

The Flinders Island Running Festival 2017
WITH SPECIAL GUESTS: Peter Reaburn & Nova Peris

Friday 1st September:

12.00pm at FAEC – “Training Tips As We Get Older” with Professor Peter Reaburn, Head of Institute of Health & Sport, Bond University Queensland. This is a free lunchtime workshop for maturing runners, cyclists, golfers, netballers; anyone interested in learning *why* we should & *how* we can become fitter as we mature! Come and have a listen!

3.30pm at Trousers Point – Nominated Time Fun Run/Walk

Meet at the BBQ area. This will be a nominated time event, approximately 4.4km. Guess your time, take your watch off and off you go! Nearest their time wins!

6.00pm at The Sports & RSL Club – “Friday Food Feast”

A FOOD FEAST at The Sports & RSL Club followed by inspirational talks from Peter Reaburn and Nova Peris. It will be a great evening - the fun starts promptly at 6.00pm.

Saturday 2nd September: Pub2Pub Events

8.00am at The Interstate Hotel

The Pub 2 Pub Walkers and Pub 2 Pub Trail Marathoners start their events outside The Interstate Hotel at 8.00am.

9.00am The Pub 2 Pub Runners start at 9.00am.

10.30am: First Finishers at The Tavern.

A free shuttle bus will take competitors personal belongings from The Interstate Hotel to the finish line at The Tavern. From early afternoon the shuttle bus will make several trips to bring competitors back to Whitemark.

After the race the Lions Club will be supplying soup and burgers to all competitors (free). Other refreshments will also be available.

6.30pm at The Interstate Hotel

Evening dinner open to all, including weary competitors! During dinner listen to Peter Reaburn who will enlighten us on “Recovery Tips in the Older Athlete” – very topical I think!

Sunday 3rd September: The FIAAI Flinders 5

11.00am The FIAAI Flinders 5 Fun Run/Walk will start and finish at The Flinders Island Sports & RSL Club at 11.00am

There will be 5km and 2km options. Also prizes for owner and dog participation. Spot prizes on the day. This is followed with a taste of Flinders Island, a chance to indulge in local food, wine and other local produce. Come and join in this great Community event.

6.00pm at Pepper Berry Cove

Finish the weekend with a meal and a drink or two at Pepper Berry Cove, Whitemark. Relax and reflect on the weekend’s activities.

PLEASE AIM TO REGISTER BEFORE RACE DAY.

ENRTY FORMS CAN BE POSTED, TAKEN WITH PAYMENT TO THE FLINDERS COUNCIL OR COMPLETED ONLINE AT: www.flindersislandrunning.org