

Copper Harbor Women's Weekend

Schedule of FUN

July 26th-28th, 2019



Friday

- 11 AM – 12:30 PM Participant Check-in @ Lake Fanny Hooe Resort
Name plate arts and crafts
Bike setup at Lake Fanny Hooe Resort
- 1:00 PM Welcome gathering at Lake Fanny Hooe Resort – Coach intros
- 1:30 PM -4:30 PM Fundamental Skills and Drills
- 4:30 PM – 7:00 PM Dinner on your own
- 7:00 PM – 9:00 PM EVENING PRESENTATIONS @ Lake Fanny Hooe Resort
Session 1 (7:00 – 7:30): Choose a session
Session 2 (7:30 – 8:10): Choose a session
Break (8:10 – 8:30): Beverages Provided
Session 3 (8:20 – 9:00): ALL PARTICIPANTS – Body Positioning by Lindsey

Saturday

- 9:00 AM – 9:30 AM Yoga/Stretching @ Spirit of the North Wellness
- 9:30 AM – 12:30 PM On Trail Learning/Skills in groups. Meet @ Lake Fanny Hooe Resort
- 12:30 PM – 1:30 PM Groups will meet at Fort Wilkins State Park for lunch (Food provided by the Pines)
- 1:30 PM – 4:30 PM On Trail Lessons in groups (location determined by coach)**
- 4:30 PM – 7:00 PM Dinner on your own
- 7:00 PM FUN and GAMES at Lake Fanny Hooe Resort (Beverages Provided)

Sunday

- 9:00 AM Breakfast pastries/drinks from Jamsen's with GROUP PHOTO @ scenic overlook on Brockway Mtn Drive
*Give yourself 30 minutes to ride up to the overlook on Brockway Drive
- 10:00 AM – 1:00 PM On the Trail Learning – choose your own session. Meet @ Lake Fanny Hooe Resort**
* SIGN UP ON SATURDAY NIGHT FOR SUNDAY SESSIONS
- 1:00 PM Picnic at Lake Fanny Hooe Resort – Food Provided by the Mariner Restaurant
- 2:00 PM Weekend Wrap up & SWAG RAFFLE

**Remember to tip KAC shuttle drivers!

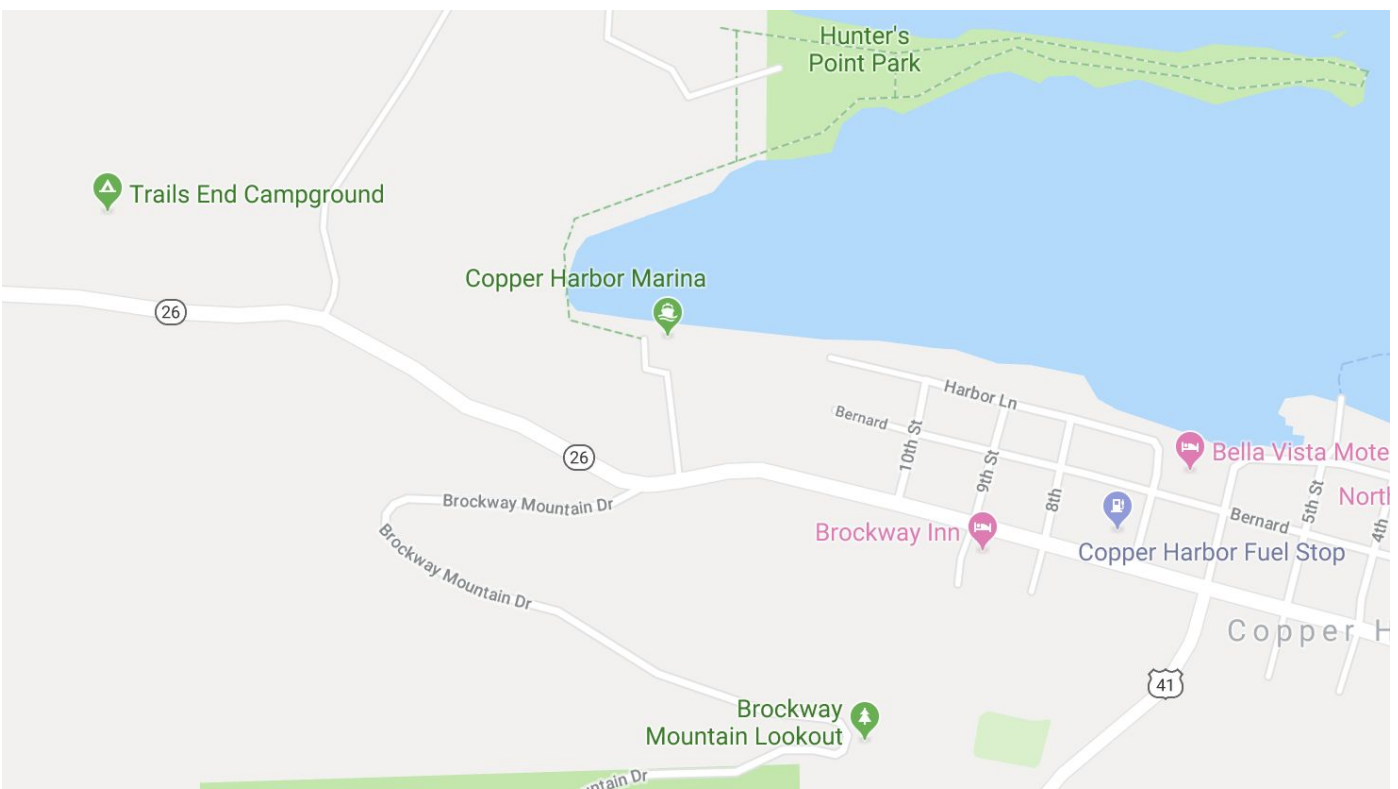
#CHWW19

#CHWomensweekend19

Maps:



The Lake Fanny Hooe Resort is located on Manganese Road, roughly two blocks away from the main trailhead. Our activities will take place in and around the Clubhouse which is opposite the main office and near the RVs. Fort Wilkins State Park is about a mile East of Copper Harbor on US-41.



Sunday morning breakfast and group photo is located at the Brockway Mountain Lookout. You can either ride straight up Brockway Mountain Drive or take singletrack trail up to the top and ride down the road to meet us. Trails End Campground, where many skills 'n' drills sessions take place, is located along M-26 beyond the beginning of Brockway Mountain Drive.