



**TIM ALTMAN**

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## 2018 MOLOKAI PACKAGE

**9 Nights | 2018 PRICE Starting @ \$3295 USD | 2 Races in 8 Days**

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### **Saturday May 19 – Monday May 28 2018**

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The Molokai World Surfski Championships is the unofficial world championship of endurance ocean 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 We Paddle, 10<sup>th</sup> overall at the 2012 and 2014 Molokai World Surfski Championships, and guest interviewer and commentator in 2017, has put together a package for the 2018 race to take the stress of organising logistics off your mind, so you can concentrate on paddling. Tim is also a practicing naturopath and nutritionist, so the package will offer far more than just paddling advice – see [www.timaltman.com.au](http://www.timaltman.com.au) for more info on Tim's other professional services.

#### **KEY HIGHLIGHTS**

- **Trip and Race Logistics** – including the Maui Jim Molokai Challenge and the Maui Oahu Coastal Relay (the Sunday prior).

#### **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.



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### **INCLUDED IN THE TRIP PRICE:**

- **Accommodation** – 9 nights (Sat 19<sup>th</sup> May 2017 – Monday 28<sup>th</sup>) twin share room at the Park Shore Waikiki Hotel or apartment/house accommodation for groups of 2 or more.
- **One Way Flight to Molokai** – One way flight from Oahu to Molokai on race day 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 for both the Maui Jim Molokai Challenge (Sunday May 27<sup>th</sup>) and the Makapu'u to HK Pre-Channel race (held the Sunday prior to the big race – May 20<sup>th</sup>).
- **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 CUSTOM UILD PACKAGES & 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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