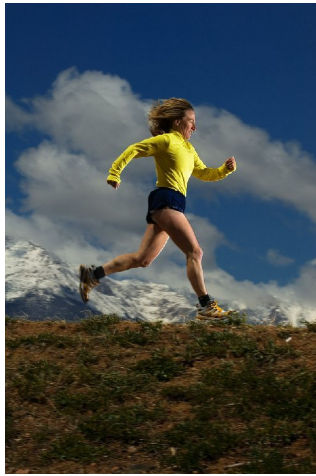


Spring Trail Running Weekend

April 30—May 2 2010 at Active at Altitude, Estes Park
led by Nancy Hobbs & Terry Chiplin



Come and enjoy beautiful Spring trail running in Estes Park. We invite you to come and be inspired by the magnificent trails, scenery and clean, clear air up here in the Rocky Mountains.

The event is held at [Active at Altitude](#), the unique training retreat at 8,200 feet near Estes Park. The weekend will be led by Nancy Hobbs, inspirational trail runner & CE of ATRA, and Terry Chiplin, fitness coach, *BOLDRUNNING* coach, and owner of Active at Altitude.

Who is this for? Women and men runners who have already run at least 6 miles at 10 min/mile pace or better on road, and want to learn about trail running, motivation, running with passion, and running form. The whole weekend will be a fun and social learning experience. **Everyone will receive a free signed copy of Nancy's book (co-authored with Adam Chase)**, *The Ultimate Guide to Trail Running!* One year membership of ATRA also included! All runners that book will also be entered into a free prize draw to win one of 2 pairs of IceSpikes — the ultimate non-slip shoe system!



Itinerary — weekend starts at 4.00 pm Friday and finishes at 1.30pm on Sunday. The weekend will include the following: *group trail runs of varying durations & pace/terrain; yoga or floor session, running theory sessions; relaxation time - massages available at additional cost if pre-booked; evening meal Friday and Saturday; breakfast Saturday and brunch on Sunday, lunch on Saturday.; water.*

Rates—10% early registration discount before March 1

Double room (8 spaces available)	\$335.00 per person sharing
Tri-room (3 spaces available)	\$305.00 per person sharing
Bunk room (4 spaces available)	\$285.00 per person sharing

Note rates include rooms for 2 nights, all meals, group theory sessions, yoga/floor session, trail runs, bottled water — sales tax extra @ 5.7%

To reserve your place, contact Terry Chiplin on 970 586 4432
or 303 304 9159, e-mail terry@activeataltitude.com.

We look forward to seeing you!