GRAND CANYON RIM TO RIM RUN
Sept 16-19

If you are an Eagle who loves a physical challenge and enjoys running difficult trails with lots of elevation gain and loss then look no farther...this trip is for you. Hardcore runners only for this grueling Rim to Rim Run complete with iconic views, small group vibes and 5,000 feet of elevation change. Earn bragging rights while visiting one of our nation’s most awe-inspiring landscapes.

Due to the length and elevation of this hike, this event will be paired with a training program that will be available on the Team RWB App. Participants will be required to complete several key training milestones to ensure they are prepared for the hike/run and will have access to both running and strength workouts specifically designed to build the leg strength and stamina required for the strenuous expedition.

Activities:
- Running
- Hiking
- Sight-seeing
- Epic Sunsets

Difficultly Rating:
This trip is rated 5 out of 5 and is strenuous.

Highlights:
- Iconic Views of the Grand Canyon
- Headlamp running
- Completing a hard challenge with fellow Eagles
- Running Train-up plan
- Strength Train-up plan
- “Best Lemonade Ever”
- Waterfall views

Click here to register

Click Here to join Q&A on April 20th