

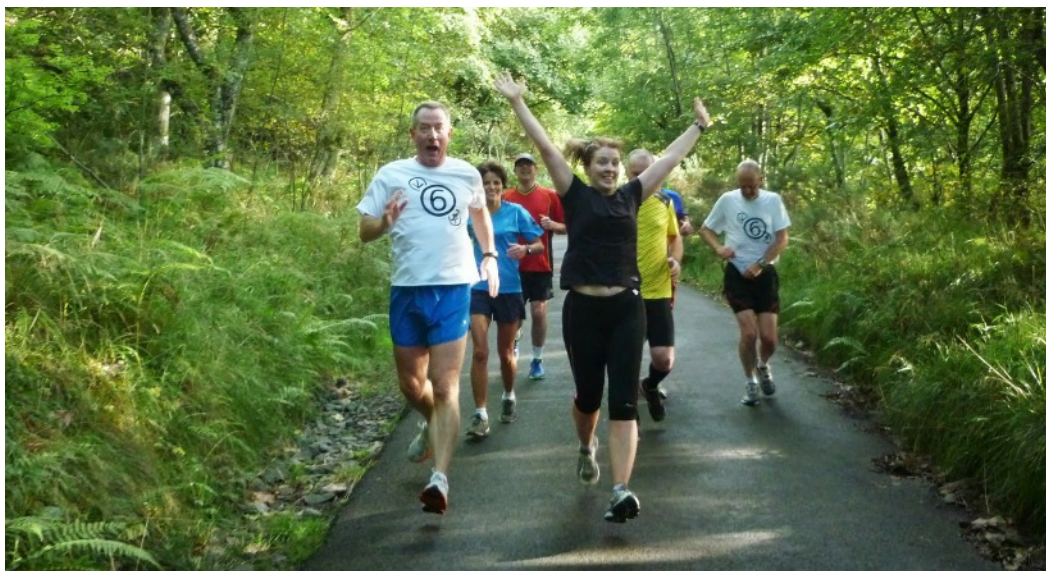
Calderglen Harriers

In association with EKGTA Ltd

Proudly Present

Trossachs Training Camp

12/13/14 September 2014



Based at the Trossachs Backpackers Hostel near Callander in Perthshire and now in its 8th year, the training weekend will take place over the weekend Friday 12th through Sunday 14th-September 2014.

Under the expert guidance of 5 of Calderglen's UK Athletics qualified coaches (all of whom are very keen runners with a combined running experience of over 100 years!) the weekend will consist of a number of coaching sessions (both running and non-running) 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 for Calderglen Harriers and non-members alike. Places are allocated on a first come, first served basis (upon receipt of the payment).



The cost of the weekend will be **£70** 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 EK Sports Club on Harriers training nights (Mon/Wed/Thur) or on-line at www.calderglenharriers.org.uk. Bookings will only be confirmed when the full monies have been paid.

Cheques should be made payable to 'Calderglen Harriers' – payment available by a deposit + 3 post dated cheques (1 x £40 + 3 x £10) – further details available on request. Completed booking forms and cheques should be handed to Eddie Reid at club training (preferably on a Thursday before or after training). Places will be allocated on a 'first come, first served' basis on receipt of the £40 deposit.

CALDERGLEN HARRIERS TROSSACHS TRAINING CAMP
12 to 14th September 2014

About You	
Forename	Surname
DoB	Sex
Address Line 1	
Address Line 2	
Town	Postcode
Phone	
E-Mail address	
Club	
Emergency Contact Details	
Name	Phone Number
Relationship to You	

About Your Running	
In the past 3 months, on average:	
How many days per week are you running now?	
How many miles do you run per week now?	
What is your current longest regular training run?	
Most recent 5k time?	
Most Recent Half Marathon time?	

Dietary and Medical Conditions	
Special diet requirements:	
Allergies:	
Medical Conditions:	

T-Shirt Size	
XS	
S	
M	
L	
XL	
XXL	

Payment	
The weekend costs £70.00. Your booking will be confirmed on receipt of the £40 deposit.	
This year there are two ways to pay.	
Payment in Full:	If you choose to pay in installments, please submit your deposit plus 3 post dated cheques, dated 1st of July, August and September.
Pay £40 + 3 x £10 cheques:	
Please make cheques payable to Calderglen Harriers.	

The fee is non-refundable as the weekend is all pre-booked and paid for on the assumption of full attendance.
The exception is in the case where a substitute from the waiting list is able to participate and cancellation notice is received at least 2 weeks prior to the event.

Other Information

Shared accomodation is simple but comfortable. Beds are in dormitories and bedding is provided.
You will need to bring **Your Own Towels** with you.
Dinner is 2 courses per night however if you would like 3 courses please include an additional £4.00 per night with your fee.
A menu choice form will be issued approximately 1 month prior to the event.

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 old or over on the first day of the event. The organisers have set a limit on the number of participants. Entries will be accepted on a first come first served basis, on receipt of the required deposit.
Signature:
Date: