SATURDAY

GUIDED TRAIL RUNS

- RUNNING ADVENTURES ULTRA (55KM)
- LOVE TRAILS ADVENTURES AT THREE CLIFFS BAY (3KM & 5KM)
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- WE ARE DAYBREAK (19KM)
- RUN WITH DIRTY VEGAN (5KM)
- VIVO BAREFOOT INNOVATE SUSTAINABILITY PLOGGING RUN (5KM)
- WILD TRAIL RUNNERS (25KM)
- RUN TO WINE TASTING (5KM)
- GUIDED RUN WITH JAMES DUNNE (7KM)
- MINDFUL RUN WITH SARAH CURTIS (5KM)
- MIKKELLER BEER RUN (7KM)
- SHE RUNS OUTDOORS (17KM)
- WMN RUN (10KM)
- TRIBE FORCE OF NATURE (10KM)
- SALOMON TIME TO PLAY SOCIAL RUN WITH TOM OWENS & BETH PASCAL (8KM)
- RUN TO 'RUN TO CONSERVATION WITH GOODGYM (30KM)
- LCAC SOCIAL RUN (5KM)
- MULTI-DAY ULTRA WITH ULTRA-X (22KM)

EXTRA ADVENTURES

- RUN TO COASTEERING (15KM)
- RUN TO SEA KAYAKING (10KM)
- RUN TO SURFING (15KM)
- RUN TO PARAGLIDING (13KM)
- RUN TO ROCK CLIMBING (10KM)
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- RUN TO SURFING (15KM)
- RUN TO ROCK CLIMBING (10KM)
- RUN TO COASTEERING (15KM)

JUST SHOW UP

WORKOUTS/MOVEMENT

- KUNDALINI YOGA WITH DOUG WILSON
- PROJECT AWESOME SLIP & SLIDE
- STRONG + BENDY STUDIO TAKE OVER; YOGA, POP-PILATES, STRONG BY ZUMBA AND MORE
- ONETRACK - TRACK WORKOUT

JUST SHOW UP

RUNS

- RUN TO WILD SWIM - BLUEPOOL CORNER (20KM)
  DEPART BETWEEN 09:00 AND 12:00
- ADVENTURE OBSTACLE COURSE RUN (5KM)
- FIND & SEEK: ORIENTEERING CHALLENGE
- TRACK MAFIA: 'DON'T BACK OUT'
- WORLD BEER MILE WORLD CHAMPIONSHIPS

EXTRA WORKSHOPS

- NAVIGATION SKILLS FOR RUNNERS
- RUNNING WITH POLES