

# Queenscliff Running Camp 2010

This weekend will stimulate your body and your mind. If you love to run and want to know more about the art of running then join us for an inspiring weekend of training, learning and motivation.



- When:** Friday September 10<sup>th</sup> 4:30pm to Sun 12<sup>th</sup> 3:30pm
- Where:** Camp Wyuna- 71 Flinders St Queenscliff
- Cost:** \$280 (or \$250 for Sporting Spirit members) includes two nights accommodation and dinner Friday night, breakfast & lunch on sat/sun. Runners will need to pay for their meal on Saturday night at the Esplanade Hotel.

**Enquiries- phone Brian on 9285 0635. A deposit of \$100 (non refundable) is required to secure your place. Balance of payment due by Sep 5<sup>th</sup> (one week before camp).**

This years training camp will be a seaside adventure. We'll stay at the YMCA camp "Wyuna" just 1km out of the historic and very beautiful town of Queenscliff and only 50metres from the beach straight out the back gate! We have booked the whole camp for the weekend. There are 4 newly built lodges and rooms are shared 2- 4 people per room (2 bunks in each room) with an ensuite for every 2 rooms. The weekend will be full of great activities including strength & stretching sessions, talks on nutrition and training, Saturday beach tempo run, Sunday long run on the Bellarine Rail Trail from Queenscliff to Drysdale with distance options of 10k, 20k and 30-34k. On Saturday night we will dine out at the Esplanade Hotel.

**Getting there by car** - Camp Wyna is approx 1hr 45min from Melbourne CBD (35-40min from Geelong). From Geelong just take the Bellarine Hwy (29.5km) to Queenscliff. Camp Wyuna is situated on Flinders St which is the continuation of Bellarine HWY - The camp is directly opposite the King St turn off. (Mel Ref 500 F1)

**Getting there by train & bus** - There are regular V-line trains to Geelong. From Geelong Station you can catch a bus to Queenscliff with the McHarrys Busline [www.mcharrys.com.au](http://www.mcharrys.com.au) ph 5223 2111 BYO towel & bed linen. Blankets are provided but you may bring a sleeping bag or doona if you wish.

To book fill out the form below- Fax to 9645 1345 or post to :  
Sporting Spirit  
12 Rocklea Drive, Port Melbourne  
Vic 3207 phone (03) 9285 0635



Name: \_\_\_\_\_

Running goal: \_\_\_\_\_

Current running distances: \_\_\_\_\_

Medical conditions: \_\_\_\_\_

Special Dietary Needs: \_\_\_\_\_

Phone - Work: \_\_\_\_\_ Home: \_\_\_\_\_ Mobile: \_\_\_\_\_

E-mail: \_\_\_\_\_

Visa  Master Card  American Express

Credit Card Number: \_\_\_\_\_ Expiry Date: \_\_\_\_/\_\_\_\_

Amount \$ \_\_\_\_\_ Name on Card: \_\_\_\_\_

Signature: \_\_\_\_\_



# Weekend Itinerary

## FRIDAY 10<sup>th</sup> SEP

4:30pm	Arrive at Camp- settle into rooms- get ready for 'easy run'	Meet outside dining room
5:00pm	For those who can escape work early the weekend will kick off with a leisurely 5k run (2.5k out & back) along the beautiful Bellarine Rail Trail (water views all the way). We will run to the new observation tower on the Queenscliff Harbour where 360 degree views of the Port Phillip Bay headlands can be enjoyed.	Meet outside dining room
6:30pm	Official welcome & introductions	Dining room
7:00pm	Dinner served.	Dining room

## SATURDAY 11<sup>th</sup> SEP

7:00am	Tempo- acceleration run- choice of 6k, 8k or 10k Along the beach at low tide out to Pt Lonsdale Lighthouse & back (sand is firm)	Meet outside dining room
8:30am	Breakfast	
9:30am	Prue Thomas presents "nutrition for running- pre race & race day"	Lecture room-Swan Bay Lodge
10:30am	break	
11pm	Richard Bowles talks about his Mt Everest Marathon experience. Training mind and body for the world's highest marathon.	Lecture room-Swan Bay Lodge
12:30pm	Lunch	Dining room
1:30pm	Free time	
3:00pm	Group 1 - strength and stretching- practical Group 2 - 10k Training tips- Brian Schepisi	Recreation Hall & lecture room
4:00pm	Group 2 - strength and stretching- practical Group 1 - Marathon Training Tips- Brian Schepisi	Recreation Hall & lecture room
5:45pm	Pool cars to drive to Hotel (option to walk 20-30min)	Meet outside dining room
6:00pm	Dinner at the Esplanade Hotel - each person pays for their own meal.	Esplanade Hotel- cnr Gellibrand & Symonds St Queenscliff <a href="http://www.theesplanadehotel.com">www.theesplanadehotel.com</a>

## SUNDAY 12<sup>th</sup> SEP

6:30 -7:00am	Breakfast	Dining room
7:45am	Get organised to start long run- this will start on the trail opposite Camp Wyuna	Meet outside dining room
8:00am	Start long run on the Bellarine Rail Trail- choice of 10k, 20k & 32-34k.	
10:30am	Yoga -session 1 (45min) Carrie Parratt	Recreation Hall
11:30am	Yoga - session 2 (30min) Carrie Parratt	Recreation Hall
12:30 pm	Lunch	
1:30-3:30pm	Mike Rennie presents-'Goal setting, training theory, and how they fit into your life in the real world!'	lecture room
3:30pm	Camp concludes	