

2020 R5: Makara Park, Karori. Sun 22 Nov 2020

Ride Notes

NEW: Riders will be doing either **LONG** and **MID** length loops, or just **SHORT** loops. Please see your age group/distance to determine how many of each you will be racing.

Note: Registration will be at Karori West Normal school, with riders riding together to the start line at the end of Koru. The prizegiving will be back at the school.

LONG Loop Descriptions



Start on the Tower 19 (T19) Connector 4WD by the end of Koru.



Ride up the T19 4WD (120m), veer left up SNAKE CHARMER 4WD by the container. (Note: this is where the **SHORT** loop splits off)

Ride up Snake Charmer 4WD (400m). Ignore the Arlington Rd Connector on your right.

Veer right (uphill) at the intersection with Tower 18 Connector (from Missing Link).

(Note: This 50m of 4WD will be ridden twice on the **LONG** loop, and once on the **MID** Loop)



On this **LONG** loop **OUTWARD** leg, turn LEFT into THREE BROTHERS - PART 1 (230m). (Note: This is where the **LONG** and **MID** Loops split)

Keep right onto UPSWING, and continue riding over the swing bridge (1.3km)

Turn right onto ARATIHI for 70m

Turn left onto LIZARD LINK (70m), merging into UPPER LEAPING LIZARD (670m)

Cross the 4WD and continue down LEAPING LIZARD (420m)

Turn left into NIKAU VALLEY (200m)

Turn left into SUPA KANUKA (880m)

Turn right at the end, riding down past the pylon and ride all of MISSING LINK (1.6km). (Note: **KEEP LEFT** at the Nikau Valley intersection so that you ride back uphill.)

Turn left and ride along T18 4WD (200m) to the intersection with Snake Charmer.

Turn left onto SNAKE CHARMER and ride 50m up towards the Summit.

(Note: This is the 2nd time riding this 50m of 4WD on the **LONG** loop)



On this **LONG** loop **HOMEWARD** leg, turn RIGHT into THREE BROTHERS - PART 2 (530m). (Note: This is where the **LONG** and **MID** Loops split)

Cross the 4WD then take the right-hand option to ride STARFISH (500m)



Cross the 4WD and continue on STARFISH to the bottom of the hill (1.2km). (Watch for Short Loop riders merging from the end of Lazy Fern)

Ride through the CARPARK then ride up all of KORU (2.4 km)

(Note: The carpark will closed/taped off, but please show caution)

At the end of Koru, do a hairpin right-turn into MAGIC CARPET (650m)



Take a left turn onto the T19 Connector 4WD. Ride 470m past the Start line, to the FINISH at the Container (by the intersection with Snake Charmer 4WD).

After finishing, please clear the track for other riders still passing through.

Diff:
Long
vs
Mid

MID Loop Descriptions

Note: This is the abbreviated version of the Long Loop used in Round 2 in September.



Start on the Tower 19 (T19) Connector 4WD by the end of Koru.



Ride up the T19 4WD (120m), veer left up SNAKE CHARMER 4WD by the container.
(Note: this is where the SHORT loop splits off)

Ride up Snake Charmer 4WD (400m). Ignore the Arlington Rd Connector on your right.

Veer right (uphill) at the intersection with Tower 18 Connector (from Missing Link).
(Note: This 50m of 4WD will be ridden twice on the LONG loop, and once on the MID Loop)



On this **MID Loop**, turn RIGHT into THREE BROTHERS - PART 2 (530m).
(Note: This is where the LONG and MID Loops split)

Cross the 4WD then take the right-hand option to ride STARFISH (500m)



Cross the 4WD and continue on STARFISH to the bottom of the hill (1.2km).
(Watch for Short Loop riders merging from the end of Lazy Fern)

Ride through the CARPARK then ride up all of KORU (2.4 km)
(Note: The carpark will closed/taped off, but please show caution)

At the end of Koru, do a hairpin right-turn into MAGIC CARPET (650m)



Take a left turn onto the T19 Connector 4WD. Ride 470m past the Start line, to the FINISH at the Container (by the intersection with Snake Charmer 4WD).

After finishing, please clear the track for other riders still passing through.

Short Loop Description



Start on the Tower 19 (T19) Connector 4WD by the end of Koru.



Ride up the T19 4WD (120m), turning right into SNAKE CHARMER 4WD by the container.
(Note: this is where the LONG loop splits off)

Turn right into BIG TOM'S WHEELIE (170m)

U11 only: Take the right-fork option into LAZY FERN (160m) and ride this to the bottom.
(Beware of riders merging in from both SWIGG then Starfish towards the end)



U13 and older: Take the left-fork option into SWIGG and ride to the bottom
(Beware of U11 riders merging in from Lazy Fern then SWIGG towards the end)

Ride through the CARPARK then ride all of KORU (2.4 km)
(Note: The carpark will closed/taped off, but please show caution)

At the end of Koru, do a hairpin right-turn into MAGIC CARPET (650m)



Take a left turn onto the T19 Connector 4WD. Ride 470m past the Start line, to the FINISH at the Container (by the intersection with Snake Charmer 4WD).

After finishing, please clear the track for other riders still passing through.

Loop Counts

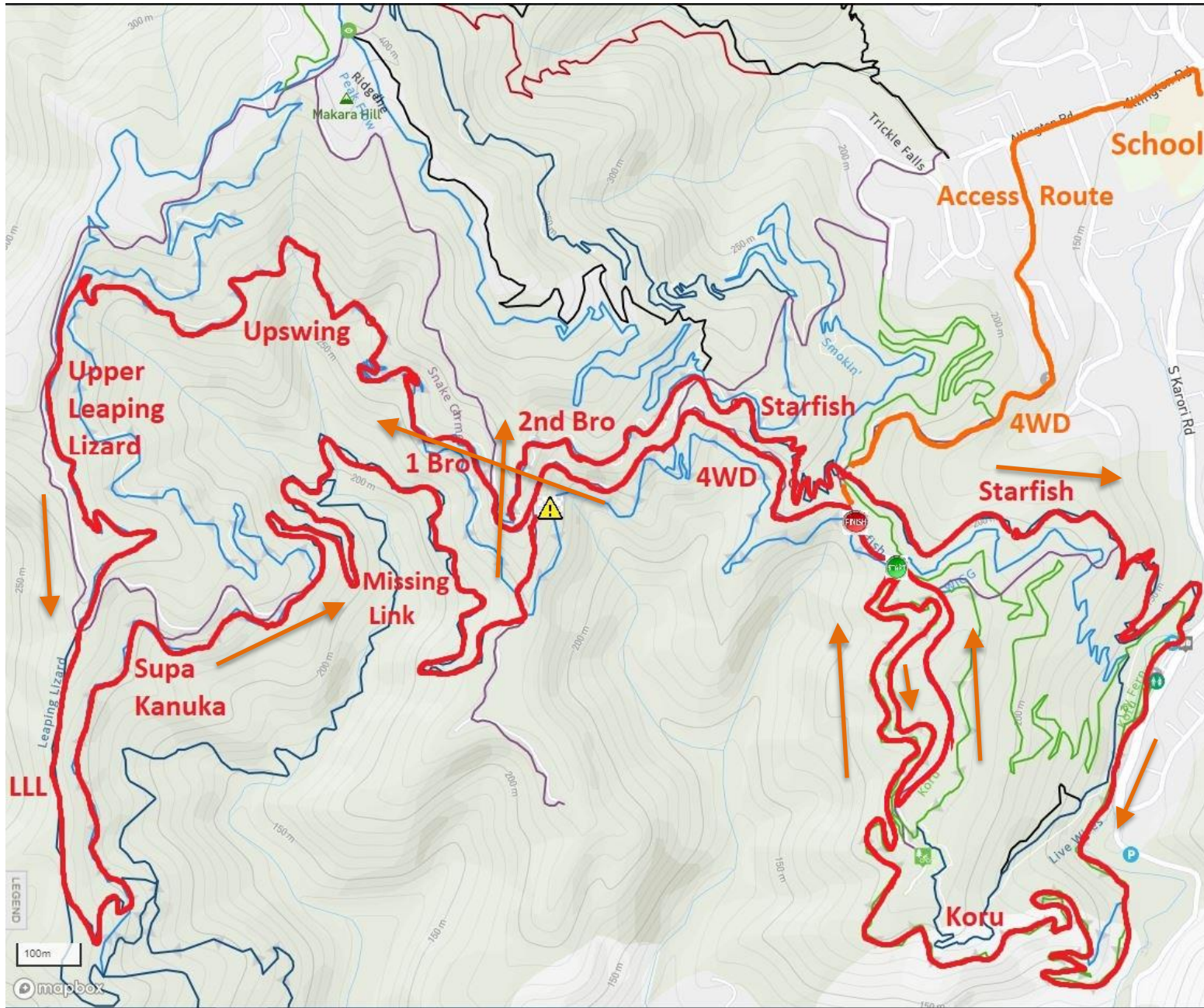
Your age is based on the age you will be as at 31 Dec 2020. Distances are approximate.

Open Men	2 long loops (25.6 km)
Open Women	1 long loop, 1 MID loops (19.6 km)
Masters Men 1 (30-39 years)	1 long loop, 1 MID loops (19.6 km)
Masters Men 2 (40-49)	1 long loop, 1 MID loops (19.6 km)
Masters Men 3 (50-59)	1 long loop, 1 MID loops (19.6 km)
Masters Men 4 (60+)	1 long loop, 1 MID loops (19.6 km)
Masters Women (40+)	1 long loop, 1 MID loops (19.6 km)
Social Men (Open age group)	3 short loops (15.6 km)
Social Women (Open age group)	3 short loops (15.6 km)
U19 Men	1 long loop, 1 MID loops (19.6 km)
U19 Women	1 long loop, 1 MID loops (19.6 km)
U17 Men	1 long loop, 1 MID loops (19.6 km)
U17 Women	1 long loop, 1 MID loops (19.6 km)
U15 Boys	3 short loops (15.6 km)
U15 Girls	3 short loops (15.6 km)
U13 Boys	2 short loops (10.4 km)
U13 Girls	2 short loops (10.4 km)
U11 Boys	1 short loop (Lazy Fern: 5.2 km)
U11 Girls	1 short loop (Lazy Fern: 5.2 km)

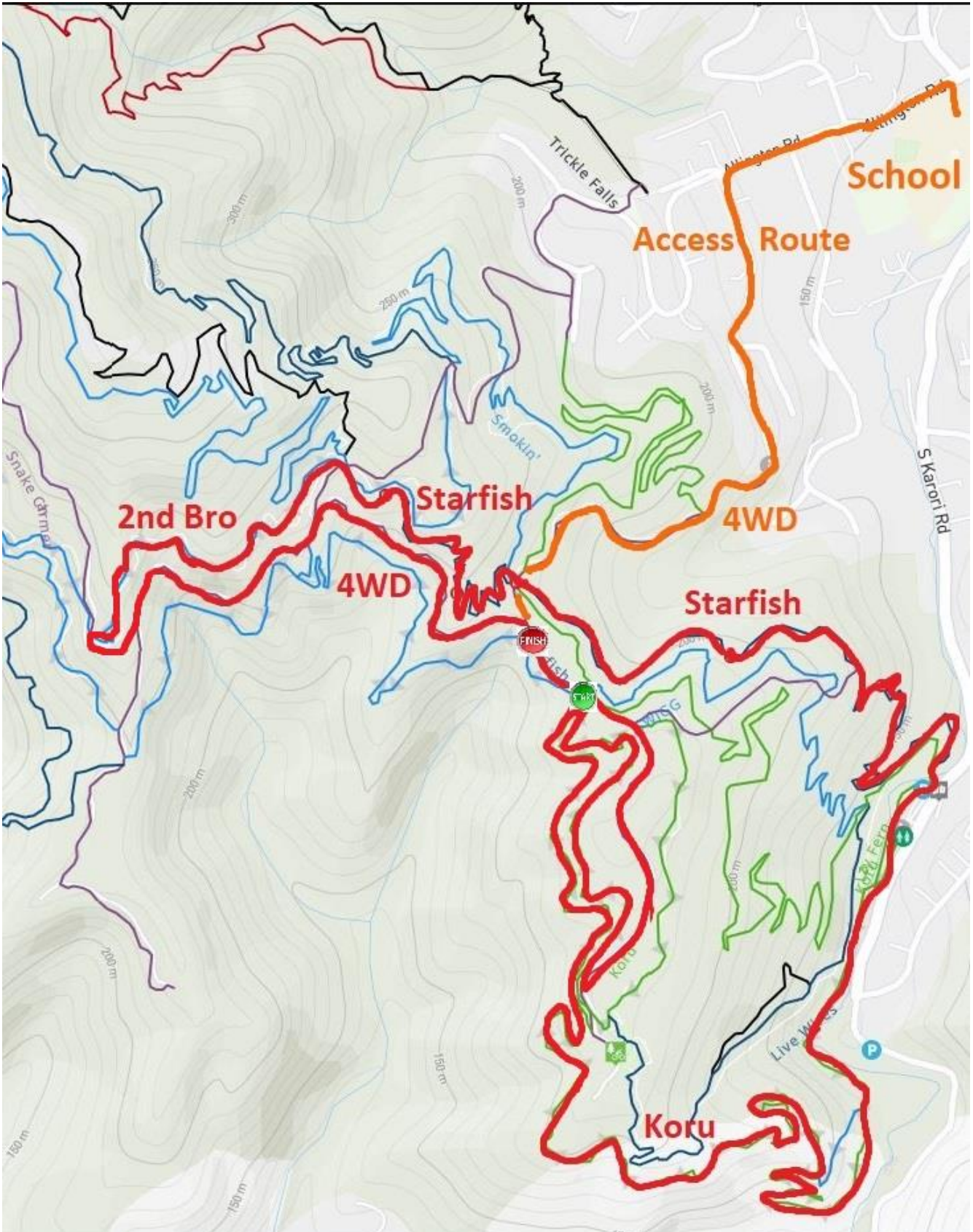
To Be Confirmed: Child (open to beginners 3-9 years) For our youngest riders, their course will be a series of loops of the pump track at the school, for a period of 15-20 mins

This may need to happen early - during registration to complete prior to the ride up to the start.

LONG Loop Map



MID Loop Map (Same as Long loop in R2 in Sept)



Short Loop Map

