DRAFT MEDIA RELEASE

Run away to Lake Crackenback Resort & Spa

Lake Crackenback Resort & Spa in the New South Wales Snowy Mountains has announced a new series of Trail Running Weekends that combine expert tuition from two of the world's finest trail runners, wholesome cuisine and luxury accommodation.

The series of three Trail Running Weekends will be hosted by World Orienteering Champion Hanny Allston and Australia's top Ultra Runner Brendan Davies and are geared for all levels of runners. Each weekend focuses on developing specific areas of trail running performance:

'Preparing to Train' on 18 - 20 October, 2013: Learn the basics of great running technique, preparing training structure, nutrition for optimal training performance and recovery, and elite recovery strategies.

'Preparing to Race' on 29 November – 1 December, 2013: Discover how to optimise personal racing strategies such as perfecting tapering, nutrition for racing, trail running equipment, and finding mental focus.

'Maximising your Potential' on 7 - 9 February, 2014: Gain insight into the elite end of trail running performance with seminars on running technique for hills, speed and trails, managing fatigue, stress and its impact on performance, supplements and performance helpers and hinderers.

Packages start from $440 per person twin-share for the October and February events and from $485 per person twin-share in November. The all-inclusive weekend includes two nights accommodation in a Studio room, professional tuition and guidance from Hanny and Brendan over the weekend, wholesome meals including breakfast daily, dinner each night and lunch on Saturday, a late check-out and full use of resort facilities. Guests attending the November event also receive a ticket to the resort's Movember Sportsman's Dinner on the Friday evening.

Special deals for local residents are also available from $250 per person (October and February) and $295 per person (November) including all tuition, workshops, seminars and specified meals.

Lake Crackenback Resort & Spa General Manager Scott O'Neile said he's excited to add a trail running weekends to the resort's event calendar, and especially thrilled to give guests the opportunity to learn

from the resort's champion trail running ambassadors.

"The resort's location near the beautiful Kosciuszko National Park offers easy access to a multitude of trails.

"The terrain around Lake Crackenback Resort & Spa is breathtaking, and we're certain that runners will love the scenery as well as expert personal tuition offered over the weekends," he said.

In addition to picturesque views over Lake Crackenback, the resort's contemporary one, two and three bedroom apartments offer spectacular mountain views with spacious living areas, cosy fireplaces and private balconies.

When guests aren't running trails, they can enjoy some well-deserved relaxation with the resort's range of onsite leisure facilities including the Day Spa and Wellness Centre and new the mountain bike track and skills park as well as the array of free activities including a nine-hole golf course, heated swimming pool, fitness centre, tennis courts, archery and trampolines.

To book or for more information, call 1800 020 524 or visit www.lakecrackenback.com.au.

ABOUT HANNY ALLSTON
Hanny Allston is a World Orienteering Champion who enjoys coaching individuals to achieve their personal fitness goals. She draws upon her strengths, inspirations, knowledge of medical research, primary teaching skills and life coaching expertise to make health, wellbeing and fitness exciting, interesting and social.

ABOUT BRENDAN DAVIES
Brendan Davies has represented Australia four times across a range of disciplines including road, mountain and trail running. In 2012, Brendan was crowned the Australian Ultra Runner of the Year by his ultra running peers and the governing body of ultra running in Australia - AURA. In 2013, Brendan won The North Face 100 setting a new course record of 9 hours 16 minutes 12 seconds. Brendan enjoys sharing his experiences and seeing others succeed in their fitness goals.