



cavallopoint
the lodge at the golden gate

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The Ultimate Running Experience with Dean Karnazes, The Ultramarathon Man

Sunday, September 28 – Wednesday, October 1, 2008

Program Overview:

Dean Karnazes has run literally thousands of miles on roads, trails, coastlines, mountains, but his favorite spot in the world is Cavallo Point's backyard -- the Marin Headlands. Dean was named by *Time* magazine as one of the "Top 100 Most Influential People in the World" in 2006. 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. Join the Ultramarathon Man for three days of running fun. You explore the area's captivating backroads and trails, receive valuable training and nutrition tips, and become inspired and motivated to keep going farther than you ever thought possible.

Program Highlights:

Begin each day with an invigorating yoga class and a healthy buffet breakfast *

Head out Monday morning into Cavallo Point's backyard -- the Marin Headlands -- for a 5 to 10 mile run through some of the most beautiful scenery in Northern California * Learn fitness and running tips along the way * Enjoy lunch al fresco at Cavallo Point * Schedule a sports massage in the Healing Arts Center & Spa, explore the Cavallo Point environs or take a nap * Tuesday is another day of adventure -- after a morning yoga class, run to Tennessee Valley along the Coastal Trail * After a well-deserved lunch, learn running nutrition tips and recipes in a demonstration cooking class led by Dean * Feast on a farewell reception and dinner replete with fresh, farm-grown ingredients

Bio

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.

At-a-Glance

- **This adventure is approximately 20 guests.**
- **The week begins with dinner on Sunday night and ends after breakfast Wednesday.**
- **The fee is \$1765 and includes the program with Dean, all meals, a cooking/nutrition demonstration, and a copy of Dean's book.**
- **2008 Sign-Up Specials: Sign up with a friend and receive complimentary lodging for two for 3 nights - a value of \$855 or more! Or sign up alone and receive one night's accommodations free.**

Please see www.cavallopoint.com or contact our reservations staff at 888.651.2003 for more details.



nature



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