

# SHOE CLINIC/ASICS MEDIUM RUN COURSE

## Running only? Nah!

We call this the 'run', but you don't need to run! You can elect to either run or walk the Shoe Clinic / Asics Shoes 'run' course (you can even frolic and skip if you so desire!).



## Please remember:

- The roads are open to all normal road users while you are participating in this event
- Stay inside the sea edge of the cones at all times
- Please stay left at all times
- Please run in single file at all times unless passing someone else
- Obey all instructions that marshals, police, and other event officials direct to you



## MEDIUM COURSE (5KM – AS USED AT NOV EVENT ONLY)

The Shoe Clinic / Asics Medium run

- is comprised of a two lap out and back course to just short of Kau Point totalling 5km
- is on the seaward edge of the road north from Scorching Bay

The run course description is:

- You will exit transition at the southern end
- You will turn north and run down the ramp onto the path along the beach
- You will run out pass Point Gordon, and Mahanga Bay to the run turn at Kau Point
- Please ensure that you stay between the cones on the corners and the water, do not run in the live traffic lane
- At the run turn you will turn in a clockwise direction (from the road towards the sea) and return back to Scorching Bay
- As you approach the transition / finish area you will run along the grass above the beach
- Next to the finish Line you will turn and go down onto the beach to run back out for you second lap
- Your second lap is a repeat of the first lap
- At the end of the second lap you will run across the finish line



There is one drink station located on the medium course run, it is located:

- near the finish line when you turn to start your second lap.
- thus you have water available at approximately the 2.5k mark

