

SATURDAY



GUIDED TRAIL RUNS				EXTRA ADVENTURES				JUST SHOW UP		JUST SHOW UP		EXTRA WORKSHOPS	
								WORKOUTS/MOVEMENT		RUNS			
07:00				07:00				07:00	KUNDALINI YOGA WITH DOUG WILSON	07:00		07:00	
08:00	LTF ULTRA MARATHON (55KM)			08:00				08:00		08:00		08:00	
09:00		LOVE TRAILS ADVENTURES AT THREE CLIFFS BAY (3KM & 5KM)		09:00	RUN TO COASTEERING (15KM)	RUN TO SEA KAYAKING (10KM)		09:00		09:00	RUN TO WILD SWIM - BLUEPOOL CORNER (20KM)		09:00
10:00			WILD TRAIL RUNNERS (25KM)	10:00			RUN TO SURFING (15KM)	10:00		10:00			10:00
11:00		WE ARE DAYBREAK (18KM)		11:00			RUN TO PARAGLIDING (13KM)	11:00		11:00	DEPART BETWEEN 09:00 AND 12:00		11:00
12:00			MINDFUL RUN WITH SARAH CURTIS (5KM)	12:00			RUN TO ROCK CLIMBING (10KM)	12:00	ONETRACK - TRACK WORKOUT	12:00			12:00
13:00		LOVE TRAILS ADVENTURES AT THREE CLIFFS BAY (3KM & 5KM)		13:00				13:00		13:00			13:00
14:00			GUIDED RUN WITH JAMES DUNNE (7KM)	14:00			RUN TO SEA KAYAKING (10KM)	14:00		14:00	ADVENTURE OBSTACLE COURSE RUN (5KM)		14:00
15:00		RUN WITH DIRTY VEGAN (5KM)		15:00	RUN TO SEA KAYAKING (10KM)	RUN TO SURFING (15KM)		15:00		15:00	SUMMER TRAILS (7KM AND 16KM MARKED COURSE)		15:00
16:00		VIVO BAREFOOT INNOVATE SUSTAINABILITY PLOGGING RUN (5KM)	MIKKELLER BEER RUN (7KM)	16:00			RUN TO ROCK CLIMBING (10KM)	16:00		16:00		TRACK MAFIA: 'DON'T BACK OUT'	16:00
17:00			WMN RUN (10KM)	17:00				17:00		17:00			17:00
18:00			SALOMON TIME TO PLAY SOCIAL RUN WITH TOM OWENS & BETH PASCAL (8KM)	18:00				18:00		18:00			18:00
19:00				19:00				19:00		19:00			19:00
20:00				20:00				20:00		20:00			20:00
21:00				21:00				21:00		21:00			21:00
22:00				22:00				22:00		22:00			22:00
23:00				23:00				23:00		23:00			23:00