**JUST SHOW UP JUST SHOW UP EXTRA WORKSHOPS GUIDED TRAIL RUNS EXTRA ADVENTURES WORKOUTS/MOVEMENT RUNS** SUNRISE YOGA WITH CARL FROM STRETCH **PROJECT AWESOMI RUN THE WILD 4KM RUN TO WILD SWIM** - BLUEPOOL CORNER LOVE TRAILS ADVENTURE WE ARE Daybreak 8km RUN TO SURFING (15KM) 3KM & 5KM **RUN TO SEA DEPART BETWEEN** OYOGO YOGA **KAYAKING (10KM)** 09:00 AND 12:00 **RUN TO ROCK SESSIONS** TRACK EAST - TRACK RUN TO COMMUNITY CLEAN-UP WITH **CLIMBING (10KM) PARAGLIDING (13KM)** GOODGYM MOJU (5KM) SUMMER TRAILS (7KM AND 16KM **MARKED COURSE) PUB CRAWL RUN 5KM BE MORE YOU** FIND & SEEK: ORIENTEERING CHALLENGE (6KM - 24KM) **RUN TO SURFING** RUN TO SEA KAYAKING (10KM) START TMES TO **LOVE TRAILS RUN TO ROCK BE ANNOUNCED ADVENTURE RUN TO WINE** CLIMBING (10KM) **EVOSSI 10KM** 3KM & 5KM **TASTING 5KM** WILD TRAIL RUNNERS HILL SESSION (7KM) INNOVATE SUSTAINABLY NAVIGATION SKILLS FOR RUNNERS **LOVE TRACK PLOGGING RUN** WITH DOUG WILSON **RUN TO SEA RUN TO SURFING KAYAKING (10KM) 5KM RUN WITH PACE RUN TO ROCK CLIMBING (10KM)** SUNSET RUN TO MIDNIGHT RUNNERS **COASTEERING (15KM)** NO KANE NO GAIN PRESENTED BY **DJ MELODY KANE SUNSET RUN TO WILD TRAIL RUNNERS** NIGHT RUN (9KM)