

Shoe Clinic / New Balance Run Courses For Upper Hutt

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 / New Balance '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 where applicable
- Obey all instructions that marshals, police, and other event officials direct to you

There are three different run courses used at the Upper Hutt Scorchers, please make sure you understand which course you will be running on, when.

Upper Hutt Run Courses – Opening Run Distances

| | Number of laps | Course option | Total distance |
|--------------------|----------------|-------------------|----------------|
| Novice Course | 1 Lap | (A) 1.2k Flat lap | 1.2k |
| Short Course | 1 Lap | (B) 2.5k Flat lap | 2.5k |
| Medium FLAT Course | 2 Laps | (B) 2.5k Flat lap | 5k |
| Medium HILL Course | 1 Lap | (C) 5k Hill lap | 5k |
| Long Course | 4 Laps | (C) 5k Hill lap | 10k |

Upper Hutt Run Courses – Closing Run Distances

| | Number of laps | Course option | Total distance |
|--------------------|----------------|-------------------|----------------|
| Novice Course | 1 Lap | (A) 1.2k Flat lap | 1.2k |
| Short Course | 1 Lap | (B) 2.5k Flat lap | 2k |
| Medium FLAT Course | 1 Lap | (B) 2.5k Flat lap | 2.5k |
| Medium HILL Course | 1 Lap | (B) 2.5k Flat lap | 2.5k |
| Long Course | 2 Laps | (B) 2.5k Flat lap | 5k |

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!)
- Full details on the finish can be view on the “transition and flows” document for this event
- At the end of your closing run, you will loop behind transition and run across the finish line which is located behind transition.

Congratulations!!!

Upper Hutt Option "A"- Flat 1.2k Lap run Course (Novice)

This is the

- **Opening and Closing runs for the:**
 - **Novice Course – 1 lap**

Note: The run lap is clockwise

The opening run starts on the footpath north of the carpark / transition area

The closing run start as you exit T2 at the northern end or transition and head out to Messines Ave

- Starting on Messines Ave you head South towards Davis Field / away from the railway lines
- At Gallipoli Road you turn right and run along the northern footpath,
- At the east side of the tennis courts (at the signage) you will turn north and run along the edge of the tennis courts onto the internal campus road.
- When you reach the campus road, turn west / left and run out 150m to turn around point
- At turn around point complete 180 degree turn and run back along internal campus road
- Follow the internal campus road all the way back to transition / finish line



Upper Hutt Option "B"- Flat 2.5k Lap run Course

This is the:

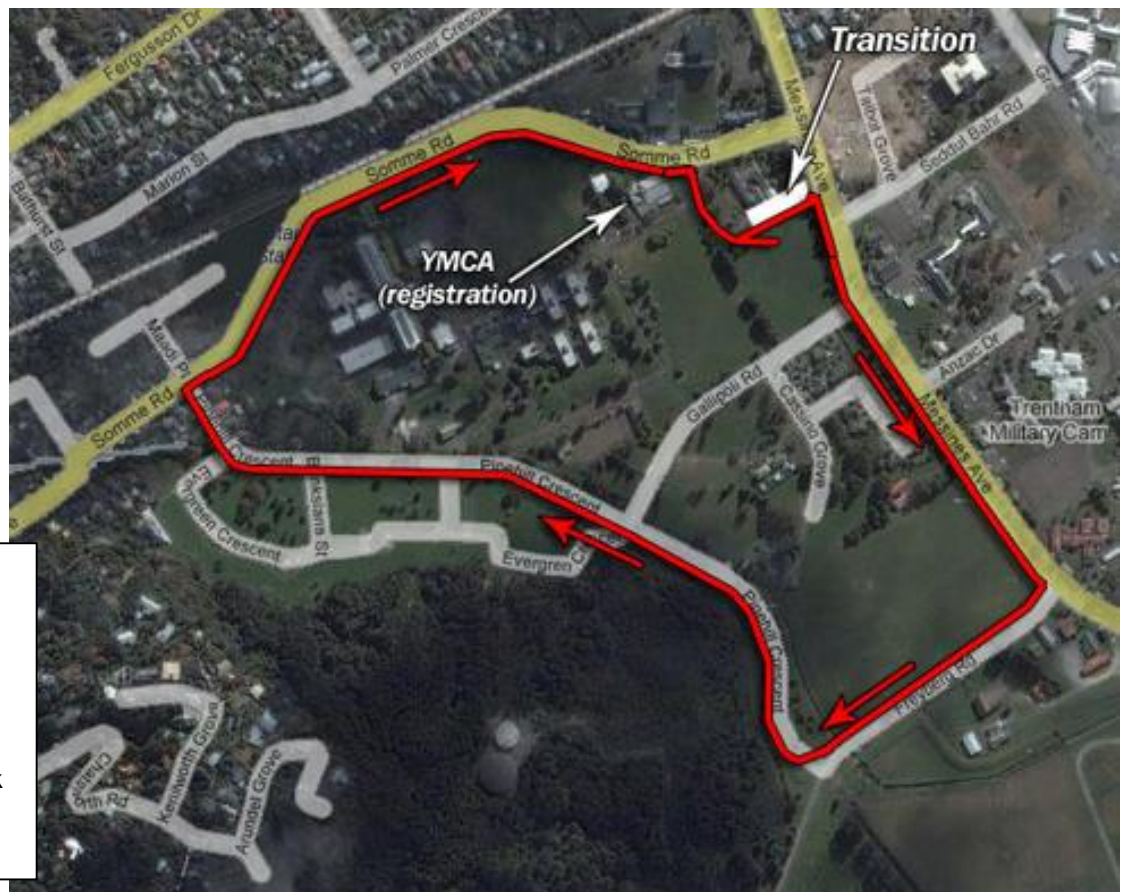
- **Opening run for the:**
 - **Short Course – 1 lap**
 - **Medium (FLAT) Course – 2 laps**

The opening runs starts on the footpath north of the carpark / transition area

- **Closing run for the:**
 - **Short Course – 1 lap**
 - **Medium (FLAT & HILL) Course – 1 lap**
 - **Long Course – 2 laps**

The closing runs start as you exit T2 at the northern end or transition and head out to Messine Ave

- Exit Transition onto (or start on the footpath on) Messines Ave, turn right to start run (say on footpath)
- Cross over Gallipoli Road,
- Continue past Davis field and
- Turn right onto Freyberg,
- Go along Freyberg (south-west wards),
- Cross at the intersection with Pinehill Crescent
- turn right directly after crossing Pinehill
- Run down the footpath on the south side of Pinehill crescent,
- At the end of Pinehill Crescent you will turn right and cross over Pinehill at the marshal instructions,
- You continue North-west wards along Somme Road, past the entrance to the internal campus road and carparks, until you have reach the YMCA at the north end of Somme,
- After the YMCA, you will turn into the internal campus road and head back towards transition
- You will wrap around the southern and eastern sides of transition to either enter the finish line or start you next lap, or you will run into Transition (if this is your opening run)



Run Course (B):

Opening run

Short - 1 lap - 2.5k
Medium - 2 laps - 5k

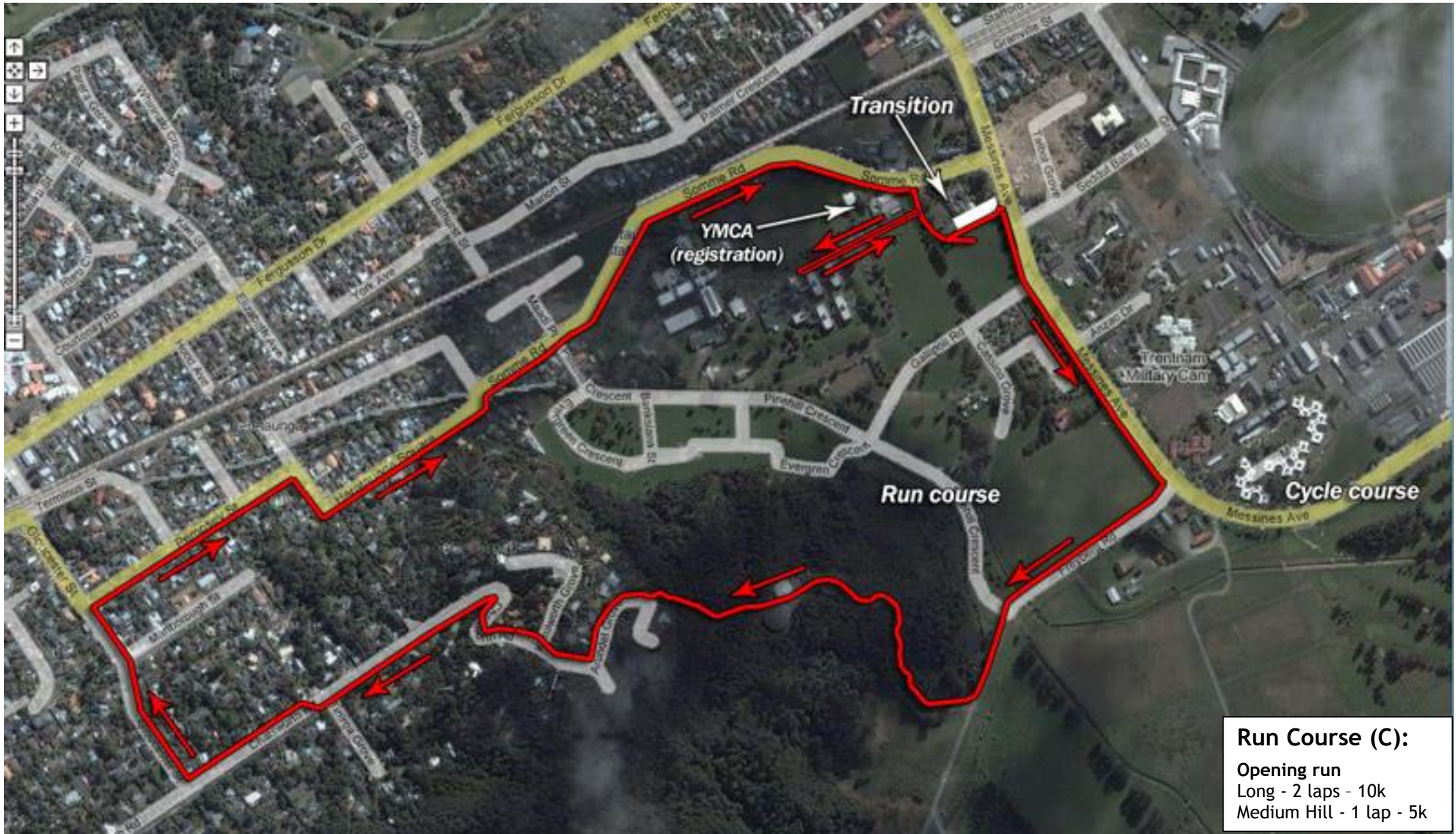
Closing run

Short - 1 lap - 2.5k
Medium - 1 lap - 2.5k
Long - 2 laps - 5k

Upper Hutt Option "C" - Hilly 5k Lap run Course

This is the:

- **Opening run for the:**
 - **Medium (HILL) Course – 1 lap**
 - **Long Course – 2 laps**
- The opening runs starts on the footpath north of the carpark / transition area
- Exit Transition onto (or start on the footpath on) Messines Ave, turn right to start run (say on footpath)
 - Cross over Gallipoli Road,
 - Continue past Davis field and
 - Turn right onto Freyberg,
 - Go along Freyberg (southwards),
 - Cross the Pinehill Crescent intersection and continue running on the road edge for 200m
 - On the right a service road will appear leading uphill, turn uphill along this road
 - Run uphill through the gate,
 - Continue uphill along the track to the water towers.
 - Go directly between the water towers
 - Onto the bush track (continue uphill),
 - Follow the arrows along the bush track (in a general uphill direction)
 - The end of the track is a quick short sharp climb which pops you out into Arundel Grove,
 - Run downhill out of Arundel Grove,
 - At the end of Arundel Grove cross Chatsworth Road and turn right and continue downhill on the footpath
 - Once Chatsworth flattens out and straightens you will be instructed to cross the road by marshals (Please do this between the cones outside #34 Chatsworth road)
 - Continue south along Chatsworth
 - Turn right into Gloucester
 - Continue east along Gloucester, cross over Marlborough Street, then turn right into Pempsey
 - Continue North along the length of Pempsey
 - Turn right into Heretaunga Square and stay on then footpath
 - Continue around Heretaunga Square and head north towards the Campus / Transition area
 - Cross Pinehill Crescent intersection, at the marshal instructions,
 - Continue Northwards along Somme Road, past the entrance to the internal campus road and carparks, until you have reach the YMCA at the north end of Somme, After the YMCA, you will turn into the internal campus road and head back towards transition But you will ot go into transition
 - As you wrap around the YMca you will follow the internal campus road south until the turning loop at its end then retrace you route back along the road to enter transition
 - You will wrap around the southern and eastern sides of transition to approach the finish line (located behind Transition) or start you second lap
 - At the end of your first lap
 - Medium course Hilly participants will enter transition
 - Long Course participants will go around the back of transition and then repeat the run course for your second lap



Run Course (C):
Opening run
Long - 2 laps - 10k
Medium Hill - 1 lap - 5k