

SATURDAY



GUIDED TRAIL RUNS										EXTRA ADVENTURES										JUST SHOW UP WORKOUTS/MOVEMENT		JUST SHOW UP RUNS				EXTRA WORKSHOPS																			
07:00										07:00										07:00	KUNDALINI YOGA WITH DOUG WILSON		07:00					07:00																	
08:00	LTF ULTRA MARATHON (55KM)	LOVE TRAILS ADVENTURES AT THREE CLIFFS BAY (3KM & 5KM)		WILD TRAIL RUNNERS (25KM)		WE ARE DAYBREAK (18KM)		MINDFUL RUN WITH SARAH CURTIS (5KM)		SHE RUNS OUTDOORS (17KM)		TRIBE FORCE OF NATURE (10KM)		RUN TO COMMUNITY CLEAN-UP WITH GOODGYM		LCAC SOCIAL RUN (5KM)		08:00	RUN TO COASTEERING (15KM)		RUN TO SEA KAYAKING (10KM)		RUN TO SURFING (15KM)		RUN TO PARAGLIDING (13KM)		RUN TO ROCK CLIMBING (10KM)		RUN TO SEA KAYAKING (10KM)		RUN TO SURFING (15KM)		RUN TO ROCK CLIMBING (10KM)		08:00	PROJECT AWESOME SLIP & SLIDE		08:00					08:00		
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