



**TIM ALTMAN**

+61 425 739 918

tim@wepaddle.com.au

www.wepaddle.com.au

## 2018 MOLOKAI PACKAGE

9 Days | 8 Nights Total = \$3295 USD

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**Sunday May 20 – Monday May 28 2018**

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The Molokai World Surfski Championships is the unofficial world championship of downwind paddling and a 'bucket list' event for any ocean paddler. However the logistics involved with organizing the trip and race can be very daunting.

Tim Altman of WePaddle, 10<sup>th</sup> overall at the 2012 and 2014 Molokai World Surfski Championships, has put together a package for the 2018 race to take the stress of organizing logistics off your mind, so you can concentrate on paddling. Tim is also a practicing naturopath, nutritionist and respiratory therapist, so the package will offer far more than just paddling advice – see [www.timaltman.com.au](http://www.timaltman.com.au) for more info

### KEY HIGHLIGHTS

- **Trip and Race Logistics** – see below.

#### Free Extras:

- **Training programs** – including paddling sessions, cross training, strength/core advice specific to the event throughout the lead up.
- **Nutrition** – advice for training and race day - including hydration and feeding protocols.
- **Nose and Diaphragm breathing Instruction** - to enhance paddling performance.



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### INCLUDED IN THE TRIP PRICE:

- **Accommodation** – Twin share room (room only basis) at the Park Shore Waikiki Hotel &/or 3 night accommodation on Molokai prior to the race (Thursday to Sunday morning). We also organise apartment/house accommodation for groups of paddlers of 2 or more.
- **One Way Flight to Molokai** – One way flight Oahu to Molokai with transport to race start – you paddle home!!
- **Craft hire** – both for the event and the week prior allowing familiarization in Hawaii's variable conditions
- **Compulsory Escort Boat** – as well as a reliable captain for each paddler
- **Race Entry** – Entry fees for paddlers
- **Guest membership to the exclusive Outrigger Canoe Club**
- **Paddle Backs and Specific Training** – Organised for paddlers in Hawaii during the lead up to the race.
- **Airport Shuttle on race day.**
- **Training program, technique development (Skype or in person), training nutrition, and race day nutrition and hydration advice.**
- ***ALL YOU NEED TO DO IS TURN UP AND PADDLE!!***
- ***WE ALSO DO TAVEL PACKAGES FOR SUPPORTERS. Just ask for details***

### NOT INCLUDED:

International flights to Hawaii and connecting domestic flights within your home country, transfers to and from airport etc., meals & alcohol, accommodation before and after the trip and any personal spending.



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