

Calderglen Harriers

In association with EKGTA Ltd

Proudly Present

Trossachs Training Camp

6/7/8 September 2019



For this, the 13th anniversary of the Calderglen Harriers' Trossachs Training Camp, we return to our original venue, the Trossachs Tryst Hostel, located a mile out of Callander on the Invertrossachs Road towards Loch Venachar. We have booked the entire venue from around 5pm on Friday 6th through to mid-day on Sunday 8th September 2019 and we can accommodate up to 36 people, primarily in bunk beds in 6 dorms. 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 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 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 is preferably 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 of £20 + 3 x £20 post dated cheque (dated 1st July/August/September) – further details available on request. Payments/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
6th to 8 September 2019

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	
In the past 3 months, on average:	
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 £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):	<input type="text"/>
Pay £20 + 3 x £20 cheque:	<input type="text"/>
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.	

If you choose to pay in installments, please submit your deposit plus 3 post dated cheques, dated 1st July/August/September 2019.

Other Information

Shared accommodation is simple but comfortable. Rooms/dorms are pre-allocated by the organisers.
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: