

# OFFICIAL MONTANE® SPINE® RACE COMPLETE RACER TRAINING SERIES BOOKING FORM



IN PARTNERSHIP WITH STU WESTFIELD  
SPINE RACE SAFETY TEAM COORDINATOR / RANGER EXPEDITIONS  
[www.thespinerace.com](http://www.thespinerace.com) [www.rangerexpeditions.co.uk](http://www.rangerexpeditions.co.uk)

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_ Postcode: \_\_\_\_\_

Telephone (home): \_\_\_\_\_

Telephone (mobile): \_\_\_\_\_

Email: \_\_\_\_\_

| COURSE:   | DATE:            | PRICE:       |       |
|---|------------------|--------------|-------|
| Spine Core Skills Day                             | Sat 30 Sept 2017 | £50          | _____ |
| Spine Core Skills - Small Group Full Hill Day     | Sun 1 Oct 2017   | £40          | _____ |
| Spine Advanced Skills Day                         | Sat 2 Dec 2017   | £50          | _____ |
| Spine Advanced Skills – Small Group Full Hill Day | Sun 3 Dec 2017   | £40          | _____ |
| Spine Preparation & Strategy Day                  | Mon 11 Dec 2017  | £50          | _____ |
| Spine Hill Skills – Small Group Full Hill Day     | Tues 12 Dec 2017 | £40          | _____ |
| Challenger Pre-Race Masterclass                   | Fri 12 Jan 2018  | £20          | _____ |
| Spine Pre-Race Masterclass                        | Sat 13 Jan 2018  | £20          | _____ |
| One-to-one Complete Racer – One Day               | As arranged      | £100         | _____ |
| One-to-one Complete Racer – Two Days              | As arranged      | £195         | _____ |
| One-to-one Complete Racer – Three Days            | As arranged      | £245         | _____ |
| Night Navigation                                  | As arranged      | £50          | _____ |
|   |                  | <b>TOTAL</b> | _____ |

Note: For Spine Training Seminar Weekend at Hebden Bridge please book via [info@thespinerace.com](mailto:info@thespinerace.com)  
See [www.thespinerace.com](http://www.thespinerace.com) for more details.

Experience relevant to your course / activity:  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Please inform us, (or feel free to telephone) of any medical history that may be relevant to your activity (in confidence):  
\_\_\_\_\_  
\_\_\_\_\_

Next of kin name: \_\_\_\_\_ Relationship: \_\_\_\_\_  
Address: \_\_\_\_\_  
Contact number: \_\_\_\_\_

Total cost of course(s): £ \_\_\_\_\_

Booking Form return email: [stu@thespinerace.com](mailto:stu@thespinerace.com)

**Cheques to...**

**Ranger Expeditions Ltd**

44 Fairy Bank Crescent  
Hayfield  
High Peak  
SK22 2HR (Tel: 07890 620274)

**Or, bank transfer...**

**BACS payment to (Barclays Bank)**

Ranger Expeditions Ltd  
A/C: 20262552  
Sort code: 20-69-40  
**Please reference transfers with your name.**

I have read and understood the attached booking conditions and participation statement.

Signed \_\_\_\_\_

Date: \_\_\_\_\_

**WHAT'S INCLUDED:**

Whilst in the training venue we provide tea, coffee, soft drinks and light refreshments.

**WHAT'S NOT INCLUDED:**

Accommodation, evening meal, food for on the hill. Transport to & from the training venue.

**BOOKINGS:**

I understand that the total cost of course(s) is payable at the time of booking.

Bookings will be held for 5 working days. To secure your place we request payment be made in that time.

Bookings can be made by post, email or telephone.

**CANCELLATIONS / AMMENDMENTS:**

I understand that the course cost includes 50% NON REFUNDABLE deposit.

If cancellation is made more than 28 days prior to commencement of the course I am entitled to 50% refund.

If cancellation is made less than 28 days prior to commencement, there are no refund of course fees.

However if, after cancellation, my space(s) can be filled I may receive a refund, minus deposit.

Ranger Expeditions Ltd will endeavour to accommodate, but cannot guarantee availability, for requested alterations to dates before 28 days of course/activity commencement.

I understand that should minimum course participant ratios not be met and the course cancelled, Ranger Expeditions shall offer alternative dates or a full refund.

**PARTICIPATION STATEMENT - RISK WHILST ON COURSES & ACTIVITIES:**

**I understand that the outdoor and adventurous activities provided by Ranger Expeditions Ltd such as hill walking and trekking do contain an element of risk. By signing the attached booking form and participating in the course/activity, I accept this risk. Ranger Expeditions Ltd and its associated instructors are under no liability whatsoever in respect of any personal loss or injury that I or others named above may sustain.**

**I am physically fit for the course/activity I have chosen. I understand that I should have and arrange adequate personal accident insurance before commencing any adventurous activity.**

**CONDITIONS:**

I should ensure I am adequately equipped for the activity chosen, with suitable footwear, spare warm clothes, waterproofs, adequate fluids to drink and packed lunch. (Ranger Expeditions Ltd will provide a detailed clothing/kit list suitable for the activity on receipt of deposit).

The safety of the group is the over-riding consideration. The prevailing weather and any other factors influencing the safety of the party may result in the activity itinerary being modified or the walking day being shortened. I agree to abide by the decisions made by the Ranger Expeditions Leader or associated instructors as regards the safety of course participants.

**RANGER EXPEDITIONS & ULTRAS**

**mountain – wilderness - race skills – navigation**

Ranger Expeditions Ltd  
44 Fairy Bank Crescent, Hayfield, High Peak, Derbyshire, SK22 2HR  
Mob: 07890 620274  
Reg. company 3901464