

Blue Mountains Training Camp 24th June – 26th June 2005

The first CoolRunning / 28 Sporting Innovations training camp proved to be a huge success and we are proud to announce another camp to be held in the Blue Mountains, NSW. Here is what some of the participants had to say about the camp:

“A stunning 2 and half days full of information, lots of running, classes, activities, massage, good food, great coffee, amazing guest speakers.....a great group of CR's all levels or running.....I will be putting my name down for the next one. Well done Daniel Green - a brilliant effort.”

“Where do I start? Dan, the weekend was one of the most memorable times of my life and will stay with me till the day I depart from this earth.”

“The camp was absolutely fantastic....everything that I wanted and more! Spending a whole weekend talking and doing the thing that I love made it the best weekend I have had in a very long time :)“

“Thanks Greeny for an awesome weekend! I am without doubt that a good time was had by all. It was a great opportunity for me to re-ignite for my passion for running. Being surrounded by so many top runners was highly inspirational.”

“It was a fantastic weekend. I've learnt so much, and it's even brought a tear to my eye reminding me how much I sure do love my running and how many new friends I've made.”

“Not only were we treated to an incredible array of information, good food, plenty of running, good company and great coffee (thanks Thomo), but the program also incorporated ‘Question Time’ of a plethora of elite runners, all who were willing to impart their experience to the captive audience.”

“Driving down the expressway towards Bundanoon I was tempted to turn around and go home, this was such a giant leap out of my comfort zone!
As it turned out, it was one of the best things I have done, for myself, for a long time. I have come away so motivated to have my best year of running yet.”

The CoolRunning/28 Sporting Innovations training camp are designed to meet the needs of runners of all levels including the complete novice looking at running their first 5km race through to the experienced marathoner. The camps are ideal for individuals targeting upcoming events or just for anyone who has a passion for running.

The accommodation for this camp will be the Waratah YHA at Katoomba. The Waratah YHA is located in central Katoomba on the corner of Waratah & Lurline Streets. The larger Waratah YHA allows us to accommodate up to 30 participants and has 4 x double / twins rooms and 7 x 4 share rooms. All these rooms have their own bathroom. Heaters are in all rooms and log fires are in each of the entertaining

areas, a bonus given the time of year. This hostel provides the ideal location for a training camp, situation within the picturesque Blue Mountains.

The upcoming camp is scheduled for the 24th June – 26th June 2005. The first activity is scheduled for 5pm Friday 24th June and the camp will finish at 5pm Sunday the 26th of June. Numbers for the camp will be limited to 30.

The camp will have up to eight staff looking after your needs and the following is included in your base payment of \$235:

- Two nights accommodation (Friday and Saturday night)
- Food for the duration of the camp (Friday evening – Sunday afternoon)
- Two spinal fitness classes
- Two stretching classes
- Four seminars on a range of running related topics
- Videos from some of histories greatest running races
- Trivia Quiz
- Question time with numerous Supported CoolRunners and other elite athletes
- And of course, lots of running...

Optional extras include:

- One-hour massage including a clinical assessment and written feedback (extra \$55)
- Thirty-minute consultation on your training program, upcoming races and goals (extra \$30)
- Gait analysis with written feedback and a copy of your footage on CD (extra \$40)
- CD with stretching and stability exercises (extra \$10)

We are dedicated to bringing you a training camp organised and managed by runners for runners. Whilst attempting to keep the cost to a minimum, we do not skimp on the quality and aim to provide the most professional training camp that you will ever attend.

If you are interested you will need to **contact me** to make payment to reserve your spot. As mentioned, numbers will be limited to 30 people on a first come basis. We look forward to being able to provide a great weekend to those who are interested.

Regards
Dr Daniel Green