

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 www.rangerexpeditions.co.uk

Name: _____

Address: _____

_____ Postcode: _____

Telephone (home): _____

Telephone (mobile): _____

Email: _____

COURSE:	DATE:	PRICE:	
Trail & Ultra Running Training Wk End	Fri 12 eve to Sun 14 May 2017	£150	_____
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	_____
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	_____
		TOTAL	_____

Note: For Spine Training Seminar Weekend at Hebden Bridge please book via info@thespinerace.com
See 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

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
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