

Calderglen Harriers

In association with EKGTA Ltd

Proudly Present

Trossachs Training Camp

9/10/11 September 2016



For this, the 10th anniversary of the Calderglen Harriers' Trossachs Training Camp, we have a new venue, the 4 star Leny Estate Log Cabins (http://www.lenyestate.com/accommodation/Self_Catering_Log_Cabins), located a half mile out of Callander in Kilmahog. We have booked all 6 cabins from around 5pm on Friday 9th through to mid-day on Sunday 11th September 2016 and can take 4 or 5 people per cabin depending on the mix of participants (1 x twin room, 1 x double room 1 x sofa bed). The initial limit is 24 places (of which 4 are coaches). A few more places may become available depending on the mix of entrants. Places are allocated on a first come, first served basis (upon receipt of the deposit). Calderglen Harriers members and non-members are equally welcome. Under the expert guidance of 4 of Calderglen's UK Athletics qualified coaches, 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 cost of the weekend will be **£80** per person. This includes:

- Two nights (Fri/Sat) shared accommodation in the cabins
- 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 or an Autumn marathon, 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 finalised when the full amount has been paid. Cheques should be made payable to 'Calderglen Harriers' – payment available by a deposit + 3 post dated cheques (1 x £20 in May + 3 x £20 in 1st week of June, July and August) – 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 £20 deposit. A reserve list will be established. Reserves are also subject to the initial deposit payment with the remainder payable should a place become available.

CALDERGLEN HARRIERS TROSSACHS TRAINING CAMP
9th to 11th September 2016

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 £80.00. Your place on the list will be confirmed on receipt of the £20 deposit.	
This year there are two ways to pay.	
Payment in Full (£80):	If you choose to pay in installments, please submit your deposit plus 3 post dated cheques, dated 1st June, 1st July and 1st August 2016.
Pay £20 + 3 x £20 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 accommodation is simple but comfortable. Rooms/cabins are pre-allocated by the organisers. Bedding AND towels are provided. Breakfast & Buffet lunch provided on Saturday and Sunday. The cost includes a 2 course dinner per night at The Lade Inn. A 3rd course is available at an extra cost of £4 per extra course, payable in advance or on the night. An advance menu choice form will be made available in the month before the TTC. 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: