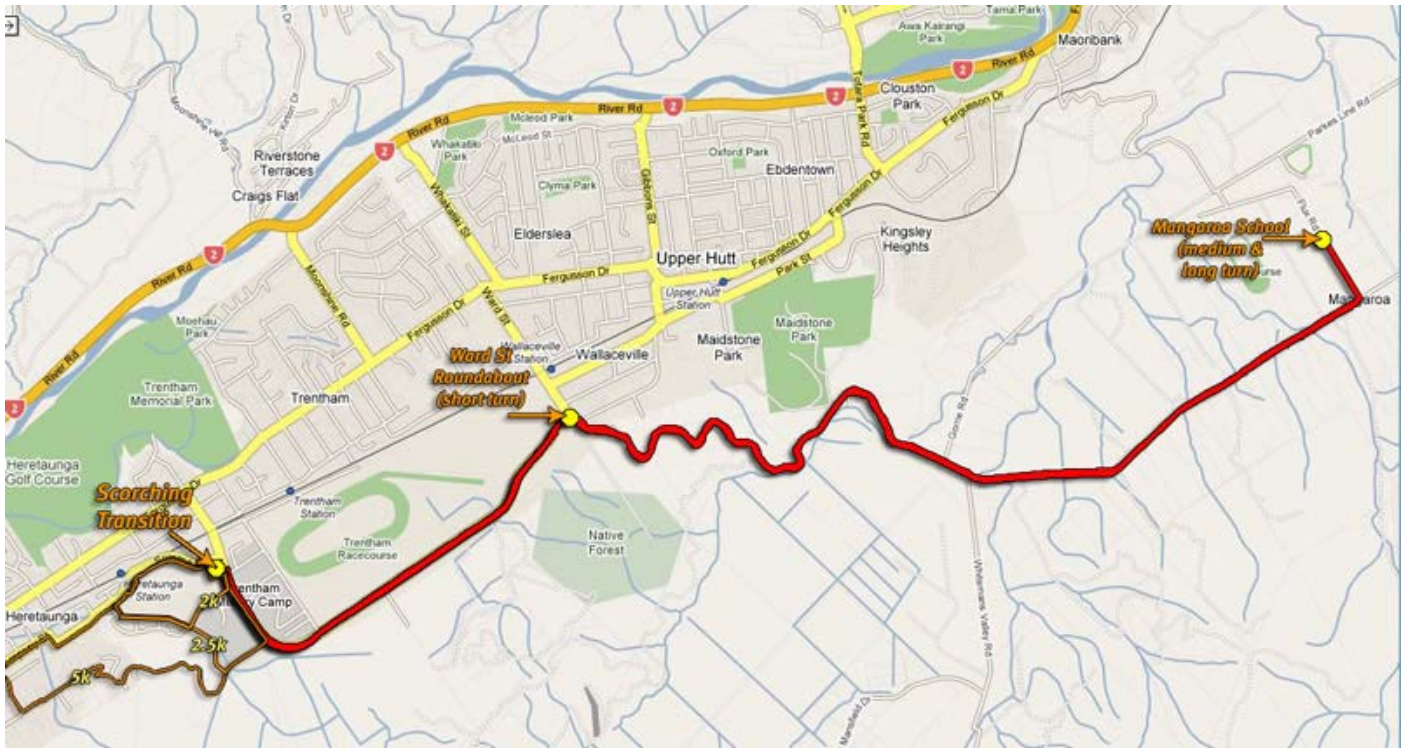


# Basic Course map – ‘Upper Hutt’



## Basic Course distances

	Short Course	Medium Course	Long Course
<b>Opening Shoe Clinic / Asics Run</b>	2.5k	5k	10k
	1 Lap of 2.5k option	Flat course: 2 Laps of 2.5k option OR Hill Course: 1 lap of 5k option	2 laps of 5k option
<b>Penny Farthings / Rocket Bikes Cycle</b>	12k	20k	40k
	2 Lap - to Ward st roundabout	1 Lap - to Mangarua School	2 Laps - to Mangarua School
<b>Closing Shoe Clinic / Asics Run</b>	2k	2.5k	5k
	1 Lap of 2k option	1 Lap of 2.5k option	2 Laps of 2.5k option

The Roads are open for all traffic - including you as a participant in the Scorchers and all other possible normal road users. (including trucks, buses, cars, motorbikes and other recreational cyclists and runners)

Please obey all normal road rules. Thank you!