



Mountain Abandon

Dear Mountain & Ultra Runners

Thank you for your interest in our upcoming **THROUGH THE NIGHT** ultra training weekend! Please see details below for the camp, scheduled 22-24 October 2021.

The objectives of this weekend will be geared towards athletes running their first ultra races that may go into, or potentially right through, the night... Think **Skyrun 100** and **Ultra Trail Cape Town 100km**, or **Addo 100 miler** and **UTD 100 miler** for early 2022! Your event may seem a long way off, but it's never too early to start eliminating the unknowns and thereby ensure as stress-free a race as possible!

Some of the ultra-elements we'll be covering include the following:

- Moving through the **night** & methods of reducing and managing sleep deprivation.
- Learning to **navigate** efficiently and confidently with your watch or GPS device, day or night.
- **Climb**, climb and climb some more! You can expect to ascend at least one pass, tag a few peaks and spend a fair amount of time running at **altitude (3000m above sea level)**.
- Ultra trail specific nutrition and hydration strategies - to be covered in-depth.
- Ultra pacing strategies, so you're not that guy or girl under the tree at 80km...
- All this while having *mountains* of **fun** as well! :)

Date: 22-24th October 2021

Location: Monk's Cowl EKZN Camp

Requirements: Entered for an ultra trail race of more than 60km in the next 8 months.

Price: R1400pp

What does the weekend entail?

- A guided through-the-night run on Friday, ending Saturday late morning or midday back at camp;
- A Sunday morning shake-out run followed by a discussion and Gegrond coffee;
- A GPS route to upload to your device in order to practice navigation at night;
- Unlimited advice on gear, Q&As and running discussions with Nicolette & Pierre (experienced athletes, certified NQFMountain Guides and UESCA Running Coaches);

- A fun group of like-minded athletes with whom to share knowledge and enjoy a long night of movement in the mountains;
- A WhatsApp group for asking race-specific questions and sharing ultra knowledge up until the camp.

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Friday 22nd - A Proper Long & FUN Night Out...

Start time: 8pm

Expected duration: 14-16 hours

Ascent: 1000-1500m

Focus: Moving in the dark, night-time navigation, gear, safety and mental preparation for night running.

Sunday 24th - Fun Run & Discussion

Start time: 7am

Expected duration: 1 hour run followed by 2 hour discussion & coffee

Focus of the run: relax, enjoy and shake out the legs

Focus of the discussion:

1. Hydration & nutrition
2. Ascending & descending
3. Gear
4. Pacing
5. Q&A

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 [Skyrun](#) as part of your preparation. We will not have gear checks but we highly recommend the following to be carried on the night run:

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

Optional Gear

- Poles
- Waterproof pants
- Extra socks
- Dry bag for clothing
- Outer shell gloves for wind/ rain

Accommodation

Lovely camping is available at the [EKZN Monk's Cowl Camp](#). We advise you to book in advance. 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 [THROUGH THE NIGHT](#) camp please follow the link below and complete the form. We will be in touch with regards to payment once we've received your details.

Link to form: <https://forms.gle/VvVsqMKWZkhDPNBw5>

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.

Please head over to the [Mountain Abandon website](#) to see what we do - our coaching philosophy, approach to life and all things wild and free.

Contact Details

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<https://www.mountainabandon.com/>