



BRS CAMP

EXPRESION OF INTEREST

What: 2.5 days, 2 night running camp focussed on Trail running in preparation for BRS on Tour, Run the Whitsunday Great Walk and generally to improve your trail running.

Who: All runners are welcome! A base 10km level of fitness is the only requirement!!

When: Friday 30th May 5pm – Sunday 1st June 12noon 2014

Where: [Binna Burra Lodge](#), Lamington National Park.

Approx 1.5hrs south of Brisbane

<https://www.google.com.au/maps/@-28.1974266,153.1875823,15z>

Cost: \$255 per person

What's included:

- ✓ Coaching, practice and training on challenging off road trails.
- ✓ 2 x dinners, 2 x breakfasts, morning and afternoon teas
- ✓ Staying in heritage listed guesthouse style rooms nestled amidst native gardens overlooking stunning views of the national park
- ✓ Daily activities including team building exercises, rope climbs, abseiling, and guided night walks



Please email your interest to info@brisbanerunsquad.com.au by Friday 11th April.

A 50% deposit will be required in advance, and full payment at the time of the camp.

