

2018 SCAN Symposium
May 4-6, 2018
Keystone Resort

Activities Schedule

Friday, May 5th, 2018

[Please click here to order a boxed lunch for Friday.](#)

Time	Activity	Description
11:55 AM ~ 3:30 PM	Workshop: No Kitchen, No Problem!	Limited to 40 attendees. <u>Click here for workshop description and registration.</u> <i>(Lunch included in workshop registration)</i>
12:00 Noon ~ 1:00 PM	SCAN Meeting and Subunit Meetings	Join Executive Committee members for an update on SCAN's activities and to learn about volunteer opportunities.
1:15 PM ~ 3:30 PM	Shop 'till you Drop	Or 'till the break is over... whichever comes first! Meet at the front desk of the Keystone Lodge (main lodge where you checked in) at 1:15 PM to catch a shuttle to the Dillon Outlet Malls. Chipotle, Which Wich Sandwiches and Starbucks are located at the outlet mall. Shuttle will return at 3:30 PM. Limited to 10 people. A sign-up sheet will be provided at registration.

1:30 PM ~ 2:30 PM	Drop in Yoga	Relax and invigorate after the first half day of Symposium in a 60-minute indoor yoga session and a view of the beautiful Keystone mountains.
1:30 PM ~ 3:00 PM	Networking Hike	Join your SCAN friends and colleagues on a 2.6+ mile out and back leisurely hike up Tenderfoot mountain. The hike is a smooth gentle climb from the Incline (or Conference Center) trailhead, with several switchbacks down low, before you traverse the hillside climbing up to the road and catch a view of the beautiful Keystone area. The option to go further on mountain roads exists after the climb. SCAN leaders will ensure no one is left behind. Trail begins at 9296 feet and peaks at 9816 feet. Meet at the entrance to the Conference Center at 1:20 PM or at the Trail Head no later than 1:30 PM.
1:30 PM	Walking Group	Join fellow SCAN walkers of all paces for a self-paced walk along the bike path that transects the Keystone Resort. Meet at the front desk of the Keystone Lodge by 1:25 PM. We will head to the bike path as a group. After that it is all for one and one for all!
3:00 PM ~ 3:55 PM	Student Networking Event (Connecting Students with Professionals: Expert Panel and Networking)	Join fellow SCAN students for a panel and student-focused networking session with some of our most famous speakers and long-time SCAN members including: Amanda Clark, Dr. Asker Jeukendrup, Rebecca Strichfield, Dr. Stella Volpe
9:00 PM	Marshmallows at the Fire Pit	Relax by the fire with fellow conference attendees and SCAN leaders. Stay as long or as little as you like to meet new friends, reconnect with old ones and recap on the day. Meet at the fire pit on the deck of the Keystone Lodge (main lodge where you checked in). Marshmallows and all the good stuff provided.

Saturday, May 5th, 2018

[Please click here to purchase a boxed lunch for Saturday.](#)

11:45 AM ~ 3:30 PM	Workshop: Food on the Go; Any Court, Pool, Field, Slope, Rink, Road, Trail	Limited to 40 attendees. <u>Click here for workshop description and registration.</u> <i>(Lunch included in workshop registration)</i>
12:15 PM	Networking Hike	Join your SCAN friends and colleagues on a 2.6+ mile out and back leisurely hike up Tenderfoot mountain. The hike is a smooth gentle climb from the Incline (or Conference Center) trailhead, with several switchbacks down low, before you traverse the hillside climbing up to the road and catch a view of the beautiful Keystone area. The option to go further on mountain roads exists after the climb. SCAN leaders will ensure no one is left behind. Trail begins at 9296 feet and peaks at 9816 feet. Meet at the entrance to the Conference Center at 12:15 PM or at the Trail Head no later than 12:25 PM.
12:15 PM ~ 2:15 PM	Yoga and Lunch	Join fellow Symposium attendees for a no-mat-needed yoga class. Led by SCAN member and certified yoga instructor, Dr. Enette Larson-Meyer, this class will focus on alignment and muscular fitness in a space that overlooks the beautiful Keystone Mountains. After yoga, the group will head to the Edge Water Café for an optional networking lunch. <i>(Lunch is at your expense).</i>
12:15 PM	Walking & Running Groups	Join fellow runners and walkers of all paces for a self-paced walk, jog or run along the bike path that transects the Keystone Resort. Meet at the front desk of the Keystone Lodge (front desk where you checked in) by 12:15 PM. We will head to the bike path as a big group and break out into smaller, similar paced groups. Relax after your walk or run with your companions at an optional lunch on your own at one of Keystone's dining establishments, or pre-order a box lunch to have waiting for you after you return.

12:15 PM	Shop 'till You Drop	Or 'till the break is over... whichever comes first! Meet at the front desk of the Keystone Lodge (main lodge where you checked in) at 12:15 PM to catch a shuttle to the Dillon Outlet Malls. Chipotle, Which Wich Sandwiches and Starbucks are located at the outlet mall. Shuttle will return at 3:30 PM. Limited to 10 people. A sign-up sheet will be provided at registration.
12:00 Noon ~ 3:30 PM	Bike Rental Weather Dependent	<p>Rent a bicycle from Lake Dillon Bike Rentals and take a self-paced ride along the bike path that heads west along the shores of Lake Dillon to the towns of Frisco and Breckenridge, or east through Keystone and the Keystone golf course. Contact Lake Dillon Bike Rentals at 970-468-8006 for more information.</p> <p>Note: Bike rental is not an official SCAN sponsored activity. You must catch the local bus from Keystone to Lake Dillon Bike Rentals.</p> <p>A map of the extensive trail system can be found at: http://www.dillonbikerentals.com/biketrailmap.htm</p>
8:30 PM	Comedy and Networking	Jon Vredenburg, SCAN member and part-time stand-up comedian, will be sharing stories from the comedy stage and examples of how he uses humor to connect with his clients. Grab a beverage at the Bighorn Bar and join us downstairs at the Keystone Lodge for some laughter and evening fun. Drinks at your own expense.
8:30 PM	Marshmallows at the Fire Pit	Relax by the fire with fellow conference attendees and SCAN leaders. Stay as long or as little as you like to meet new friends, reconnect with old ones and recap on the day. Meet at the fire pit on the deck of the Keystone Lodge (main lodge where you checked in). Marshmallows and all the good stuff provided.

Helpful Links:

[Click here for a Keystone Resort Map.](#)

[Click here for Summit County Bike Paths.](#)