

# BIKE COURSE

Distance 20 km

Lap distance 5 km

Number of laps – 4 ( $4 \times 5 = 20$ )

From transition – head left toward the Clock. Go past the Town clock round to the end of the road (closed) turn around and head back toward transition. Go from Transition to the end of Mulinu'u Peninsula (you can't go any further) go around round about at the end and head back to Transition (end of Lap 1). Four more to go.

At the end of your 3<sup>rd</sup> lap you will be at the bell to indicate you are riding the 4<sup>th</sup> and final Lap.

