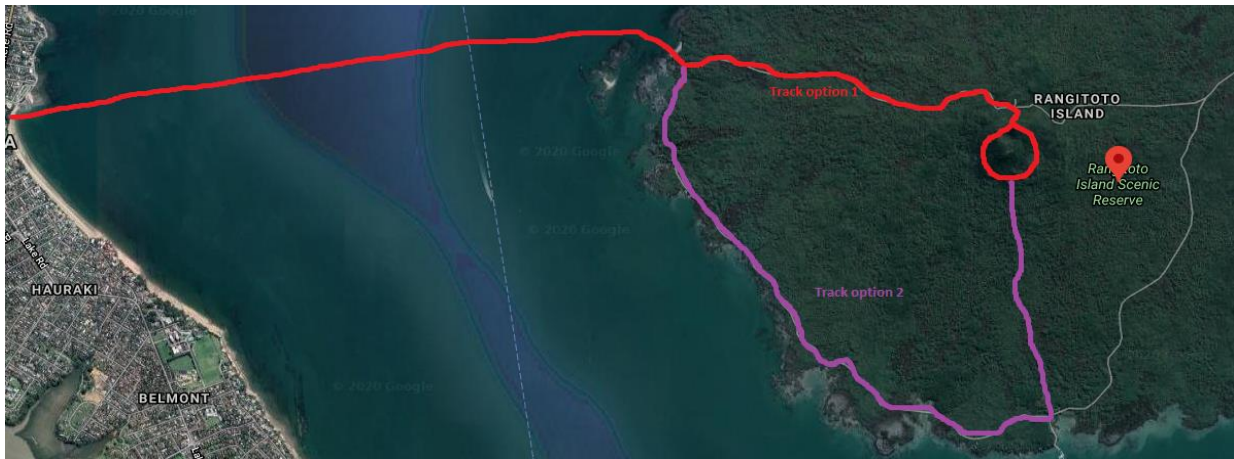


Rangitoto Classic Course Options

Course option 1: Takapuna to Rangitoto – 5km, Run 7km, Paddle 5k

- Competitors will line up beside their craft in knee depth water.
- On the start signal competitors will paddle their craft 5km across the Rangitoto Channel to McKenzie Bay, Rangitoto Island (near Light House).
- Competitors will land their craft on the fine volcanic rock / sand beach, locate their running shoes and run 3.5km to the summit remaining on the public track for the entire run.
- Competitors will continue running around the crater rim track, back to McKenzie Bay and paddle back 5km back to Takapuna Beach.
 - The Red track on the island is our first option for running
 - The purple track is our second option if option one is unavailable to run (will be confirmed week of race)



Course option 2: Takapuna to North Head - Paddle: 5.2km, Run 2.29km, Paddle 5.2km

- The event start's and finishes on Takapuna Beach.
- Competitors will line up beside their craft in knee depth water.
- On the start signal competitors will paddle their craft 5.2km down the coast to Cheltenham Beach.
- Competitors will land at the northern end of Cheltenham Beach and run the length of the sandy beach to the southern end and run up and around North Head and then back to the crafts at the northern end of the beach.
- Once back they will paddle back up the coast to Takapuna Beach and the finish line.

