

## OFF ROAD RUN

All courses start on Pohaturoa Rd, past the bridge.  
Run clockwise around Mudpool Loop, turning right on Pohaturoa Rd, then right into Mudpool Loop again. Stay left where you can.  
Once your laps are completed go straight down towards the bridge & into transition.

Shown on the map in purple

### LONG COURSE

First run 3 LAPS (4.5 km)

Second run 2 LAPS (3.0 km)

### SHORT COURSE

First run 2 LAPS (3.0 km)

Second run 1 LAP (1.5 km)

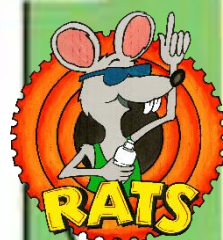
### KIDS COURSE

First lap is clockwise around Mudpool Loop (like the other courses), the second lap will be around the field (or something similar) – follow the orange cones

First run 1 LAP (1.5 km)

Second run 1 LAP (400m) approx.

## RATS RUN COURSE



podium  
PODIATRY & FOOTWEAR

### PODIUM WINTER DUATHLON DISTANCES

LONG COURSE	4.5 KM & 3.0 KM
SHORT COURSE	3.0 KM & 1.5 KM
KIDS COURSE	1.5 KM & 400 M

