



Mountain Abandon

Dear Athlete

Thank you for your interest in Mountain Abandon's Trail Running Experience weekend!

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.

The Highmoor Trail Experience will be a weekend of fun and sociable running with one dedicated trail skills development session. It will be ideal for less experienced trail runners and weekend warriors, and a relaxed approach will allow everybody to experience the joy of movement within their comfort zone.

Based on the Little Berg plateau at the beautiful Highmoor Campsite, the surrounds offer the perfect terrain for an introduction to mountain running with Giant's Castle in the background. Friday evening will begin with a meet and greet for all participants followed by a 2 hour skills session. Here we'll discuss, demonstrate and practise some technical trail running techniques. The session will conclude with a short night run back to camp. Saturday morning will provide an opportunity to put your trail skills to the test over a 15km route with a little ascent. The rest of the day is yours to enjoy until the evening when we'll get together to light a fire and discuss everything trail in a relaxed and informal setting. On Sunday morning there'll be a chilled "fun run" to a nearby cave and waterfall to capture a few final spectacular views and photographs and end the weekend off on a high note!

Date: 16-18 April 2021

Location: Highmoor Nature Reserve

Accommodation: Camping (non-electric); Not included; see details below for bookings.

Fitness / Skill Level: Relaxed; basic trail

Ideal Preparation for: Shorter trail races; lower Berg running

Price: R1200pp

What's Included?

1x 2 hour skills training session;

1x 15km pre-planned trail run to test your skills;

1x 8-10km pre-planned fun run to a significant natural attraction (cave, waterfall, rock pools etc.)

Trail running discussion and Q&As with elite trail athletes Nicolette Griffioen and Pierre Jordaan;

A fun group of like-minded runners with whom to share trails, mountains and camp relaxation;
A small gift, token or lucky draw prize from Mountain Abandon.

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Day 1 (Friday 16th April)

Meet & Greet

Time: 17:00-17:30

Skills Session

Start time: 17:30

Expected duration: 2 hours

Focus: Ascending, descending & technical trail techniques; gear recommendations; night running (headlight required)

Day 2 (Saturday 17th) - 15km Trail Run

Start time: 08:00

Expected duration: 2-3 hours

Focus: Hydration and nutrition, ascending and descending, pacing, practising technical trail.

Day 3 (Sunday 18th) - Fun Run

Start time: 08:00

Expected duration: 2 hours (maximum 10km)

Focus: Fun flowing trail, cave & waterfall turn around point, fantastic photo opportunities.

* Please note that all the runs are optional and you're free to join on whichever days suit your schedule and personal goals for the weekend.

Compulsory Equipment

Weather in the Drakensberg can be unpredictable and we encourage you to carry any gear you may require for your own safety in inclement weather. We will discuss recommended gear for trail running on the camp, but we advise having the following on you while out on the trails:

- Hydration (500ml capacity)
- Nutrition
- Windshell
- Sun protection
- Space Blanket
- Whistle
- Cellphone
- Headlight with new batteries (Friday skills run)

Optional/ Weather-dependant Gear

- Waterproof jacket/ pants
- Thermal top/ pants

- Gloves
- Poles

Accommodation

A beautiful campsite is available at Highmoor Nature Reserve. Please feel free to bring along your family, provided that children have supervision while you are out running. There is lovely lawn, several dams and easy flat trails for hikers to enjoy the mountain wilderness at their own leisure. This weekend is all about sharing a love for nature and the simplicity of movement on foot!

Please book your own accommodation ahead of the weekend:

Highmoor: +27 (0) 72 190 9612.

Central Reservations: 033 845 1000

Book online: <https://bookings.kznwildlife.com/MakeABooking.aspx>

E-mail: bookings@kznwildlife.com

Confirmation & Payment

To confirm your place on the camp please complete the form at the following link:

<https://forms.gle/AAasEhRFYmwzNH7PG7>

Please make payment into the following account **by Friday 9th April**. We do have a limited number of spots available to ensure optimal safety and a quality weekend for all athletes.

R1200pp

Tyme Bank Current Account

Mountain Abandon

Account number: 53000406422

Branch code: 678910

Reference: *Your name* 16april

* Please note that should Mountain Abandon not be able to host the camp for unexpected reasons (COVID/ extreme weather etc) you may opt for a full refund if no alternative date suits your schedule.

Indemnity

Please note that Mountain Abandon will not be held liable for any damage, injury or death that occurs over the weekend of the Trail Running Experience. In joining us you accept full responsibility for all the expected and unexpected risks associated with physical activity in a mountain wilderness area. 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 send back to us before the camp.

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. Thank you in advance for your consideration.

Contact Details

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