

# Burkes Cycles Bike Courses for Upper Hutt

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## Please Note:

- The **roads are OPEN to all** normal road users while you are participating in this event
- Obey all normal road rules at all times
- Obey all instructions that marshals, police, and other event officials direct to you

There are two different cycle courses used at the Upper Hutt Scorcher, please make sure you understand which course you will be cycling on.

## Burkes Cycles Bike Courses & Distances

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	Number of laps	Course option	Total distance
Short Course	2 Laps	(A) 6k Flat out and back - to Bottom of Wallaceville hill	12k
Medium Course	1 Lap	(B) 20k out and back, over Wallaceville hill to Mangaroa School, Flux Road	20k
Long Course	2 Laps	(B) 20k out and back, over Wallaceville hill to Mangaroa School, Flux Road	40k

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Please obey all normal road rules. Thank you!

## Upper Hutt Cycle Option (A) - 1 Lap = 6k

### Basic description

The Option "A" cycle leg 4exits transition onto Messines Ave where you turn right and continues along Alexander Road to the Roundabout at Ward Street, before returning to the transition area on Messines Ave.

### Detailed Description

- Exit transition across the footpath onto Messines Ave, cross the road and turn right
- Mount your bike once across the road,
- Follow Messines as it becomes Alexander Road north to the roundabout at Ward street,
- At the roundabout, turn around and return south, along Alexander Road,
- To start a second lap just before the transition entrance you will do a 180 degree turn at the intersection of Seddul Bahr & Messines Ave,
- To finish the cycle leg, continue South pass the transition exit, turn left around the corner into Sommes Road, then left again into the campus inner road, dismount at the instructions of the marshals before walking running you bike back to transition



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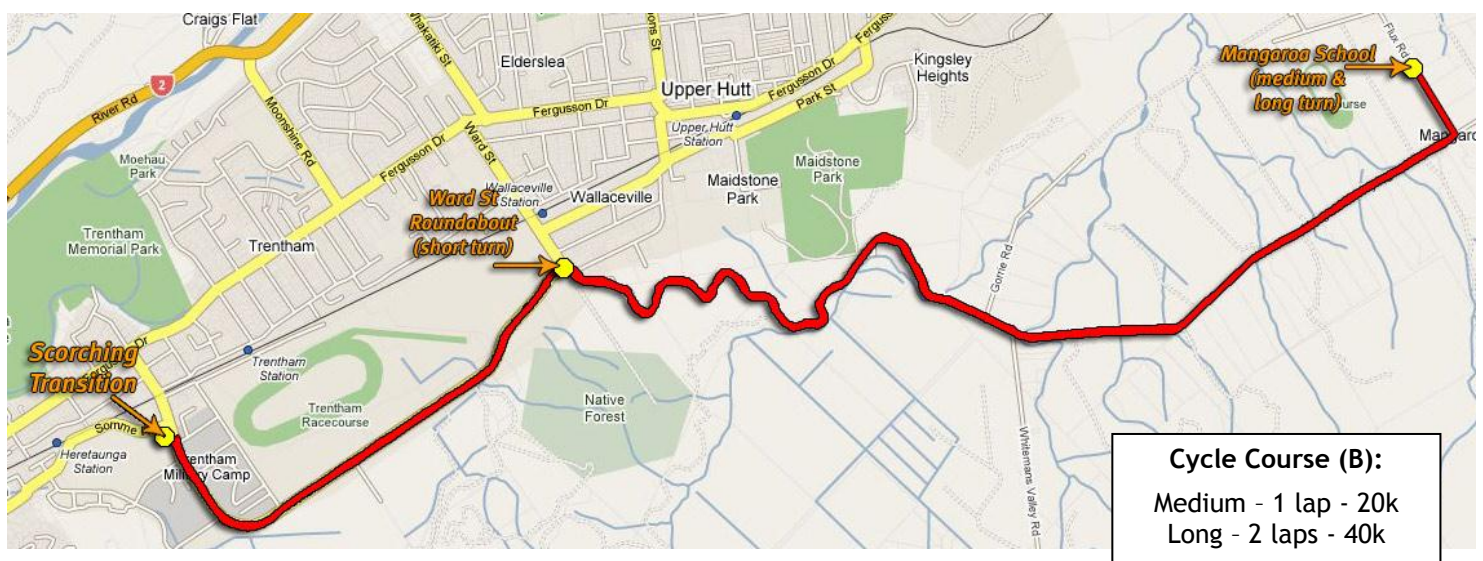
## Upper Hutt Cycle Option (B) - 1 Lap = 20k

### Basic description

The Option “B” course goes from Transition exit into Messines Ave straight out along Alexander Road to the Roundabout at Ward Street, through the roundabout, and then turns right and goes up Wallaceville Hill into Whitemans Valley, crossing the one lane bridge onto Mangaroa Valley Road and heads north along the ‘rollers’, turns left up Flux Road, and continues for 200m to turn outside Mangaroa School, then retraces the course back to transition

### Detailed Description

- Exit transition across the footpath onto Messines Ave, cross the road and turn right
  - Mount your bike once across the road,
  - Follow Messines as it becomes Alexander Road north to the roundabout at Ward street,
  - At the roundabout, turn around and return south, along Alexander Road, Messines,
  - Go through the roundabout (bearing right) and along Lane Street,
  - Take the first right and head up Wallaceville Hill Road
  - Follow the road up and over the hill into Whitesmans Valley
  - Bear left across the one lane bridge by the church and head along Mangaroa Valley Road
  - Go along the “rollers”
  - Go across one lane bridge at the end of the rollers
  - Turn left into Flux Road
  - Continue for 200m to Mangaroa School
  - Do U-turn outside Mangaroa School and retrace route back to transition
- To start a second lap just before the transition entrance you will do a 180 degree turn at the intersection of Seddul Bahr & Messines Ave,
  - To finish the cycle leg, continue South pass the transition exit, turn left around the corner into Sommes Road, then left again into the campus inner road, dismount at the instructions of the marshals before walking running you bike back to transition



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## ***Upper Hutt Cycle Course – Photos***



**Approach to Ward Street Roundabout (turn point for Short Course)**



**Approach to Mangaroa School (turn point for Medium & long Courses)**

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**Please obey all normal road rules. Thank you!**