gigantic waves off the coast of Hawaii, and is an accomplished windsurfer. His first book, *Ultramarathon Man: Confessions of an All-Night Runner*, is a national bestseller, and was the #7 best-selling sports book worldwide in 2005. *Ultramarathon Man* is currently in print in 12 languages and available in audio format.

www.ultramarathonman.com

To register or learn more, please contact:

- **Cavallo Point Reservations:** Tel: 415-339-4777 or 888-651-2003 / Email reservations@cavallopoint.com

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