

**Calderglen Harriers
Trossachs Training Camp
17th, 18th, 19th September 2010**

NAME _____

ADDRESS _____

CONTACT NUMBER _____

Date Of Birth _____ AGE _____ M/F _____

CLUB (if any) _____

EMAIL _____

EMERGENCY CONTACT

Name: _____

Contact 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?
No _____ Yes _____

If yes please give brief details _____

What is your preferred T-Shirt size

XS SM MD

LG XL

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

Again there are 2 ways to pay please select your payment method

Payment in full **Cheque to 'Calderglen Harriers'**

If you choose to pay in installments please submit post dated cheques. The first cheque dated for the day you sign up to book your place and the following

1 x £20 deposit to secure your place

And a further 3 x £10 dated May, June, July

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.

The menu will be available in August. I will email this out to you.

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 _____