

SHOE CLINIC/ASICS SHORT 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



SHORT COURSE (2.5KM — AS USED AT NOV —MARCH EVENTS)

The Shoe Clinic / Asics Short run

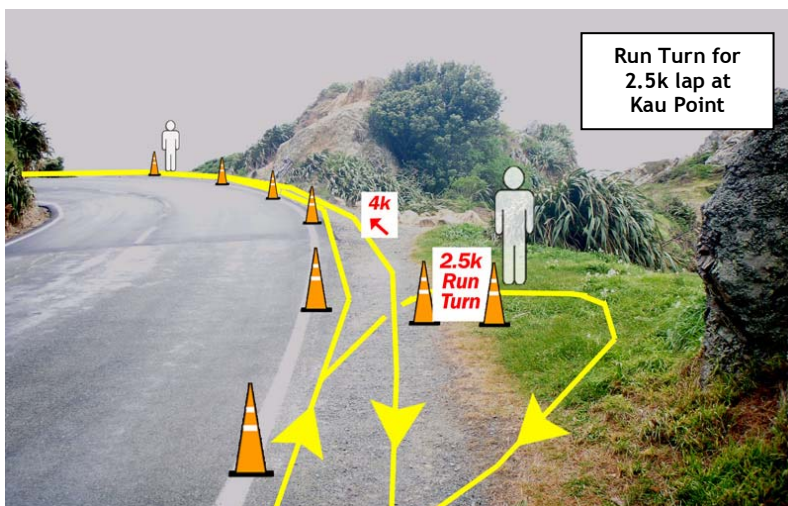
- is comprised of a one lap out and back course to just short of Kau Point totalling 2.5km
- is on the seaward edge of the road north from Scorching Bay

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
- You 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 no drink stations located on the short course run



SHOE CLINIC/ASICS SHORT RUN COURSE – DUATHLON ONLY

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



SHORT COURSE OPENING DUATHLON RUN (1.2K – AS USED AT NOV - MARCH EVENTS)

The Shoe Clinic / Asics Medium run

- is comprised of a one lap out and back run totalling 1.2km
- 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 to the northern end of Point Gordon, on the apex into Mahanga Bay (refer photo)
- 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
- At the end of the lap you will run into transition



There is no drink stations located on the short course run



Run Turn for 1.2k lap using for Short Course duathlon only