

## TRAILAB PRESENTS... GIRLIE DOWNHILL CAMP WITH HELEN GASKELL

Our Girlie Camp with Helen Gaskell is for girls who want to develop their downhill skills and get into racing. If you're already riding downhill or if you've already taken part in the odd competition, then this is for you! The purpose of the camp is to help you develop your technical skills and build up confidence to the level required to take you to races across the country. You'll be in exactly the right environment with like-minded riders who will be egging you on to go bigger and faster. Helen Gaskell started somewhere too and she'll be there to pass on that valuable experience and explain how you can progress from one level to the next.

### WHEN IS IT?

The camp runs from Thursday the 19<sup>th</sup> to Sunday the 22<sup>nd</sup> of May 2011, and the itinerary (subject to confirmation!) will be as follows:

- Thursday afternoon: All the girls arrive and get acquainted with each other. Sort out bike hire and bike set-up and go for a spin if you get here early. Chat with Helen and talk over the next couple of days over a healthy home-cooked meal, watch a few inspiring bike DVDs before heading to bed!
- Friday: Head straight up to Nevis Range and warm up on the skills section, moving on to the Red downhill. Depending on the abilities of the group, we'll try out different techniques, lines and styles. We'll do lunch at the new Pinemartin cafe and talk over what skills need developing and what to concentrate on next in the afternoon. We'll head back to the trailab lodge later, where you can chill in the hot tub or tinker with your bike, followed by a healthy home-cooked meal.
- Saturday: We'll be competing in the No Fuss Events flagship event, 10 Under the Ben, the infamous ten hour endurance race! We'll be competing as two trailab teams of four around a ten mile course under Ben Nevis – a pretty challenging and unique race which has got a brilliant buzz. After a celebratory drink, head back to the trailab lodge for a well-deserved hearty meal and a chill around the lodge or head into town for a drink or two!
- Sunday: Heading back up to Nevis Range, jump on your downhill bike and on to the World Cup downhill course! Breaking it down into manageable sections, we'll go over the tricky bits, the jumps, berms, flow and work out the best lines. The brave can ride the whole course from top to bottom in the afternoon, proving that you are now a true downhiller! Finish the camp with an early wrap-up dinner at Nevis Range and informal prize ceremony for the dirtiest "cow" of the camp before heading home! **(there may be an option to stay on Sunday night)**

### WHAT'S INCLUDED IN THE PRICE?

- Accommodation at the stunning trailab lodge from Thursday 19<sup>th</sup> to Sunday 22<sup>nd</sup> May 2011.
- Evening meal on Thursday, breakfast and evening meal on Friday & Saturday and breakfast on Sunday.
- Coaching with Helen Gaskell on Friday and Sunday.
- Entry fee and support for the No Fuss Events "10 Under the Ben" race on Saturday.
- Minibus transport to and from venues.





## WHAT MIGHT I HAVE TO PAY EXTRA FOR?

- Your travel to and from Fort William (we can arrange to pick you up from the train station if need be).
- Lift pass for Nevis Range - £28 per day which we can arrange for you in advance (this is not included in the price as some people already have season passes).
- Bike hire – see the section below.
- Limited edition trailab team jersey (please let us know in advance what size and style you prefer).
- Lunch at Nevis Range café (or bring your own!)
- Any alcohol you wish for the evenings (we don't serve alcohol due to licensing laws)



## WHAT DO I NEED?

Having the right bike can help but it's not all down to the equipment! Although the weekend is all about riding downhill, don't worry if you don't have the latest £5k race machine or if you are unable to bring your own bike. Bikes are available to rent from Nevis Cycles and Alpine bikes and are from £50 to £90 for the day, with deals available for multi-day hire. A cross country bike for the race on Saturday will be advantageous!



Buying a full DH bike is a big investment so hiring one during the weekend will let you see the difference from a regular XC or enduro bike. Bring any helmet and body armour you may have, although these will be available to hire if you need.

It's also a good idea to have the appropriate insurance for yourself and your bike. Have a look at SportsCover Direct for personal insurance: <http://www.sportscoverdirect.com/insurance/mountain-biking.html>, and ETA insurance for your bike: <https://www.eta.co.uk/insurance/cycle/quote>.

## WHERE IS IT?

The trailab lodge is ideally situated on the outskirts of Fort William, and we'll be riding at Nevis Range.



## HOW DO I GET THERE?

Catching the train is definitely a good option – we priced a return from London Euston recently and it worked out at about £80 return either during the day or on the sleeper! The train goes all the way to Fort William station, and you're normally able to take your bike on the train too if you book it in advance. We're only a few minutes from Fort William station and can easily pick people up from there in our minibus.



- Take the train (or overnight sleeper). Have a look at [trainline.com](http://trainline.com).
- Fly from London Stanstead to Glasgow Prestwick for about £60 return with Ryanair. This can be a quicker option than the train, but you'll be limited if you wanted to bring your bike!
- If you get to Glasgow or Edinburgh by whatever method, the train to Fort William takes about 3 1/2 hours and costs about £30 return if booked in advance.
- Travelling by coach is an option too, which can work out quicker and cheaper than the train, but the disadvantage is limited legroom!



Other airlines fly to Glasgow, Edinburgh or Inverness such as Easyjet and BA.



Also, depending on where everyone is coming from and time of travel, we might be able to pick people up from Glasgow/Edinburgh/Inverness in our minibus and drop them off again at the end of the weekend. I guess we'll know better once we know everyone's travel plans!

#### HOW DO I BOOK?

As for booking, just reply when you decide to go ahead and we'll respond with a booking confirmation invoice which contains details of how to pay. If you'd like to hire bikes for the weekend, it might be a good idea to try a couple of different types – an enduro style bike on the first day, then a full DH bike on the last day. Let us know and we can arrange the reservation.