

# MUSTER 008 | DENVER

## PLAN YOUR TRIP

### SEPT 18 | DAY 1

6 PM - 8:30 PM

### SEPT 19 | DAY 2

4:45 AM

7 AM - 7:55 AM

8 AM - 12 PM

12 PM - 1 PM

1 PM - 4:30 PM

5 PM - 7 PM

7 PM - 9 PM

CHECK-IN / MEET & GREET

PT [Group Workout]

CHECK-IN CONTINUED

GENERAL SESSION 01

REFUEL [Lunch]

GENERAL SESSION 02

REFUEL [Dinner on your own]

HAPPY HOUR / MEET & GREET\*

### SEPT 20 | DAY 3

4:45 AM

8 AM - 12 PM

12 PM - 1 PM

1 PM - 3:30 PM

5 PM - 7 PM

7 PM - 9:30 PM

PT [Group Workout]

GENERAL SESSION 03

REFUEL [Lunch]

GENERAL SESSION 04

REFUEL [Dinner on your own]

INTRO TO BJJ

[Brazilian Jiu Jitsu]\*

\*All events are included in the ticket price; Attendance is optional



## HOTEL | EVENT LOCATION

### BOOK YOUR ROOM

Hyatt Regency Denver at Colorado Convention Center

650 15th Street, Denver, Colorado 80202 USA

Book by phone: +1 303 436 1234 | \*Room block fills up quickly. First come, first serve

Book online: <https://www.hyatt.com/en-US/group-booking/DENCC/G-EXTR>



## TRANSPORTATION

### CLOSEST AIRPORT

Denver International Airport

Airport Phone: (303) 342-2000 or (800) 247-2336

Airport Address: 8500 Pena Blvd. Denver, CO 80249-6340

Approximately 27 miles from the venue (30 to 45 min)

Visit DEN airport website: <https://www.flydenver.com>

# MUSTER 008 | DENVER

---



## TRANSPORTATION

---

**GROUND TRANSPORTATION:** From Denver International Airport to Hyatt Regency

**Denver Airport Rail** - The cheapest way to get from the airport to the venue is by taking the Denver Airport Rail A Line which costs \$9 each way. The Denver Airport Rail has six stops along the way and takes approximately 37 minutes. After taking A Line from Denver International to Union Station, the hotel is a short 10 minute Uber or taxi ride away.

**Uber** - An UberX from DEN to the Hyatt Regency is approximately \$37 and an UberXL is approximately \$70.

**Taxi** - If you would prefer to take a taxi, ask for the flat rate of \$55 from DEN to the Hyatt Regency.

### Other Transportation:

Hyatt Regency Denver is located in the central business district of downtown, within walking distance of many corporate offices and attractions. There are several modes of transportation for getting around the area.

Complimentary 16th Street Shuttle - runs throughout the central business and entertainment district of downtown Denver

Light Rail Service / RTD - stops at most corners in the city, including Sports Authority Field at Mile High, Pepsi Center/Six Flags / Elitch Gardens

Union Station - Lower Downtown (LODO) / Coors Field / 16th Street Mall; cost is \$2.60 to \$5.00 each way

### PARKING

Hyatt Regency Denver offers both valet and self-parking options based upon availability.

Underground, covered self-parking is located off of 14th and Welton Streets.

#### Self Parking

5+ hours and overnight per night until 12:30 PM on departure day, \$35

#### Valet Parking

6+ hours and overnight per night until 12:30 PM on departure day, \$49



## ADDITIONAL INFO

---

### WEATHER

Be sure to pack appropriately considering the average Denver temperatures in September can vary from 50 to 82 degrees. Stay on the lookout for weather updates as we get closer to the event.

### DRESS CODE

**Conference:**

This is NOT a business environment, it's a LEARNING ENVIRONMENT.

Wear whatever you are comfortable in.

**PT Sessions:**

Workout clothes and athletic shoes. A water bottle is recommended.

**Intro to BJJ:**

No Gi. Wear comfortable workout clothes. No shoes on the mats.

### FAQ

Please visit our website for additional frequently asked questions:

<https://www.extremeownership.com/faq>

WWW.EXTREMEOWNERSHIP.COM

# MUSTER 008 | DENVER



## THINGS TO DO

### DENVER ART MUSEUM

With galleries showcasing more than 70,000 works by famed artists such as Vincent Van Gogh and Winslow Homer, the Denver Art Museum houses one of the most impressive collections of art between Chicago and the West Coast. One of the highlights of a visit to the Denver Art Museum is its extensive assembly of western American art, which includes paintings, sculptures and works on paper related to the West going back two centuries. - [https://travel.usnews.com/Denver\\_CO/Things\\_To\\_Do/Denver\\_Art\\_Museum\\_31754/](https://travel.usnews.com/Denver_CO/Things_To_Do/Denver_Art_Museum_31754/)

### RED ROCKS PARK AND AMPHITHEATRE

With its excellent views of the Rocky Mountains, miles of hiking trails and cinnamon-hued sandstone cliffs, Red Rocks Park is a big draw for outdoors enthusiasts. Occupying 700-some acres, this impressive park offers visitors the opportunity to experience the fascinating geographic transition between the Great Plains and the Rocky Mountains. If you only have a short amount of time here, stretch your legs along the Trading Post Trail; this nearly 1 ½-mile-long path weaves through the rust-colored buttes, making for some spectacular scenery. [https://travel.usnews.com/Denver\\_CO/Things\\_To\\_Do/Red\\_Rocks\\_Park\\_and\\_Amphitheater\\_40297/](https://travel.usnews.com/Denver_CO/Things_To_Do/Red_Rocks_Park_and_Amphitheater_40297/)

### LARIMER SQUARE

In 1858, a group of American Indians and settlers struck gold at the foot of the Rocky Mountains. Their discovery soon spread back to the East Coast, prompting people to pick up and move west. The site of the original pioneer camp (known back then as Auraria) soon grew into the charming area now known as Larimer Square. Although the city has since expanded, this historic neighborhood remains the heart and soul of the Mile High City, and according to some, it's the place to start your Denver experience. [https://travel.usnews.com/Denver\\_CO/Things\\_To\\_Do/Larimer\\_Square\\_35336/](https://travel.usnews.com/Denver_CO/Things_To_Do/Larimer_Square_35336/)

### DENVER BOTANIC GARDENS

The Denver Botanic Gardens' 24 acres feature a whopping 50 gardens for visitors to explore. This expansive facility in downtown Denver's Cheesman Park treats travelers to a variety of different environments, from a traditional Japanese garden (complete with bonsai trees) to the South African Plaza blooming with exotic plants like asparagus fern and torch lilies. Meanwhile, art aficionados will also appreciate the gardens thanks to the numerous sculptures that grace the grounds; the facility also plays host to touring exhibits that have included works by such artists as Stephen Talasnik and Dale Chihuly. [https://travel.usnews.com/Denver\\_CO/Things\\_To\\_Do/Denver\\_Botanic\\_Gardens\\_35328/](https://travel.usnews.com/Denver_CO/Things_To_Do/Denver_Botanic_Gardens_35328/)



# MUSTER 008 | DENVER

---



## THINGS TO DO

---

### UNION STATION

A working public transit station and a highly praised dining and shopping center. The station was a huge success when it first opened to the public in 1881, providing railroad service until the center of the building caught fire in 1894. The architecture from the 1917 redevelopment remains and today, it's home to an Amtrak hub and a bus concourse. - [https://travel.usnews.com/Denver\\_CO/Things\\_To\\_Do/Union\\_Station\\_63522/](https://travel.usnews.com/Denver_CO/Things_To_Do/Union_Station_63522/)

### DENVER MUSEUM OF NATURE & SCIENCE

With exhibits featuring everything from dinosaur bones to Egyptian mummies, the Denver Museum of Nature & Science inspires learning in the young and young at heart. This impressive facility houses artifacts pertaining to a variety of scientific areas, including anthropology, zoology, geology, health sciences, paleontology and space science.

[https://travel.usnews.com/Denver\\_CO/Things\\_To\\_Do/Denver\\_Museum\\_of\\_Nature\\_Science\\_35329/](https://travel.usnews.com/Denver_CO/Things_To_Do/Denver_Museum_of_Nature_Science_35329/)

### DENVER ZOO

Modeled after a Kenyan nature preserve, the Denver Zoo is home to more than 4,000 animals, including tigers, black rhinos, kangaroos and orangutans.

[https://travel.usnews.com/Denver\\_CO/Things\\_To\\_Do/Denver\\_Zoo\\_35327/](https://travel.usnews.com/Denver_CO/Things_To_Do/Denver_Zoo_35327/)

### WASHINGTON PARK

Located south of central Denver, Washington Park is consistently praised by Denverites and visitors alike for its ample facilities and enjoyable atmosphere. Occupying 165 acres, this immense park boasts miles jogging paths, swaths of gardens and, most notably, two massive lakes. You can spend your time simply relaxing on the grass, or you can take advantage of the park's eight tennis courts, boat rentals and Recreation Center.

[https://travel.usnews.com/Denver\\_CO/Things\\_To\\_Do/Washington\\_Park\\_63033/](https://travel.usnews.com/Denver_CO/Things_To_Do/Washington_Park_63033/)

### UNITED STATES MINT

Even if you hate the sound of excess change rattling around your pockets, you'll find a tour of the Denver branch of the United States Mint to be an interesting way to spend an hour or so. Having opened in 1863, its purpose was to transform the Gold Rush's findings into coinage. Today, the U.S. Mint in Denver can produce up to 50 million coins a day.

[https://travel.usnews.com/Denver\\_CO/Things\\_To\\_Do/United\\_States\\_Mint\\_Denver\\_57027/](https://travel.usnews.com/Denver_CO/Things_To_Do/United_States_Mint_Denver_57027/)



## PLACES TO EAT

---

### THE WOLF'S TAILOR | AMERICAN RESTAURANT

Chef Kelly Whitaker of Boulder's Basta opened his highly anticipated Denver restaurant, melding Japanese and Italian cooking traditions. In a small, show-stopping space, the culinary team mills grains, pickled vegetables, and cross-utilizes all food waste. Piada bread, beef spiadini skewers, and donabe (clay pot) cooked acqua pazza are menu highlights. - <https://thewolfstailor.com/>

# MUSTER 008 | DENVER



## PLACES TO EAT

### **THE PIG & THE SPOUT | AMERICAN RESTAURANT**

Pig & Sprout is our new favorite pre- or post-Rockies game eating and drinking stop downtown. It has an upscale sports bar feel, but the crowd-pleasing food - covering carnivore through vegetarian (and everything in between) needs - is surprisingly great. You're going to want at least a couple orders of pork tacos for the table. - <https://www.pigandsprout.com/>

### **THE ROTARY | AMERICAN RESTAURANT**

Avanti's newest food stall serves churrasco-style rotisserie meats and side dishes that will make for a comforting meal all winter. Diners should start with the brown butter potato chips with parmesan and garlic before moving on to a chicken platter with chimichurri or peri peri sauce and lemon arugula salad. <https://thewolfstailor.com>

### **CHOW MORSO OSTERIA | ITALIAN RESTAURANT**

Now open for weekday lunch and happy hour, this all-day pasta spot near Union Station is the much anticipated second restaurant by the team behind Cherry Creek's Italian destination Barolo Grill. At Chow Morso, carbonara or cacio e pepe can be paired with a great glass of wine in a setting that's both casual and classy. - <https://www.chowmorso.com/>

### **DOS SANTOS | MEXICAN RESTAURANT**

The tacos at Dos Santos are the main attraction. But a change of pace never hurts, especially when it comes in the form of something as excellent as these little tuna bites - basically an ahi nacho with spicy slaw and aioli. Available all day Monday, and during afternoon happy hours (3-6) the rest of the week. Pair a few orders of these with their house margarita. - <https://www.dossantostacos.com/>

### **JOVANINA'S BROKEN ITALIAN | ITALIAN RESTAURANT**

Inside a historic Blake Street space, Jovanina's serves wood-fired pizzas, pastas, and vegetable dishes during a weekday counter lunch and nightly sit-down dinners. Go for the attentive service and decadent plates like the bone marrow cavatelli. Watch for the opening of an underground wine bar, below the restaurant, for after dinner. - <http://jovanina.com/>