



**Run Voyages Muir Beach Running and Yoga Retreat – Event Guide  
March 12, 2016**

Base for the retreat: Muir Beach Community Center  
19 Seacape Drive, Muir Beach, CA 94965  
Run Voyages contact: Adam Mizock, 510-542-4609

**Overview:** Arrive at Muir Beach Community Center by 9:00am. You can park on Seacape Drive. Light breakfast will be available in the Center beginning at 9:00am. The event will begin with introductions and an overview of the day. After a coaching session, we will warm up to prepare for our long run, which is scheduled to begin at 10:15am. There will be two length options (6 miles and 9 miles) and we will pair up by target pace. **Please bring a yoga mat, hydration and a gear bag with a change of clothes to leave at the Center.** Lunch will follow the long run. We will then convene a session of yoga tailored for runners, followed by a coaching session, drills and a short run to Muir Beach Overlook for our closing session.

Saturday, March 12	
9:00am	Arrive at Muir Beach Community Center
9:00am-9:30am	Tea, coffee, registration in Community Center
9:30am-10:00am	Introductions, coaching overview and goal-setting
10:00am-10:15am	Stretching
10:15am-11:45am	Long run on Headlands trails – depart and return to Community Center
12:00pm-12:45pm	Lunch, socializing and break at Community Center
1:00pm-2:00pm	Yoga for runners
2:00pm-3:00pm	Coaching and drills
3:00pm-3:45pm	Short run/hike and closing session at Muir Beach Overlook

## Frequently Asked Questions

Q: What should I bring?

A: A yoga mat, hydration for the long run, a gear bag with a change of clothes (to switch into after the run), sunscreen (we'll be outdoors for several hours) and sunglasses.

Q: How long is the long run?

A: We will offer two length options for the long run, with distances of approximately 6 and 9 miles. We have 90 minutes blocked off for the long run, so consider your run choice based on your usual distances and your easy/normal pace.

Q: Where will we be running?

A: We will be running in the Marin Headlands near Muir Beach. We will post the course maps online a few days before the event. We will be on trails for most of the route.

Q: Where will we be doing yoga?

A: The Center has an indoor great room where we will be based for yoga and coaching. Weather-permitting, we may use the Center's outdoor deck (with an ocean view) for some of the yoga, coaching, stretching and drills.

Q: What should I wear?

A: Wear your normal running gear but be prepared for cool and wet coastal weather. The weather changes quickly on the coast. Bring a change of clothes to wear after the run and to use during the yoga session. We will end the day with a short run to the Muir Beach Overlook and a closing session outside so an extra layer would be a good idea. You can leave your clothes and other stuff in the Center when we go on our run. We will be the only people using the Center, but please do not bring any valuables.

Q: What is the food situation?

A: We will have light breakfast (pastries, fruit), snacks (nuts, granola bars), water, and lunch at the Center.

Q: Where can I park?

A: There is parking on Seacape. It's a narrow road but you can park near the Center. The Center is about 0.5 miles above Muir Beach on a trail. There will be an ultra-trail race in the Headlands, so parking in the Muir Beach parking lot is not recommended.

**Contact Adam at [runvoyager@gmail.com](mailto:runvoyager@gmail.com) if you have any other questions. We are looking forward to seeing you!**

**-Adam, Magda, Reba and Clara**