

WELLNESS FAIR & EXPO

PROGRAMMING SCHEDULE

We'll be updating this schedule on a rolling basis, so make sure to check back closer to race day for any new events and activity details!
Location: 7380 E. 2nd St., Scottsdale, AZ 85251

TIME	MAIN STAGE	YOGA	MEET & GREET	HAIR BRAIDING
Friday, November 14 • Wellness Fair & Expo open from 2:00pm – 6:00pm				
2pm			2:00pm NCAA Trophy	All Day
3pm	3:00pm Live Recording of Emily Abbate's Hurtle Podcast			
4pm	4:15pm Enduring Strength: How Nutrition Supports Lifelong Runners			
5pm		5:00pm Race Day Ready Flow		
Saturday, November 15 • Wellness Fair & Expo open from 10:00am – 5:00pm				
10am			10:00am Latoya Shauntay Snell	All Day
11am	11:00am Strong, Safe, and Unstoppable: Conversation on Safety	10:30am Rise and Shine Relaxed Flow		
			11:30am Coach Alysha Flynn (What Runs You)	
12pm		12:00pm Restore to Run Flow		
1pm	1:00pm Change Makers: Pioneers of Progress			
		1:30pm Race Day Ready Flow		
2pm	2:00pm Running & Motherhood: Exploring the Intersection		2:00pm Tatiana Forbes (Best for Last)	
		2:45pm Race Day Ready Flow		
3pm	3:00pm Empowering Women Through Running: Stories of Our Captains			
4pm		3:45pm Evening Stretch and Settle		

PARTNER SHAKEOUT RUNS

FRIDAY, NOVEMBER 14 AT 8:00AM
Join Saucony at 8:00am for a Triumph 23 Demo Run with Molly Huddle.

Run leaves from Cartel Roasting
7124 E. 5th Ave., Scottsdale, AZ 85251

SATURDAY, NOVEMBER 15 AT 8:00AM
Join rabbit and Sole Sports at 8:00am for a shakeout run, rooftop wellness event and giveaways! Shoe demos begin at 7:30am.

Run leaves from Hotel Valley Ho
6850 E. Main St., Scottsdale, AZ 85251

SATURDAY, NOVEMBER 15 AT 8:30AM
Join Saucony at 8:30am for a shakeout run with Grayson Murphy.

Run leaves from Cartel Roasting
7124 E. 5th Ave., Scottsdale, AZ 85251