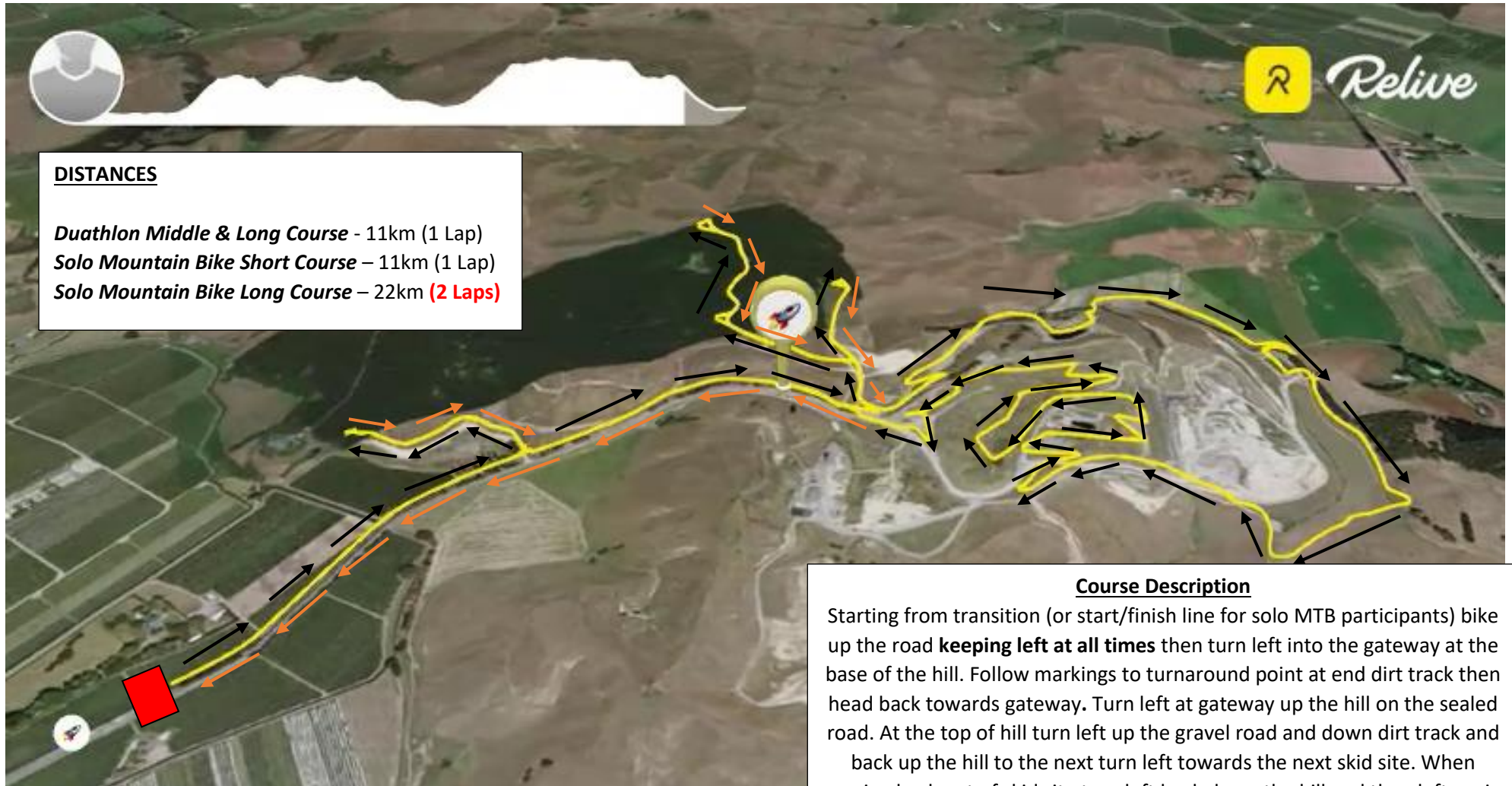


Omarunui XC Mountain Short and Long Bike course (1x lap 11km)



DISTANCES

Duathlon Middle & Long Course - 11km (1 Lap)
Solo Mountain Bike Short Course – 11km (1 Lap)
Solo Mountain Bike Long Course – 22km (2 Laps)



Course Description

Starting from transition (or start/finish line for solo MTB participants) bike up the road **keeping left at all times** then turn left into the gateway at the base of the hill. Follow markings to turnaround point at end dirt track then head back towards gateway. Turn left at gateway up the hill on the sealed road. At the top of hill turn left up the gravel road and down dirt track and back up the hill to the next turn left towards the next skid site. When coming back out of skid site turn left back down the hill and then left again following the signage to the long course. Continue to follow signage and course markings around bottom of hill and up the other side back to transition or finish. This is one lap 11km

PLEASE NOTE PARTS OF THIS COURSE ARE 2 WAY, THERE IS PLENTY OF ROOM FOR BOTH CYCLISTS.

YOU MUST STAY LEFT AT ALL TIMES ON YOUR SECTIONED OFF PART OF THE COURSE. IF YOU ARE PASSING PLEASE NOTIFY OTHER PARTICIPANT(S) BY SAYING "ON YOUR RIGHT"

11 km DISTANCE
 192 m ELEVATION GAIN

START / FINISH LINE
 OUT
 BACK