



Bike Long Course:

- Exit Transition –
- WALK BIKE ACROSS BRIDGE**
- Enter **Pohaturoa Rd**
- Right on **Nursery Road**
- Left on **The Wash**
- Left on Spruce Road
- Enter **TICKLER**– exit to the Water tap
- Down Pipeline Rod
- Right on Nice Road
- Right on **SPRINGROLL**
- Left on **Red Tank Road**
- Right on **Nursery Road**
- Left on **Pohaturoa Road**
- WALK BIKE ACROSS BRIDGE**
- Enter Transition
- RUN!

Note: all roads and MTB tracks are open to public and not closed for this event.