

12-14 FEBRUARY 2016



Weekend Pass: \$75 Adult or \$50 Child

*Additional Events: \$25 per person, per session.

**Cooking Masterclass: Contact Peppers Blue On Blue on 4758 2400 for full details, price and to reserve your spot.

NB: All events except Additional Events* and the Peppers Cooking Masterclass** are included in your Weekend Pass. Epic group rates and one-on-one sessions are available on application. Visit mitfitnesslife.com.au for the latest updates. Limited spaces. Times are subject to change.

Book Today At: trybooking.com/KAAP

Friday 12 February Please check event start times at registration and on the day for any last minute changes.

4.00pm - 5.45pm: **Event Registration:** The Atrium, Peppers Blue On Blue.

6.00pm - 6.30pm: **Easy Run Or Walk With Steve Moneghetti.** Leaves from Peppers Blue On Blue reception.

7.00pm - 9.00pm: **Welcome Night*:** Buffet dinner plus Island Fever Ripcurl Fashion Parade and live music at Peppers Boardwalk Restaurant.

Saturday 13 February All paddling will be held at Picnic Bay foreshore, and is subject to weather conditions.

6.00am - 6.45am: **The Athlete's Foot presents Steve Moneghetti's Fartlek Session*** at Magnetic Island State School, Sooning St, Nelly Bay (next to the bakery).

7.30am - 8.15am: **Hungry Runner Trail Running Technique: Session 1.**
Start Nelly Bay/Arcadia track, Mandalay Ave, Nelly Bay. (Opp. end to Magnetic Island Harbour).

8.30am - 9.15am: **Hungry Runner Trail Running Technique: Session 2.**
Start Nelly Bay/Arcadia track, Mandalay Ave, Nelly Bay. (Opp. end to Magnetic Island Harbour).

9.00am - 10.15am: **Mountain Bike Sand And Trail Skills*** (Beginners to intermediate). Departs Peppers Reception.

10.00am - 2.00pm: **Mizuno Try-On Shoes with The Athletes Foot** in the Indigo Room, Peppers Blue On Blue.

10.45am - 11.15am: **Training/Nutrition/Recovery From A Sport Science Perspective** with Deb Latouf in the Indigo Room, Peppers Blue On Blue.

11.15am - 12.15pm: **Running Masterclass with Steve Moneghetti.** How to hit your personal best this year, plus how to maintain longevity in your training. Indigo Room, Peppers Blue On Blue.

12.30pm - 2.30pm: **Peppers Cooking Masterclass**** at Peppers Boardwalk Restaurant.

1.15pm - 1.30pm: **Choosing The Right Shoe** with Karey Corrie. Indigo Room, Peppers Blue On Blue.

1.30pm - 2.00pm: **Trail vs Road: Running Training, Technique and Strength Workshop** with Sid Willis, in the Indigo Room, Peppers Blue On Blue.

3.00pm - 4.30pm: **Best Of Magnetic Mountain Bike Ride.** (Two graded options available). Departs from Best Of Magnetic, across the carpark from the Nelly Bay ferry terminal.

5.45pm - 6.00pm: **Cycle de Vie Junior 5m Mountain Bike Race.** R&R Restaurant and Bar, Picnic Bay.

6.00pm - 6.30pm: **Cycle de Vie Adult 5m Mountain Bike Race.** R&R Restaurant and Bar, Picnic Bay.

6.00pm - 8.00pm: **BBQ and Pasta Night*** at the R&R Restaurant and Bar, Picnic Bay.

8.00pm - 9.00pm: **Cycle de Vie Night Ride.** Leave from R&R Restaurant, Picnic Bay and bring your lights!

WIN an Epic Package* valued at over \$750.00!

Every Fantasea Destination Adventure registration goes into the draw to WIN an Epic Package valued at over \$750.

*Package includes a paddle to the value of \$450, an Epic PFD valued at \$180 and an Epic Deluxe Paddle/Travel bag valued at \$150. There is also a purchase incentive of FREE Epic footpads, T-shirt, drink bottle and rudder flag valued at \$120, PLUS giveaways including T-shirts, hats and drink bottles.

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Epic Sunday 14 February Please check event start times at registration and on the day for any last minute changes.

- 6.00am - 6.45am: **Mizuno Short Trail Run.** Start Nelly Bay/Arcadia track, Mandalay Ave, Nelly Bay. (Opp. end to Magnetic Island Harbour).
- 6.00am - 7.30am: **Mizuno Long Trail Run.** Departs from Peppers Blue On Blue reception.
- 8.00am - 10.00am: **Epic Intermediate Paddle Group*** with Clint Robinson, at Picnic Bay jetty.
- 8.15am - 9.15am: **Outerlimits Paddle Fitness** with Sam Stedman. (Short social run). Picnic Bay jetty.
- 9.15am - 10.15am: **Outerlimits Paddle Fitness** with Sam Stedman. (Long social run). Picnic Bay jetty.
- 10.00am - 2.00pm: **Mizuno Try-On Shoes with The Athletes Foot,** Water Garden Oasis, Picnic Bay Hotel.
- 10.30am - 11.00am: **Optimising Mountain Bike Set Up** with Sid Willis, Water Garden Oasis, Picnic Bay Hotel.
- 10.30am - 12.30pm: **Epic Beginner Paddle Group*** with Clint Robinson, at Picnic Bay jetty.
- 11.00am - 11.30am: **Planning Your Transitions and Race Day** with Sam Stedman, Water Garden Oasis, Picnic Bay Hotel.
- 1.00pm - 2.00pm: **Ocean Paddling Skills Session*** with Sean Brennan at Picnic Bay foreshore.
- 1.00pm - 2.00pm: **Epic 1 on 2 Paddle Lesson*** with Clint Robinson, at Picnic Bay foreshore.
- 2.15pm - 3.15pm: **Epic 1 on 2 Paddle Lesson*** with Clint Robinson, at Picnic Bay foreshore.
- 2.30pm - 3.15pm: **Ocean Paddle Mass Start Practice** at Picnic Bay foreshore.
- 3.45pm - 4.30pm: **Taking Your Paddling To The Next Level Seminar** with Clint Robinson, Water Garden Oasis, Picnic Bay Hotel.
- 4.30pm: **Prize Draws and Farewell Drinks** at Water Garden Oasis, Picnic Bay Hotel.

Places are strictly limited, book early!

BOOK TODAY AT: trybooking.com/KAAF

Best Of Magnetic Accommodation Discounts for all participants. Contact Pam or Maria on 4778 5955.

\$99 Car Barge Discount from Fantasea Cruising Magnetic. Visit mifitnesslife.com.au for info.

WIN two pairs of Mizuno shoes or 1 of 10 x \$100 Mizuno Gift Vouchers!

Every Fantasea Cruising Magnetic Destination Adventure registration goes into the draw to WIN two pairs of Mizuno shoes valued at \$500 plus the chance to win 1 of 10 x \$100 Mizuno Gift Vouchers in the lucky draw prize.



Competition/s terms and conditions: Competitions open at 4pm on 12/2/16 and close at 4.30pm on 14/2/16. Prizes will be drawn at 4.30pm on 14/2/16 and the winners will be notified by mail and/or by phone if they are not available on the day. If a prize is unclaimed within 14 days, the winner will forfeit the prize automatically and a new prize winner will be drawn. This competition is not open to exhibitors or management of the 2016 Fantasea Destination Adventure, nor the employees or relatives thereof. By entering this competition you agree to receive offers and promotions from the companies offering these prizes and/or the event's sponsors. We respect your privacy and your details will not be given or sold to any other third parties. Please check with individual suppliers for their conditions of use for redeeming these prizes.

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