

**SERPENTINE RUNNING CLUB
CLUB LA SANTA, LANZAROTE TRIP 2010
BOOKING INFORMATION**

Next year's Club La Santa trip takes place from 11th March 2010. In order to secure your place, please complete the following form and pay your £100 deposit. You can pay your deposit online at: <http://entrycentral.com/index.php?racelD=100209>

Alternatively, send a cheque payable to Serpentine Running Club to the address listed below.

Please read the following information carefully as there are some changes from previous years.

The cost of the trip includes:

- Flight
- Transfer between Club La Santa and the airport
- Accommodation
- First-night BBQ (drinks extra)
- Last-night meal (drinks extra)

Booking forms/deposits:

Please print and fill out the booking form and send it to the following address:

Justin Lock
47 Court Way
London
W3 0PY

All cheques should be sent to the same address. Please make all cheques payable to Serpentine Running Club and write your name and home address on the back.

Trip Details. In a change from previous years, you have an option of doing a 10 day trip, in addition to the regular 7 day trip. Places for the 10 day trip are limited, and will be allocated on a first-come, first served basis.

The main club trip is still the usual 7 day, Thursday – Thursday trip. For those staying 10 days, you will leave on the following Sunday rather than the Thursday. Note that the last night dinner will still be on the Wednesday night, and the scheduled, coached sessions will be mainly during the first week. For those staying on, all activities will be on a more casual basis arranged mostly amongst yourselves. Some swim lanes will still be booked, but the sessions will probably not be coached (if the coaches are staying on, they will deserve the time to themselves).

The advantage of the 10 day trip are that you get 3 extra days in Lanzarote and only need 1 extra day off work. You can also have the luxury of taking a rest day (perhaps after the 'last night' festivities!) without feeling guilty about getting in that extra long ride or run. The disadvantages are the extra cost (£84/person), the fact you arrive home on Sunday evening with the prospect of a full week of work ahead of you, and also only 3 person rooms are available for the last part of the trip, so you may need to change rooms / roommates. Some single (£250) and 2 person (£126/person) rooms may be available, but cannot be guaranteed.

In order to secure enough bike spaces, I've had to book some flights from Stansted. These flights are available only for those on the 7 day trip. Most people will still fly from Gatwick. Please indicate a 1st and 2nd airport preference. If either of the airports is very difficult for you to reach, then just indicate a 1st preference (all flights leave mid-morning). Note however this may limit your chances of getting a bike slot, or you preferred trip length. Unless you tell me differently, I will prioritise the options in the following order:

- 1) Bike place (if Yes)
- 2) 10 or 7 day trip
- 3) Airport

Bikes. Space for bikes on the planes is at this stage limited and will again be assigned on a first-come, first-served basis. If you wish to take your bike with you, please indicate on the booking form below. This costs an additional £52 for transportation on the plane and transfer from the airport to the resort. I am fairly confident additional bike spaces will become available, which should mean everyone wanting to take a bike can do so, however one of the airlines will only accept bike bookings 8 weeks prior to departure, so until then these spaces cannot be guaranteed.

Club La Santa has a number of road bikes that can be hired free in half-day blocks, subject to availability. The half-day blocks are usually adequate for beginner rides but not the intermediate or advanced rides. Alternatively, it is possible to rent a higher-spec bike for the whole week by contacting Hayley at Club La Santa at hayleyr@clublasanta.co.uk or on 01617909890. The cost of this is payable at the resort. Although La Santa bikes are generally very good, they only tend to have sizes 51cm and above. If you are small, or if you want to ride regularly, I suggest having your own bike.

Insurance. This package does NOT include travel insurance. All participants are required to state that they have taken out their own insurance for this holiday, which adequately covers all (sporting) activities and equipment (if necessary) that they may wish to undertake.

Bookings and deposits must be received by 16 October 2009. Spaces are limited and priority will be given to those who book early.

I will email participants with details of room size, bike space (if booked) and remaining balance in November.

Final balances need to reach me by 9th December 2009.

Cancellation policy. All cancelled bookings will automatically lose their £100 deposits, even if you find someone else to take your place. Once the remaining balance is paid, a refund (minus deposit) will only be made if a replacement is found.

If you have any important queries, contact Justin Lock at lanzarote@serpentine.org.uk. If you have less urgent questions, then to reduce the admin involved, come and find me at the pub on a Wednesday night, or after a cross country race, I'm there more often than not, and I can answer all your questions then.

**SERPENTINE RUNNING CLUB
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BOOKING FORM**

Name: **Date of birth:**

Address:

E-mail: **Contact phone no.:**

Next of kin: Name: Relationship:

Address:

Contact phone no.:

Trip preference: 7 Day _____ 10 Day _____ (+£83 3/room, +£125 2/room, +£250 1/room)

Airport preference: Please indicate your first and second preference (*see note above) with 1 & 2

Gatwick _____ **Stansted** _____

Room preference (1st 7 days): Please indicate your first, second and third preference with 1, 2 and 3. The cost per person is in parenthesis.

Single (£900) _____ Two sharing (£605) _____ Three sharing (£507) _____

Four sharing (£516) _____ Five sharing (£475) _____ Six sharing (£473) _____

Please list names of people you would like to share with, if any:
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Room preference (10 Day trip ONLY, final 3 days): Please indicate your first preference with 1. The cost per person is in parenthesis.

Single ***if available*** (+£250) _____ Two sharing ***if available*** (+£125) _____ Three sharing (+£83) _____

Please list names of people you would like to share with, if any:

Bringing own bike (£52 additional charge, circle one): Yes / No

Please initial the following to indicate your agreement:

I understand that the £100 deposit is non-refundable.

I declare that I will have adequate travel insurance cover in place for the trip.

I agree to pick up my tickets and travel documents at the Seymour Centre at the following time: Wednesday, 10th March 2010, 18:30-20:30

I understand that the remaining balance must be received by 9th Dec 2009

Disclaimer: By affixing my signature below I hereby agree and declare that I will not hold Serpentine Running Club, or any of its officers or agents, responsible for any and all claims, causes of action, damages, loss (economic and non-economic), and liabilities of any kind which may arise out of, result from, or relate to my participation in any of the events organised at Club La Santa by the Serpentine Running Club and I acknowledge that the £100 deposit paid is non-refundable should I have to cancel this trip.

Signed: Date:

Electronic versions of this booking form are not acceptable.