



Mountain Abandon

Dear Athlete

Thank you for your interest in our mountain running training camp!

With all the uncertainty surrounding events over the past 12 months we feel privileged to be able to offer a fun, safe and movement-orientated long weekend for mountain and trail runners. It is with great excitement that we share the below details for our first camp of 2021.

Date: 2-4 April 2021

Location: Injisuthi EKZNW Camp

Fitness/ Skill Level: Experienced

Ideal Preparation For: runners aiming for a sub-18 hour UTD 100km or sub-35 hour UTD 160km

Price: R1500pp

What's Included?

3 x guided runs

3 x GPS routes for you to upload and practice navigation with your device over the weekend

Option to do the 3rd day's run alone to hone your navigation skills and solo running confidence

Unlimited advice and Q&As with UTD100 winner Nicolette and UTD160 podium finisher Pierre

Fun group of like-minded athletes with whom to share knowledge and enjoy a long weekend of movement in the mountains.

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Day 1 (Friday 2nd) - Night Run

Start time: 5pm

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: 6am

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 UTD 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 (rather take extra if in doubt)
- Windshell
- Waterproof with a hood
- Thermal base layer top
- Gloves
- Buff / Beanie
- Sun protection
- Space Blanket
- Whistle
- Cellphone

Optional Gear

- Poles
- Thermal base layer pants
- Waterproof pants
- Extra socks
- Dry bag for clothing

Accommodation

Camping and chalets are available at Injisuthi Camp but please note that it is a long weekend and 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

Payment

To confirm your place on the camp please make payment into the following account **no later than Friday 5th March**. We do have a limited number of spots available to ensure safety and a quality weekend for all athletes.

R1500.00

Tyme Bank Current Account

Mountain Abandon

Account number: 53000406422

Branch code: 678910

Reference: *Your name* 2april

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

Cell 0724373177 (Pierre) or 0836218003 (Nicolette)

Injisuthi EKZNW Camp

<http://www.kznwildlife.com/camping.html>