

MOUNTAIN BIKE

RATS LONG COURSE

PODIUM WINTER DUATHLON
4.5 KM RUN - 15 KM MOUNTAIN BIKE - 3 KM RUN

Out of transition (start/finish)
Straight up POHATUROA ROAD
RIGHT onto NURSERY ROAD
LEFT into GRINDER, exit onto NURSERY ROAD
RIGHT into CREEK, exit onto NURSERY ROAD
RIGHT up NURSERY RD,
LEFT onto THE WASH ROAD,
LEFT up LION TRAIL
RIGHT into PADDY'S RUN (previously A TRAIL)
Up into TICKLER
RIGHT onto RED TANK RD,
LEFT into DRAGON'S TAIL,
LEFT onto RED TANK RD,
LEFT onto MAD IF YOU DON'T,
RIGHT onto NURSERY RD,
LEFT onto POHATUROA ROAD,
LEFT into BAKERS HOLLOW,
Into TAHI, follow track out to POHATUROA RD
back to TRANSITION...to

RUN 2 more laps of the
mudpool loop to the finish line.



podium
PODIATRY & FOOTWEAR

