

SHOE CLINIC/ASICS TEAMS CHALLENGE 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



TEAMS CHALLENGE CLOSING RUN COURSE (4KM — AS USED AT FEB TEAMS CHALLENGE EVENT)

The Shoe Clinic / Asics Teams Challenge Closing run

- is comprised of a one lap out and back course to just short of point Halswell totalling 4km
- 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, Mahanga Bay, and Kau Point to the run turn 70m short of Point Halswell
- 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 across the finish line for the glory!



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

- At the far run turn, and
- thus you have water available at approximately the 2k mark

TEAMS CHALLENGE DUATHLON OPENING RUN COURSE (2.5KM – AS USED AT FEB TEAMS CHALLENGE EVENT)

The Shoe Clinic / Asics Teams Challenge Opening Duathlon run

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

The run course description is:

- You will Start on the beach below transition next to the swimmers
- You will run along the beach
- By the end of the beach you will be up on the concrete path
- You will run out pass Point Gordon, Mahanga Bay to Kau Point to the run turn
- 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 stay slightly to the seaward side of the finish line and enter transition from the northern corner (as per the triathletes who have swum - please refer to the Transition Notes for more details)

