



KAREKARE TRAILS TRAINING CAMPS – INFORMATION SHEET

The Running

The itinerary for our weekend training camps is flexible and will be designed around the experience level and desires of the group. It may also be determined to some extent by the weather! We will talk to everyone in advance to find out what they want to get from the weekend and put together a plan that will send you home smiling.

It is likely that we will be out and about for 5-6 hours each day. Not all this time will be running as we will make sure we take time to enjoy the scenery and have breathers. The running will be easy paced, not race pace. So we are likely to cover somewhere between 20 – 30 kms each day.

The emphasis will be on running together as a group rather than specific technique-based coaching. That said, Mal has 20 years of trail running experience and is more than happy to answer questions or discuss ideas to do with technique, race preparation, food & nutrition or any other aspect of trail running. This can be done on the trail and also over a cold beer at the day's end.

The area around Karekare offers a diverse selection of single-track running. Some of it is gnarly and technical, some of it is quite well made trail. Most of it is hilly, often steep. In addition we have the option of running on beaches, sand dunes and in river beds. We will do our best to share all the glories of the area with you, but can easily focus on one or two specific types of terrain if that is what the group desires.

You should come prepared for trail running in a relatively remote area i.e. carrying a pack that includes water, food, spare clothing and a mobile phone. A full list of compulsory gear will be sent out in advance.

The Accommodation

Wharepuka (“house amongst the pukas”) is a wonderful 4-bedroom holiday home set high above the beach basking in glorious views. It is comfortable and well equipped, having been recently renovated to a high standard.

Special features include an outside fireplace, outdoor bath and extensive decks. It is a great place to relax after a big day on the trails, regardless of what the weather is doing outside.

There are 3 Queen-sized beds and 2 single beds available for guest use. There is one well-appointed bathroom and separate toilet. Although on tank rather than town supply there is oodles of hot water for those much needed après-trail showers.

See photos of the house on the [Running Wild website](#).

The Food

We will provide the following:

- Nibbles and two course dinner on Friday night
- Breakfast on Saturday morning (porridge, cereals, toast, fruit)
- Nibbles and two course dinner on Saturday night
- Breakfast on Sunday morning (porridge, cereals, toast, fruit)

All our food is fresh, nutritious, and tasty and will provide lots of carbo-fuelled energy. If you have any special dietary needs please let us know.

There will be beer and wine available as part of the package but you are also welcome to bring your own favourite tippie if you so wish.

Communications

There is no landline phone at the house. Telecom mobile reception is good but Vodafone reception is very patchy. We will have a laptop and mobile internet available for anyone wishing to rave about the weekend to their Facebook friends!

If you have any questions please email Mal - mal@runningwildnz.com - or call him on 027 271 5733.