



## Mountain Abandon

### Dear Athlete

Thank you for your interest in our mountain running Winter Experience.

Over the COVID period we realised just how important physical activity and human interaction is for mental and physical health. While many races and events are now back up and running, our limited number group runs during lockdown proved to us the value of moving for reasons beyond competition. In light of this and with the positive feedback we've received so far, we have decided to continue hosting our Trail, Mountain and Ultra Running Experiences.

It is with great excitement that we share the below details for our **Winter Drakensberg Experience - *Elevation Challenge!***

The objective of this weekend will be to climb, climb and climb! You can expect to ascend multiple passes, tag a few peaks and spend a fair amount of time running at altitude, all the while having *mountains* of fun!

Date: 2-4 July 2021

Location: Mnweni Cultural Centre

Fitness/ Trail Skill Level: Experienced

Price: R1800pp

### What's Included?

- 3 days of running with experienced athletes Nicolette Griffieon and Pierre Jordaan.
- 3 GPS routes to upload to your device in order to practice navigation over the weekend.
- Option to do Day 3's run alone to hone navigation skills and solo mountain running confidence.
- Guaranteed ascent of approximately 5000m over the weekend..
- Unlimited advice and Q&As with Mountain Abandon's UESCA certified running coaches.
- A fun group of like-minded athletes with whom to share knowledge, enjoy a long weekend of movement in the mountains, and share good stories over even better coffee with the amazing [Gegond Coffee!](#)

## ITINERARY

### **Day 1 (Friday 2nd) - Skills & Night Run**

Start time: 4pm

Expected duration: 3-4 hours

Focus: Gear, navigation, safety and mental preparation for night running.

### **Day 2 (Saturday 3rd) - Long Run**

Start time: 7am

Expected duration: 8-10 hours

Focus: Hydration and nutrition, climbing and descending, pacing an ultra.

### **Day 3 (Sunday 4th) - Fun Run**

Start time: 7am

Expected duration: 3-4 hours

Focus: Self-navigated, solo trail run based on a GPS track we will provide for you. An opportunity to put the weekend's navigation learning into practice and allow you to build your mountain running confidence, for this is what it's all about at the end of the day!

### **Compulsory Equipment**

Please note that this is a mountain running weekend. The weather in the Berg can be unpredictable and it is your responsibility to carry all the gear you may require for your own safety in inclement weather. As this is a training camp we advise carrying the compulsory gear typically required for mountain races such as Maxi Race and [Skyrun](#) as part of your preparation. We will not have gear checks but we will discuss gear for racing and we recommend the following to be carried on each run or when relevant:

- Hydration (2L capacity)
- Nutrition
- Windshell
- Waterproof with a hood
- Thermal base layer top and pants
- Gloves
- Buff / Beanie/ Sun protection
- Space Blanket
- Whistle
- Cellphone
- Running headlight with spare batteries

### **Optional Gear**

- Poles
- Waterproof pants
- Extra socks
- Dry bag for clothing

**Accommodation**

Lovely camping and convenient chalets are available at [Mnweni Cultural Centre](#). We advise you to book in advance, especially if you are looking for a chalet. Please feel free to bring along your family, provided that all children are supervised while you are out running.

**Registration**

In order to register for the Mountain Abandon Winter Experience - *Elevation Challenge*, follow the link below and complete the form. We will be in touch with regards to payment details as we receive your details.

Link to form:

<https://forms.gle/xP3BKE8BNGSRNh6S6>

**Indemnity**

Please note that Mountain Abandon will not be held liable for any damage, injury or death that occurs over the weekend of the training camp. In joining us you accept full responsibility for all risks associated with physical activity and a mountain wilderness. It is your responsibility to ensure that you are in good health and carrying the necessary protective gear at all times.

\*An indemnity form will be e-mailed to you to sign and bring along or sign and email back to us.

**COVID Awareness**

Please be considerate towards fellow athletes and campers by maintaining social distancing where appropriate, carrying a mask/buff at all times and self-isolating rather than attending the camp should you have been in contact with a COVID positive person or for any reason suspect that you may be ill. As runners our health is absolutely vital and we all need to respect ourselves and others in this regard.

**Contact Details**

Email: [mountainabandon@gmail.com](mailto:mountainabandon@gmail.com)

Cell 0724373177 (Pierre) or 0836218003 (Nicolette)