

Appalachians Schedule

Thursday

4:00pm-11:00pm – Shuttle Hours

Friday

7:00am-4:30pm – Shuttle Hours

7:30am – Race Check-in Open

9:30am – First teams start

11:00am – 4:00pm – Lunch Sales

5:00pm – Last teams start

5:00pm-10:00pm – Pasta Dinner (Free for runners) and Beer Sales (bring ID)

6, 7, 8pm- Yoga Sessions (BYOM) by Nicole Werner

8:47pm – Sunset

6:00-9:00pm- Live Music: Jeffrey Simmons, Jeff Ray Band and Arabella Jones

10:00pm-10:00am – S'mores and bottomless Coffee and Hot Cocoa

10:30pm-12:00am – Movie

12:00am-7:00am- Quiet hours

Saturday

5:50am – Sunrise

12:00-10:00am – S'mores and bottomless Coffee and Hot Cocoa

7:00am-11:00am- Breakfast Sales

8, 9, 10am – Yoga Session (BYOM) by Nicole Werner

10:00am-6:00pm – Shuttle Hours

10:30am-1:30pm- Live Music- Arabella Jones and Jeff Ray Band

11:00am-4:00pm- Lunch and Beer Sales (Bring ID)

4:00pm – Last runner allowed out on course



RAGNAR TRAIL RELAYS

1112 South 400 West, 2nd Floor
Salt Lake City, Utah 84101

TOLL FREE: (877) 83-RELAY

OFFICE: (801) 499-5024

FAX: (801) 499-5023

RAGNAR TRAIL .COM