

# Calderglen Harriers

In association with EKGTA Ltd

Proudly Present

## Trossachs Training Camp

11/12/13 September 2015



Based at the Trossachs Backpackers Hostel near Callander in Perthshire and now in its 8<sup>th</sup> year, the training weekend will take place over the weekend Friday 11th through Sunday 13th-September 2015.

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](http://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 + 2 post dated cheques (1 x £40 + 2 x £15) – 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  
11 to 13th September 2015

About You	
Forename	<input type="text"/>
DoB	<input type="text"/>
Address Line 1	<input type="text"/>
Address Line 2	<input type="text"/>
Town	<input type="text"/>
Phone	<input type="text"/>
E-Mail address	<input type="text"/>
Club	<input type="text"/>
Surname	<input type="text"/>
Sex	<input type="text"/>
Postcode	<input type="text"/>
Emergency Contact Details	
Name	<input type="text"/>
Relationship to You	<input type="text"/>
Phone Number	<input type="text"/>

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

Dietary and Medical Conditions	
Special diet requirements:	<input type="text"/>
Allergies:	<input type="text"/>
Medical Conditions:	<input type="text"/>

T-Shirt Size	
XS	<input type="text"/>
S	<input type="text"/>
M	<input type="text"/>
L	<input type="text"/>
XL	<input type="text"/>
XXL	<input type="text"/>

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:	<input type="text"/>
Pay £40 + 2 x £15 cheques:	<input type="text"/>
Please make cheques payable to Calderglen Harriers.	
<b>The fee is non-refundable as the weekend is all pre-booked and paid for on the assumption of full attendance.</b>	
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.	

If you choose to pay in installments, please submit your deposit plus 2 post dated cheques, dated 1st August and 1st September.

Other Information	
Shared accommodation is simple but comfortable. Beds are in dormitories and bedding is provided.	
You will need to bring <b>Your Own Towels</b> 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: