

Integrated Running Camp

Friday, June 9, 2017

3:00 PM	Arrive in Pony! Participants are welcome to arrive in Pony anytime between 3pm and 5pm.
4:00 PM	Settle in and explore your surroundings.
5:00 PM	Welcome, intro, orientation, Ground Rules: <i>Camp will be fun, but we are tackling a difficult topic & want everyone to feel safe, valued and able to maximize learning.</i>
6:00 PM	Dinner- Will include an introduction to nutrition workshop, byt Andrea Cady, MD. If interested, you may observe/participate in Saturday's meal prep.
7:00 PM	Brief Q+A: Ask any questions about camp schedule, housekeeping, etc. This is also a good time to suggest what you want to get out of the weekend.
7:15 PM	Ice breaker games or walk... It will be light until 9:30, so we have time to get to know one another in a loosely structured environment.

Saturday, June 10, 2017

7:00 AM	Optional Morning Run with Nikki Kimball, PT, RRCA Certified Running Coach
8:00 AM	Breakfast / Pack lunches for the day
9:30 AM	Introduction to the use of running in depression treatment plans and psycho education
9:45 AM	John Onate, MD presents: "What depression is and why we use physical exercise in its' treatment"
10:20 AM	Anne Rich, MD presents: "Mental strategies for coping with depression and intro to mindful running"
10:55 AM	Nikki Kimball, PT Presents: "Injury prevention and how to build an exercise program that fits into a busy schedule"
11:30 AM	Lunch and Free Time: Free time in Pony is easily filled with nature walks, reading (this historic home has a small library of books, and several issues of Life Magazinefrom the 1930's), Croquette, napping or touring town.
1:30 PM	Active Learning: Short run with many stops to practice mindfulness techniques AND running drills. *Water & food will be provided at stops.
3:00 PM	Free time and a chance to work one-on-one with staff.
5:00 PM	Review of Skills, and Q&A

6:00 PM	Dinner with nutrition presentation & tastings by Andrea
7:00 PM	Optional screening of <i>Finding Traction</i> , a film about ultrarunning & how one runner uses her experience with depression to fuel a successful career. Q&A to follow.
Sunday, June 11, 2017	
7:00 AM	Optional Morning Run - start at a nearby trailhead for a variety in scenery. <i>(could start earlier if there is interest)</i>
8:00 AM	Breakfast / Pack Lunches
9:00 AM	Psycho-Education, John & Anne answer questions and further delve into information about depression and its treatments.
10:00 AM	"Introduction to Movement Therapy" presented by Megan Swanson, M.Ed., PsyD Candidate
10:45 AM	Movement Therapy Cont'd: Nikki presents core strength & Flexibility exercises to promote healthy, lifelong enjoyment of running.
11:30 AM	Lunch & Wrap Up Session. Q&A/Feedback
1:00 PM	Camp officially ends. Feel free to invite family or friends to join you in Pony for an afternoon hike, bike or soak at Norris or Potosi Hot Springs.