

# COURSE DESCRIPTION

## Stage 2: Cycle : 37km

### Alexandra - Lauder

Alexandra Station area out over the Manuherikia River road bridge, along Galloway straight, cross SH 85 at Chatto Creek then push onto Omakau then to transition at Lauder Station area.

## Stage 3: Run: 11km

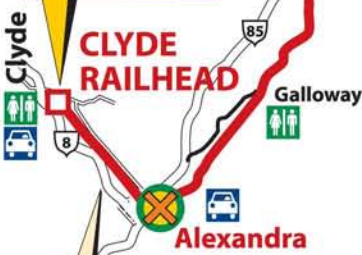
### Lauder - Auripo

Lauder Station area across SH 85 and on into the spectacular Poolburn Gorge passing through two 200m tunnels and across two impressive viaducts breaking out into the Ida Valley at Auripo.

**Support crews turn right leaving Lauder and head back to Omakau. Follow via sealed road to Auripo Road transition point.**

## RACE START

### CLYDE RAILHEAD



## Stage 1: Run : 8km

### Clyde - Alexandra

Clyde Railhead over Muttontown viaduct to Alexandra Station area.



**No public roads are closed. Motorists have right of way on all roads at all times.**

## COURSE KEY

- Start/Finish points
- Transition points/drink stations
- Marshalled Crossings
- Car Parking
- Trail toilet

0 5 10 15 20 kilometres

## Stage 4: Cycle: 37km

### Auripo - Ranfurly

Auripo to Oturehua past Ida Burn dam, then over the highest point on the Rail Trail to Wedderburn and the long straights into the Ranfurly Railway Station. Run leg for cyclist, last 200m to finish line.

## Stage 5: Run: 8km

### Ranfurly - Waipiata

Start in front of Ranfurly Railway Station, the straight down to Waipiata.

## Stage 6: Cycle : 25km

### Waipiata - Hyde Station

Over the Taieri River, then wind your way around to Daisybank. Cross SH 87, then parallel the Taieri River down to Hyde. Cross SH87 then on to the Teams changeover at Hyde Station.

**Support crews follow marshal directions and travel via gravel road to Kyeburn/SH85. Turn right then right again on to SH87.**

## Stage 7: Cycle: 17km

### Hyde Station - Moynihans Lane

Hyde Station to Ngapuna all downhill, over heaps of small bridges, past the Hyde Train crash Memorial down to Moynihans Lane transition.

**Support crews travel via SH87 and Moynihans Lane to transition point**

## Day One Finish Day Two Start

### RANFURLY

### Waipiata

### Daisybank

### Tiroiti

### Hyde

### Hyde Station (Team changeover only)

### Rock & Pillar

### Moynihans Lane

### Ngapuna

### MIDDLEMARCH

## RACE FINISH

[www.railtrailduathlon.co.nz](http://www.railtrailduathlon.co.nz)

## ART DECO RANFURLY



Duathlon Competitors get free entry to Art Deco Festival

Ranfurly Art Deco festival 26-28 February 2010

## THE SPONSORS

The Otago Central Rail Trail Duathlon Organising Committee gratefully acknowledges the support of:

- Trail Journeys
- Combined Lions Clubs of Central Otago
- More FM Dunedin & Central Otago
- Cycle Surgery, Middlemarch
- McLaren's Machinery, Ranfurly
- Otago Central Rail Trail Trust
- Department of Conservation, Otago