

# Utah Ultra Running Camp with Karl Meltzer

## With Very Special Guests: Nikki Kimball & Ian Torrence

### Camp Itinerary\*

Wednesday July 9<sup>th</sup>

7:00 PM Opening Reception

Thursday July 10<sup>th</sup>

Breakfast

Trail Run

Big Mountain to Lambs Canyon

Lunch

Session

Nutrition/Dehydration/Hyponatremia

Session

Minimal Impact Practices

Dinner

Session

Round Table Discussion: *Meet the Pros*

Friday July 11<sup>th</sup>

Breakfast

Testing

Submax VO2 / Body Comp

Lunch

Session

Ultra Training Practices

Lab

Practical Injury Prevention

Dinner

(early)

Trail Run

Night Run - Milcreek Canyon to Brighton

Saturday July 12<sup>th</sup>

Brunch

Session

Roundtable Discussion W/Video Analysis

Trail Run

Brighton to Ant Knoll and Return

Dinner

Sponsors' Dinner and Awards, Final Remarks, Camp Video Presentation

Sunday July 13<sup>th</sup>

Breakfast

Optional Run

Shoreline Trail

Checkout

(11:00am)

### **Pro Runners**

- Karl Meltzer
- Nikki Kimball
- Ian Torrence

### **University of Utah Professional Support Faculty/Staff**

- Janet Shaw, PhD, FACSM, Associate Professor, Exercise and Sport Science, Camp Director
- Traci Thompson, MA, Camp Co-Director
- Brad Hayes, PhD, ATC, Assistant Professor, Director, Athletic Training Education Program, Exercise and Sport Science
- Amy Powell, MD, Orthopaedic Center, School of Medicine, Camp Co-Medical Director
- Pamela Hansen, MD, Physical Medicine and Rehabilitation, School of Medicine, Camp Co-Medical Director
- Wayne Askew, PhD, – Professor and Chair, Division of Nutrition
- Faculty (to be announced), Department of Parks, Recreation and Tourism
- Staff and Students of the University of Utah PEAK Academy (Performance Enhancement through Applied Knowledge), the clinic of the Department of Exercise and Sport Science within the College of Health.

\* Although we will strive to maintain this camp itinerary it is subject to modification and improvements.