

MOUNTAIN BIKE

RATS SHORT COURSE

PODIUM WINTER DUATHLON
3 KM RUN - 8 KM MOUNTAIN BIKE - 1.5 KM RUN

- Out of transition (start/finish)
- Straight up POHATUROA ROAD
- RIGHT onto NURSERY ROAD
- LEFT into GRINDER, exit onto NURSERY RD
- RIGHT into CREEK, exit onto NURSERY ROAD
- up to MAD IF YOU DON'T entrance,
- RIGHT up NURSERY RD,
- LEFT onto POHATUROA ROAD,
- LEFT into BAKERS HOLLOW,
- Into TAHI, follow track out to POHATUROA RD and back to TRANSITION....then

RUN 1 lap of the mudpool loop to the finish line

