

Women's Quest

FITNESS RETREATS

She competes in international triathlons for fun. Her “regular” exercise includes an early morning run alongside her two Arabian horses. Her career takes her from the mountains of Tuscany to the waters of New Zealand ...

So, who is the “Super-woman”? Colleen Cannon is an accomplished triathlete and winner of the ‘84 World Triathlon Championships and the ‘88 and ‘90 National Championships. She’s also founder of Women’s Quest

Fitness Retreats, a Boulder, Colorado-based health and fitness company that’s been providing fitness retreats for women for the past 10 years.

Drive had the opportunity to catch up with Cannon and learn what hundreds of women are finding out about themselves after participating in the extraordinary experiences provided by Women’s Quest.

Sponsored by Subaru of America, Inc., Women’s

Quest Fitness Retreats are unique physical and spirit-filled activities and challenging outdoor adventures for women of all athletic abilities. The retreats are usually a week long with small groups of women who take time out from their everyday lives to enjoy

hiking, biking, yoga, guided meditation, journaling, wellness lectures and spending time in the company of other women of like mind.

Even with all her accomplishments, Cannon is unassuming, fun loving and down-to-earth. Spend

five minutes with her and you’ll agree... the only dif-

“LIFE IS EITHER
A DARING
ADVENTURE OR
NOTHING AT ALL...”

Helen Keller



ference you’ll notice is that after listening to the enthusiasm in her voice, you may suddenly feel more inspired and alive. Cannon asks first time partici-

pants, or “Questers” as she calls them, a question by poet Mary Oliver, “What do you plan to do with your one wild and precious life?”

The retreats help encourage personal awareness, self-expression and a healthy lifestyle. Women who attend the retreats discover how to tap into their own source of strength and become their own lifelong coaches and motivators. “We are definitely not about being hardcore. We

2002 WOMEN'S QUEST

fitness retreats

horse adventure

DURANGO, COLORADO.....JUNE 23-27, 2002

adventures into the body & soul I

WINTER PARK, COLORADO.....JUNE 25-30, 2002

adventures into the body & soul II

WINTER PARK, COLORADO.....JULY 9-14, 2002

triathlon adventure retreat

WINTER PARK, COLORADO..JULY 30-Aug. 4, 2002

pamper and play II

ST. GEORGE, UTAH.....NOVEMBER 2-9, 2002

don't set impractical goals,” says Cannon. This softer, more intellectual approach to health and fitness achieve stunning results because Cannon believes that when people feel good about what they're doing, they'll continue.

Questers learn how “coming out to play” on the retreats teaches them to take risks and build self-confidence. According to Cannon, “when you learn to take risks, you learn how to set goals.

Sometimes you're afraid, but it's an exhilaration you feel and that you can ultimately tap back into.” So just how does going on a weeklong trip of



mountain biking, hiking, swimming and learning about the benefits of aromatherapy help women achieve their goals? Cannon says the retreats are playtime with a purpose. “Once people free themselves from stress, they are better able to begin to see what they really want, and how to create it. Physical activity is one of the most powerful, yet under- utilized tool for personal development, balance and creativity,” says Cannon.

For more information about Women's Quest Fitness Retreats, visit www.womensquest.com or write to Women's Quest, Inc. at 2525 Arapahoe Ave, Suite E4-181, Boulder, CO 80302, or call (303) 545-9295.



Colleen Cannon, founder of Women's Quest Fitness Retreats, has helped to raise the stature of women's sports and make the triathlon an Olympic sport.