



## Camp France 2010 - basic info

### When/where

19.-24.3. Clermont-Ferrand area  
(ASSOCIATION ACCUEIL SAINT FRANCOIS,  
Anschald, 63230 BROMONT-LAMOTHE)



- accommodation with full board, rooms of 4-6 beds, common WC/shower (christian facility)

24.-27.3. Fontainebleau area  
(Le Centre International de Séjours Focel, 5 Rue de l'Île St Pierre -77590 Bois Le Roi)



- accommodation with full board, mostly rooms of 3 beds with own WC/shower (vacation facility)

### Training schedule

FRI	arrival	
SAT	1 - welcome session	6 - directions
SUN	3 - middle Q	4 - middle F
MON	5 - route choice	---
TUE	7 - relay simulation	2 - pair exercise + chalet league ultrasprint
WED	transfer Fontainebleau	model event (free)
THU	8 - memory run	9 - start loops
FRI	10 - chasing start	11 - path pair relay
SAT	departure	

### main objectives

- exploit new terrain types
- seize the opportunity of having so many top runners at the spot



detailed specification of training sessions will be described in a separate training manual



### webcam Aydat:

<http://www.volcans-vacances.com/webcam/>

### Participants

- swedish national team (9W+9M+4L)
- czech national team (8W+10M+3L)
- other runners (7W+3M)
- at trainings 1-4 also french nat. team (3W+4M)
- at trainings 10,11 Thierry + 1

### Arrival

- SWE flies to CF, landing 14:25, then rental cars (hopefully also Jan & Vendula), planned arrival about 4pm
- CZE drives, planned arrival ca 9pm
- group Eva - rental car from Beauvais, planned arrival ca 6pm

Don't forget your SI and ev. also Emit cards!

### Responsible persons

- Radek Novotny +420 732445679
- Joakim Ingelsson +46 706697389

/march 16, 2010, RN