



Tri-Body Arizona Training Camp November 9-11th, 2024

Friday Nov 8th

PM

Arrive at PHX no later than 8pm and drive up to Flagstaff

Saturday Nov 9th

Run in Flagstaff TBD

Sunday Nov 10th

Run in Sedona TBD

Monday Nov 11th

Run in Grand Canyon approx. 38km with 1600m elevation

Team dinner @ Pizzicletta

Tuesday Nov 12th

AM

Drive to PHX for departing flights