



Ladies

FAT BIKE

— *Getaway* —

WEEKEND SCHEDULE

Derksen Family Great Hall | Cable, WI

Friday, Jan 5 - Sunday, Jan 7
2024



FRIDAY

5:00 pm - **Arrive & Check-in**

5:30 pm - **Welcome!**

- Why fat biking in the Northwoods?
 - Kristy Maki, ABSF

6:00 pm - **Workshop #1**

- Optimize Your Movement:
Unlocking the Balance Between
Upper-Crossed and Lower-
Crossed Syndromes
 - Ryan Maxwell, Fluid Health and
Fitness

6:30 pm - **Dinner with Friends!**

- Dinner provided by Lakewoods
Resort
- Wine and tasting provided by
Clarity Wine Shop

7:00 pm - **Workshop #2**

- Ready to Ride?
 - What to Wear?
Christina Spencer, 45NRTH
 - Bike Basics
Ellie Thompson, Riverbrook
Bike & Ski

8:00 pm - **Wrap-up!**

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SATURDAY

9:00 am - **Coffee & Scones**

- Provided by Backroads Coffee

9:30 am - **Bike Prep**

10:00 am - **Skills & Drills**

- Technique work to enable you to
ride through, over, and on any snow
covered trail

12:30 pm - **Lunch with Friends**

1:00 pm - **Workshop #3**

- Working to Wellness
 - A New Perspective on Health
Tammy Schwartz Wellness
 - 4 Keys to Mastering your
Menopause and Beyond
Sara Larson
 - Unique Conditions Affecting
Female Cyclists, or, Analyzing
the Gals Instead of just the Guys
- Finally!
Dr. Chris Leisz

3:00 pm - **Ride the Birkie Trail**

- Take a ride on and off snow!
Conditions permitting, we'll ride
parts of the 2024 Fat Bike Birkie
course, new singletrack trails, and
other winter trails in the area.

5:00 pm - **Wrap it up!**

SUNDAY

9:00 am - **Sunshine Yoga**

- Tammy Schwartz Wellness

10:00 am - **Coffee & Scones**

- Provided by Backroads Coffee

10:30 am - **Workshop #4**

- The Power of a Partner
 - Julie Rieth, Endurance United
 - Ladies Fat Bike Getaway Coaches

11:00 am - **Singletrack Rides**

- Break into coaching groups and venture off on the new singletrack trails around Birkie Trailhead, Seeley Hills, or the Hospital trails in Hayward!

1:00 pm - **Wrap-up & Goodbyes**