



WOM

THE WOM CHALLENGE

CHALLENGE IN DUO

STAND UP PADDLE + RUN + ICE BATH

WHAT'S INCLUDED IN YOUR TICKET?



SUP Board
with Coach



Surprising
Goody Bag + Brunch



Power Hub
with Coach



Pro Photos &
Videos



Ice Bath &
Breathwork



Inspiring Women's
Community



Snacks +
Hydration



Post Race
Physio Lounge



**EXCLUSIVE
FINISHER
MEDAL**

**PRIZES &
RECOGNITION FOR
TOP 3
TEAMS**



AED 390

REGISTER NOW



PLANNING OF YOUR WOM DAY!



05:30 am

Check In & Circle Time



06:00 am

**4km Sunrise
Stand Up Paddle Loop**



08:30 am

**5km Freedom Run
+ 3x Power Hub**



08:00 am

**Social Break &
Beachside Bites**



10:00 am

**5 Min Ice Bath
Challenge**



11:00 am

**Brunch, Partners Marketing
& Prizes**



**Sunset Beach - Start of the Running
Track, in front of Book Hero Café**

JOIN US ON OCT 25

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