



Get ready for the Fantasea Cruising Magnetic Destination Adventure Trail Running weekend from **Friday 15 to Sunday 17 April 2016** on Magnetic Island.

The weekend includes three days of training, technique lessons and seminars with Sam Stedman and Sid Willis, plus social runs, guided snorkel tour, yoga and slack lining. Register on Friday, ease into the weekend with an easy run and core strength session at beautiful Alma Bay then enjoy the welcome dinner BBQ.

Whether you're a beginner, intermediate, professional or you just want to watch the spectacle, the fun continues on Saturday with a wide range of runs and workshops followed up by a two course dinner at Sandi's Restaurant in Horseshoe Bay.

Sunday's adventures include a long trail run, some yoga, slack lining and a guided snorkel tour of Geoffrey Bay (weather permitting)

### **Register and WIN!**

**Every registrant goes into the draw to win a pair of Mizuno Shoes valued at \$250.00, plus a free event T-shirt valued at \$35 for the first 30 people registered and Torq Sports Nutrition Giveaways,** the Fantasea Cruising Magnetic Destination Adventure is THE date to put into your calendar. Boost fitness, learn skills, explore Maggie!

### **[BOOK TODAY - LIMITED SPACES AVAILABLE!](#)**

**Cost:** \$90.00 Adult for an All-Access Weekend Pass\* that includes:

#### **Friday at Alma Bay:**

6.00pm Easy run followed by a core strength session  
7.00pm BBQ dinner

#### **Saturday at Horseshoe Bay:**

- 6.30 am Warm up skills to improve performance
- 10.30am Workshop: 10 practical tips to strengthen your feet and bullet proof your running with Daina Clark
- 11.15am Workshop: Deb Latouf returns talking training and nutrition
- 12.30pm Lunch provided by Cafe Nourish
- 2.00pm Torq Nutrition Talk
- 2.30pm How to plan your running year with Sid Willis
- 5.00pm Running strength session on the hills
- 7.00pm Dinner at Sandi's Restaurant

**Sunday at Alma Bay:**

- 6:00am Long Trail Run: 3 grades
- 10.30am Getting yourself in the right head space with Sid Willis
- 11.30am Slack lining and balance / stability bootcamp
- 12.30pm Lunch provided by Wholey Kitchen
- 1.30pm How to prepare yourself for race day with SamStedman 2.30pm Guided Snorkel tour of Geoffrey Bay
- 4.30 pm Yoga session with Jasmine Matus

*\*Additional cost for the following add-on:*

*Functional movement screening and video assessment of running technique with Daina Clark (B.Pod.) \$75*

PLEASE NOTE: This add-on is strictly limited so book today!

**Book Today!**

[At trybooking.com](http://trybooking.com)

**Accommodation Discounts**

[Best Of Magnetic](#) have a range of accommodation from budget to luxury. They are offering discounted accommodation for all participants. Contact Pam or Maria on 4778 5955 and mention the Fantasea Cruising Magnetic Destination Adventure weekend.

**Car Ferry Discounts**

Fantasea Cruising Magnetic consider you a part of their Fantasea Family and are offering participants locals fare for a standard vehicle (up to 5m), with a maximum of 5 passengers. Travel from Friday 15th to Sunday 17th April. Visit [fantaseacruisingmagnetic.com.au](http://fantaseacruisingmagnetic.com.au) and include the promo code **that you will receive on registration** to receive this discount and to secure your booking.

**More information?**

For more information and the latest updates go to the [Fantasea Destination Adventure Facebook page](#) to stay in touch.

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