**Four Seasons Resort and Residences Jackson Hole Launches Summer Clinics with Renowned Running Coach Eric Orton**

**June 9, 2017**,  *Jackson Hole, U.S.A.*

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*Are you born to run?* [Four Seasons
Resort and Residences Jackson Hole](http://www.fourseasons.com/jacksonhole/) guests will have a chance to find out with running coach [Eric Orton](http://www.runningwitheric.com/) and his summer running clinics. Guests can choose from working on form, training or guided runs with Eric.

“I am very honoured and excited to be teaming up with
Four Seasons
and to offer my unique coaching skills to their guests.
Four Seasons
Resort and Residences Jackson Hole is a one-of-a-kind destination and Teton Village offers a one-of-a-kind running experience that I can't wait to share with visiting runners of all abilities,” says Eric Orton.

The form and technique clinics will include a 90 minute training session performed at the base of Jackson Hole Mountain Resort’s Rendezvous Mountain. The focus will be on teaching proper running form and perfecting technique with the goals of helping prevent injuries, promoting running efficiency, encouraging better biomechanics, and improving strength while running.

In addition, private guided trail runs can range from 60 to 90 minute runs led by Eric, showcasing the trail opportunities of Jackson Hole Mountain Resort. The run may include some instruction and coaching while out running, based on the individual, but the main focus is on the running experience and guiding participants on the trail system. For guests who may be training for an upcoming race or who are looking for the ultimate workout, the training runs would be ideal. Instead of hitting the treadmill in the early morning, guests will have the chance to head out on the trails and enjoy a structured run workout of hill repeats or intervals. These runs can be customisable based on what each guest is hoping to work on.

The running clinics, set in the majestic Teton Mountain Range, provide a unique opportunity for guests to train, learn, explore and broaden their running abilities with the personalised coaching by Eric Orton.

Guests can sign up directly through the concierge at
Four Seasons
Resort and Residences Jackson Hole.  A 48 hour sign up window is required.

**About Eric Orton**

Eric Orton is a performance guru and innovative running coach, world renowned for training a wide spectrum of athletes from recreational runners to competitive age groupers and elite ultra-marathoners, as well as racing competitively, himself, at most every distance from 100 metres to 36 hours in length. Based in the adventure paradise of Jackson Hole, Wyoming, in the last few years he came to international acclaim in the bestselling book, *Born to Run: A Hidden Tribe, Superathletes, and the Greatest Race the World Has Never Seen* as the coach of its author Christopher McDougall. In 2013, Eric authored his own book, *The Cool Impossible* to enable people at any fitness level to become strong, fast, healthy runners who can challenge themselves to their own "Cool Impossible" by dreaming beyond fear and living beyond limits. Eric uses his passions for adventure, participation and health to explore the unlimited possibilities of the body and mind

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# **PRESS CONTACTS**

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