

# Fall Trail Running Weekend

October 15-17 2010 at Active at Altitude, Estes Park  
led by Adam Chase & Terry Chiplin



Come and enjoy beautiful Fall trail running in Estes Park

We invite you to come and be inspired by the magnificent trails, scenery and clean, clear air in the majestic Rocky Mountains.

The event is held at [Active at Altitude](#), the unique training retreat at 8,200 feet in Estes Park. The weekend will be led by Adam Chase, inspirational trail runner & President 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 10-12 min/mile pace or better on road, and want to learn about trail running, techniques, racing, preparing for an ultra, etc. The whole weekend will be a fun and social learning experience. **Everyone will receive a free signed copy of Adam's book (co-authored with Nancy Hobbs)** 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 a pair 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

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](mailto:terry@activeataltitude.com) .

We look forward to seeing you!