

Calderglen Harriers

In association with EKGTA Ltd

Proudly Present

Trossachs Training Camp

18/19/20 September 2009



Based at the Trossachs Backpackers Hostel near Callander in Perthshire, the training weekend will take place over the weekend Friday 18th through Sunday 20th-September.

Under the expert guidance of UK Athletics qualified coaches, the weekend will consist of a number of coaching sessions (both running and classroom based) over the Friday evening, Saturday and Sunday morning, and will take advantage of the picturesque trails by Loch Venacher and the nearby Trossachs area.



The Trossachs Training Camp weekend is limited to 28 participants, including a few reserved places for non-Calderglen Harrier members.

The cost of the weekend will be **£ 50** per person. This includes:

- Two nights (Fri/Sat) dormitory accommodation in the hostel
- Breakfast (Sat/Sun), lunch (Sat/Sun) and dinner (Fri/Sat)
- Technical T-shirt souvenir
- Full coaching program

The Trossachs Training Camp is targeted at runners of all levels – those looking to get in to peak form for the Autumn Club relay races, those looking to get back into their running again after a break or those who simply want to enjoy running on the trails of the Trossachs area with other runners.

Booking forms available at the EK Sports Club on training nights or from the 'ATHelite' running shop in the village. Bookings will only be confirmed when the full monies have been paid. Cheques should be made payable to 'Calderglen Harriers' – payment available by four post dated cheques – further details available on request. Completed booking forms and cheques should be handed to Genevieve Freeman.

Places will be allocated on a 'first come, first served' basis.

Calderglen Harriers
Trossachs Training Camp
18th/19th/20th September 2009

NAME _____

ADDRESS _____

CONTACT NUMBER _____

DOB _____ AGE _____ M/F _____

CLUB (if any) _____

EMAIL _____

EMERGENCY CONTACT _____

Name: _____ Number: _____

Relationship _____

Level of fitness

Inactive Fairly Active Active

To enable us to place you in an appropriate pack please tell us your most recent times for a

5k 10k

Any Special Requirements _____

Do you have a medical condition organisers need to know about? Yes No

If yes please give brief details _____

What is your preferred T-Shirt size

XS
MED
XL

SM
LG

The weekend costs £50.00 Your booking will be confirmed on receipt £10 deposit

This year there are 2 ways to pay please select your payment method

Payment in full

Pay 5 x £10 cheques

If you choose to pay 5 x £10, please submit post dated cheques. The first cheque dated for the day you sign up to book your place and the following **four** cheques for May, June, July, August

Please make cheque payable to Calderglen Harriers.

Shared accommodation is basic but very clean and comfortable. Beds are in dormitories

Bedding will be provided. You will need to **bring your own towels** with you.

The fee is not refundable as the weekend is all pre booked.

Dinner is 2 courses **per night** however if you would like 3 courses please include an additional £4.00

per night with your fee.

Please submit your lunch and dinner choice One month prior to the event.

This year the menu will follow in the next couple of months

Declaration I certify that I am medically fit. The organisers will not take liability for any property lost or damaged at the weekend event. All participants must be 18 years or over on the first day of the weekend event. The organisers have set a limit on the number of participants. Entries will be accepted on a first come first served basis.

Signature _____ Date _____