

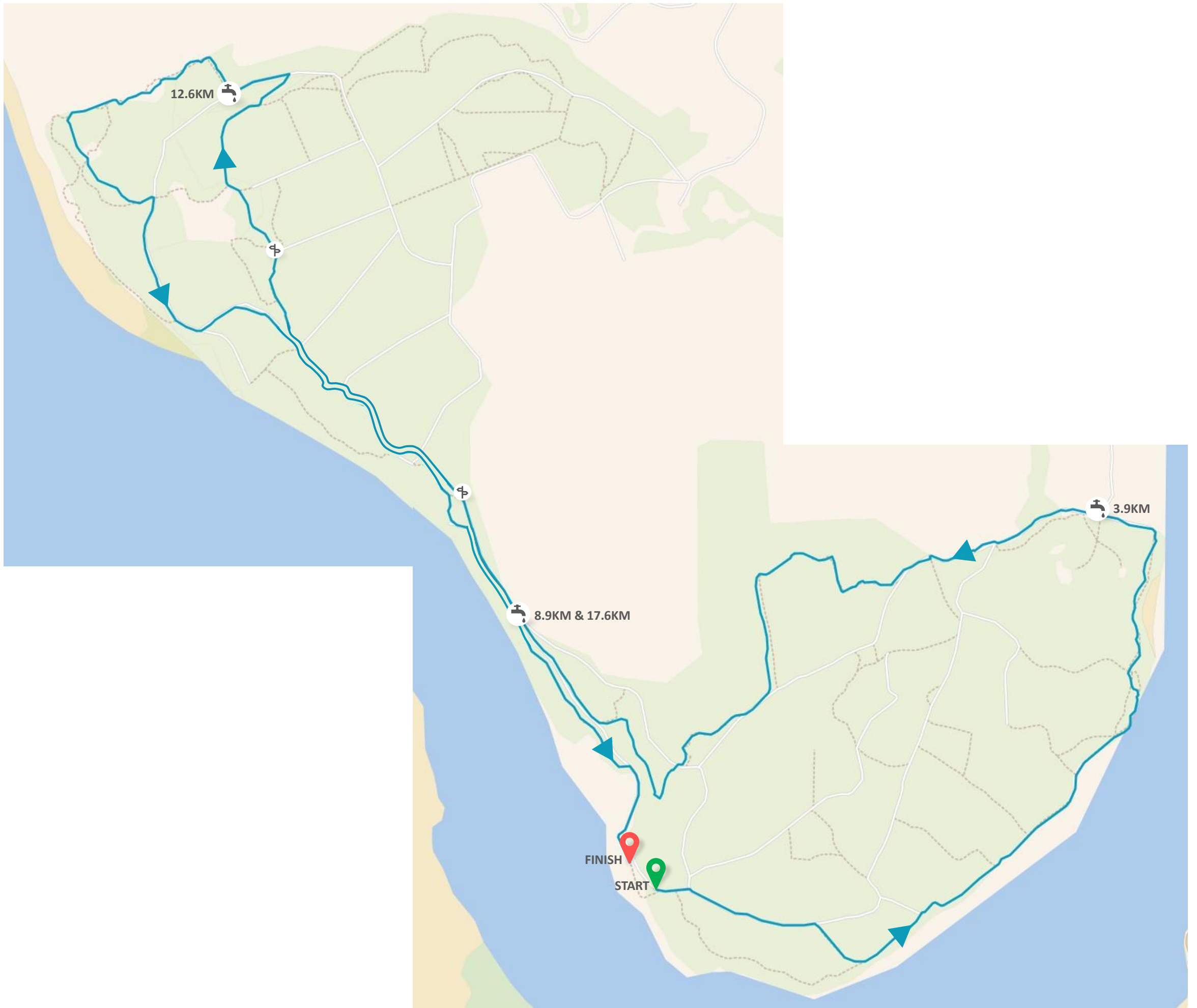


WAIUKU FOREST
LONG COURSE - 19KM
MACPAC XTERRA TRAIL RUN/WALK SERIES

FIRST ► COURSE SPLIT 
SECOND ►► DRINK STATION 



lowest point: 7 m — highest point: 132 m — height difference: 125 m

