

SHOE CLINIC - ASICS RUN COURSES

Running only? Nah!

We call this the 'run', but you don't need to run! You can elect to either run or walk the Shoe Clinic / Asics 'run' course (you can even frolic and skip if you so desire!).



Please remember:

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



Let us explain the Shoe Clinic / Asics Run courses for you...

Novice Run Course – Karaka Bay Bus Stop - (1.2k)

Basic description

The Run course goes from Scorching Bay South to Opposite 465 Karaka Bay Road (just south of the first bus stop from Scorching Bay). From here you will turn and retrace your route back to Scorching Bay

Detailed Description

Opening Run

- The Shoe Clinic / Asics Run Course starts on the beach below transition.
- You head north along the beach, by the end of the beach you are up on to the path along the beach.
- At the end of the path as it reaches the road, you turn back South and run along the grass above the beach, and between the beach and Finish line / Transition.
- At the South edge of transition you will then continue along concrete path southward along the footpath on the sea edge (take care as you run pass the outdoor seating area outside the café
- You Reach the bus turn and continue for about 20m south, you will turn around the cone on the footpath and return towards Scorching Bay
- As you get back to Scorching Bay, you drop down the southern most ramp (south of the clubrooms, just after the outdoor seating for the cafe) and head along the path at the edge of the sand for the full length of the beach
- You will then loop at the north end of the beach (as per how you started the run), back up the path and head south once more on the grass.
- As you approach transition at the end of your lap you will enter transition from the north end

Closing Run

- After completing your cycle you exit transition at the southern end.
- You will turn towards the beach, then take a right turn and head along the path southwards
- You run along the sea edge of the changing rooms and the clubrooms and head South to the turning point at the bus stop (as per the opening run)
- At this point you will turn and then return to Scorching Bay,
- You will go along the full length of the beach to loop around at the North end of Scorching Bay to the approach the finish line along the grass



Novice Course - Run Turn – opposite 465 Karaka Bay Rd (1.2k lap)

Also: Short & Medium courses to continue South pass here to Karaka Bay Wharf

Short Run Course – Karaka Bay Wharf - (2k & 2k)

Basic description

The Run course goes from Scorching Bay South to Karaka Bay Wharf. From the Karaka Bay Wharf you will turn and retrace your route back to Scorching Bay

Detailed Description

Opening Run

- The Shoe Clinic / Asics Run Course starts on the beach below transition.
- You head north along the beach, by the end of the beach you are up on to the path along the beach.
- At the end of the path as it reaches the road, you turn back South and run along the grass above the beach, and between the beach and Finish line / Transition.
- At the South edge of transition you will then continue along concrete path southward along the footpath on the sea edge (take care as you run pass the outdoor seating area outside the café)
- You will run pass the novice run turn and continue
- At the Karaka Bay Wharf / red Telephone box you will turn around the cones and return towards Scorching Bay
- As you get back to Scorching Bay, you drop down the southern most ramp (south of the clubrooms, just after the outdoor seating for the cafe) and head along the path at the edge of the sand for the full length of the beach
- You will then loop at the north end of the beach (as per how you started the run), back up the path and head south once more on the grass.
- As you approach transition at the end of your lap you will enter transition from the north end

Closing Run

- After completing your cycle you exit transition at the southern end.
- You will turn towards the beach, then take a right turn and head along the path southwards
- You run along the sea edge of the changing rooms and the clubrooms and head South To Karaka Bay Wharf (as per the opening run)
- At the Karaka Bay wharf you will turn at the red telephone box (rather than crossing the road).
- At this point you will turn and then return to Scorching Bay,
- You will go along the full length of the beach to loop around at the North end of Scorching Bay to the approach the finish line along the grass



Short Course - Run Turn – Karaka Bay Wharf (2k lap)

Also crossing point for Medium course to continue South to Worser Bay

Medium Run Course – Worser Bay – (4k & 2k)

Basic description

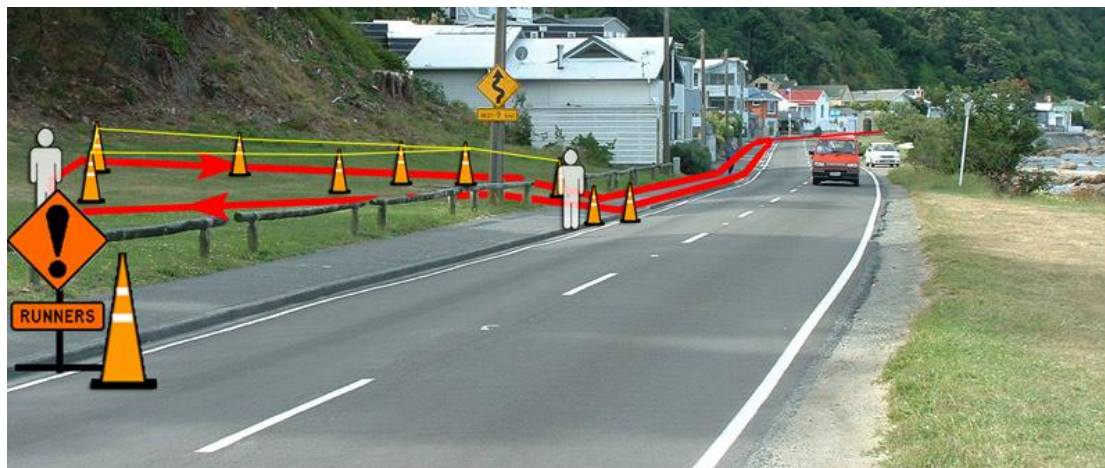
The Run course goes from Scorching Bay South to Worser Bay. From the Worser Bay you will turn and retrace your route back to Scorching Bay

Detailed Description

Opening Run (4k – 1 lap to Worser Bay)

- The Shoe Clinic / Asics Run Course starts on the beach below transition.
- You head north along the beach, by the end of the beach you are up on to the path along the beach.
- At the end of the path as it reaches the road, you turn back South and run along the grass above the beach, and between the beach and Finish line / Transition.
- At the South edge of transition you will then continue along concrete path southward along the footpath on the sea edge (take care as you run pass the outdoor seating area outside the café)
- You will run pass the novice run turn and continue
- At the Karaka Bay Wharf / red Telephone box you will cross the road at the marshal instructions and continue south on the footpath on the hillside
- you will continue along the footpath to Worser Bay and turn approximately 50m before Awa Road – via a small loop within the park/ grass area,
- You will return to Karaka Bay along the footpath on the hill side
- At Karaka Bay you will cross back over the road to the red telephone box and the footpath on the sea side
- You will then continue to head back to Scorching Bay.

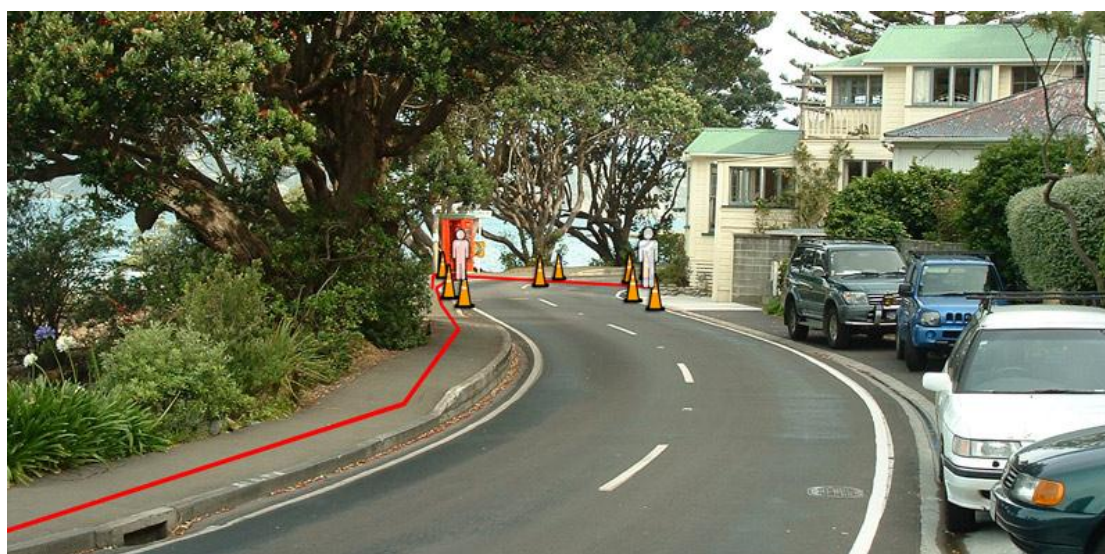
- As you get back to Scorching Bay, you drop down the southern most ramp (south of the clubrooms, just after the outdoor seating for the cafe) and head along the path at the edge of the sand for the full length of the beach
- You will then loop at the north end of the beach (as per how you started the run), back up the path and head south once more on the grass.
- As you approach transition at the end of your lap you will enter transition from the north end



Medium Course – Opening Run Turn - Worser Bay (4k lap)

Closing Run (2k, 1 lap to Karaka Bay Wharf)

- After completing your cycle you exit transition at the southern end.
- You will turn towards the beach, then take a right turn and head along the path southwards
- You run along the sea edge of the changing rooms and the clubrooms and head South To Karaka Bay Wharf (as per the opening run)
- At the Karaka Bay wharf you will turn at the red telephone box (rather than crossing the road).
- At this point you will turn and then return to Scorching Bay,
- You will go along the full length of the beach to loop around at the North end of Scorching Bay to the approach the finish line along the grass



Medium Course – Closing Run Turn – Karaka Bay Wharf (2k lap)

Long Run Course – Worser Bay – (8k & 4k)

Basic description

The Run course goes from Scorching Bay South to Worser Bay. From the Worser Bay you will turn and retrace your route back to Scorching Bay

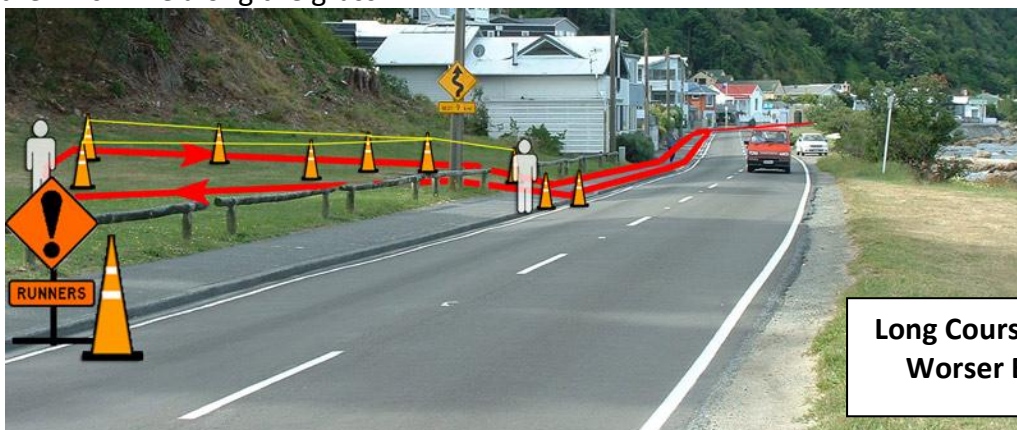
Detailed Description

Opening Run (8k – 2 laps to Worser Bay)

- The Shoe Clinic / Asics Run Course starts on the beach below transition.
- You head north along the beach, by the end of the beach you are up on to the path along the beach.
- At the end of the path as it reaches the road, you turn back South and run along the grass above the beach, and between the beach and Finish line / Transition.
- At the South edge of transition you will then continue along concrete path southward along the footpath on the sea edge (take care as you run pass the outdoor seating area outside the café)
- You will run pass the novice run turn and continue
- At the Karaka Bay Wharf / red Telephone box you will cross the road at the marshal instructions and continue south on the footpath on the hillside
- you will continue along the footpath to Worser Bay and turn approximately 50m before Awa Road – via a small loop within the park/ grass area,
- You will return to Karaka Bay along the footpath on the hill side
- At Karaka Bay you will cross back over the road to the red telephone box and the footpath on the sea side
- You will then continue to head back to Scorching Bay.
- As you get back to Scorching Bay, you drop down the southern most ramp (south of the clubrooms, just after the outdoor seating for the cafe) and head along the path at the edge of the sand for the full length of the beach
- You will then loop at the north end of the beach (as per how you started the run), back up the path and head south once more on the grass.
- **As you approach transition at the end of your first lap** – you will continue pass transition (as per how you started the lap) and repeat the course for a second time
- **At the end of your second lap** you will enter transition from the north end

Closing Run (4k – 1 lap to Worser Bay)

- After completing your cycle you exit transition at the southern end.
- You will turn towards the beach, then take a right turn and head along the path southwards
- You run along the sea edge of the changing rooms and the clubrooms and head South To Worser Bay (as per the opening run)
- At the Worser Bay you will turn complete the small loop in the park / grass area again and then return to Scorching Bay,
- You will go along the full length of the beach to loop around at the North end of Scorching Bay to the approach the finish line along the grass



Finishing the Scorching Duathlon

At the end of your closing run you get the pleasure of crossing the finishing line to celebrate your achievement (YAY!)

You will approach the finish line from the north end of Scorching Bay along the grass after having run along the length of the beach