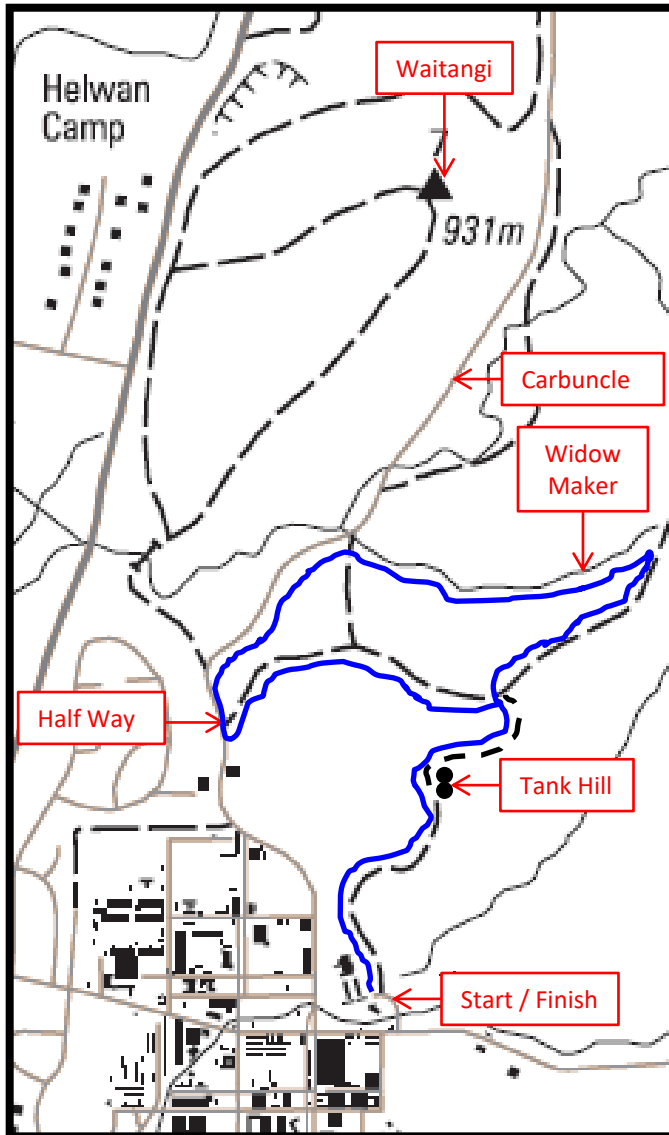


## Waiouru Running Tracks

- Remember to stretch before and after
- Hydrate
- Train Hard!

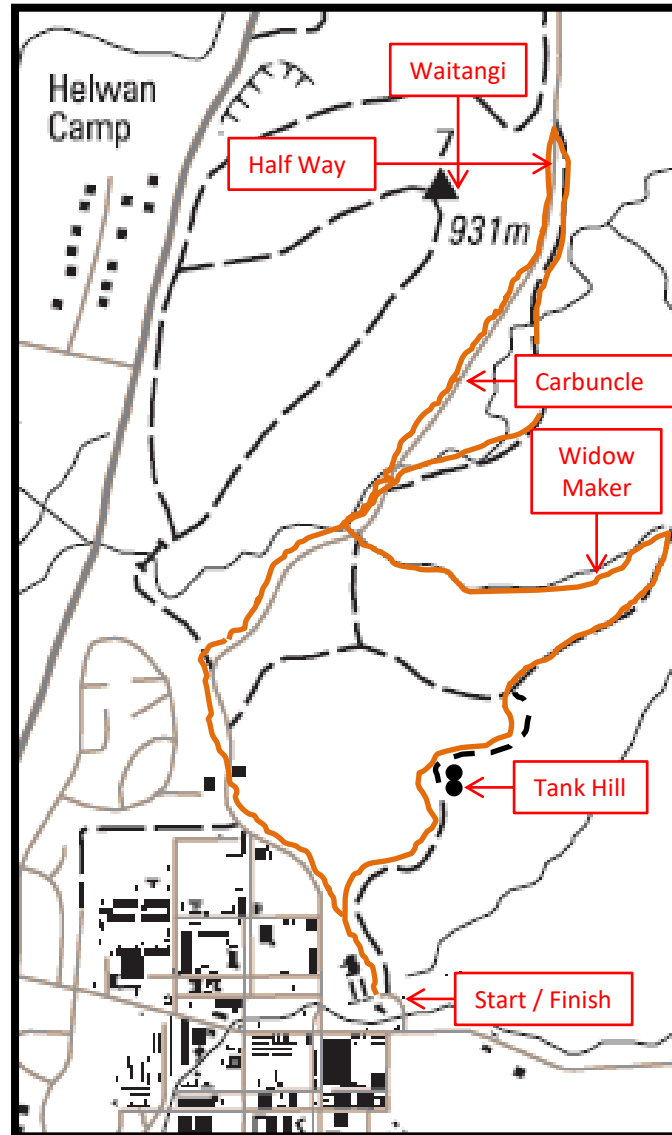
### Route Description:

- Up Tank Hill
- Left down Pony Club Track (top of 7 Sins)
- Right onto Carbuncle
- Along Carbuncle to start of Widow Maker (by swing gate)
- Up Widow Maker
- Turn right and follow track to Tank Hill
- Down to Start/Finish point
- Distance: 5.37km



### Route Description:

- Run through fields to north of WO's & SNCO's Mess
- Follow track around to wash point
- Turn right onto Carbuncle
- Run along Carbuncle for 1.8km
- Turn right onto track and back track toward camp
- Turn left and up Widow Maker
- Turn right and follow track to Tank Hill
- Down to Start/Finish point
- Distance 6.08km

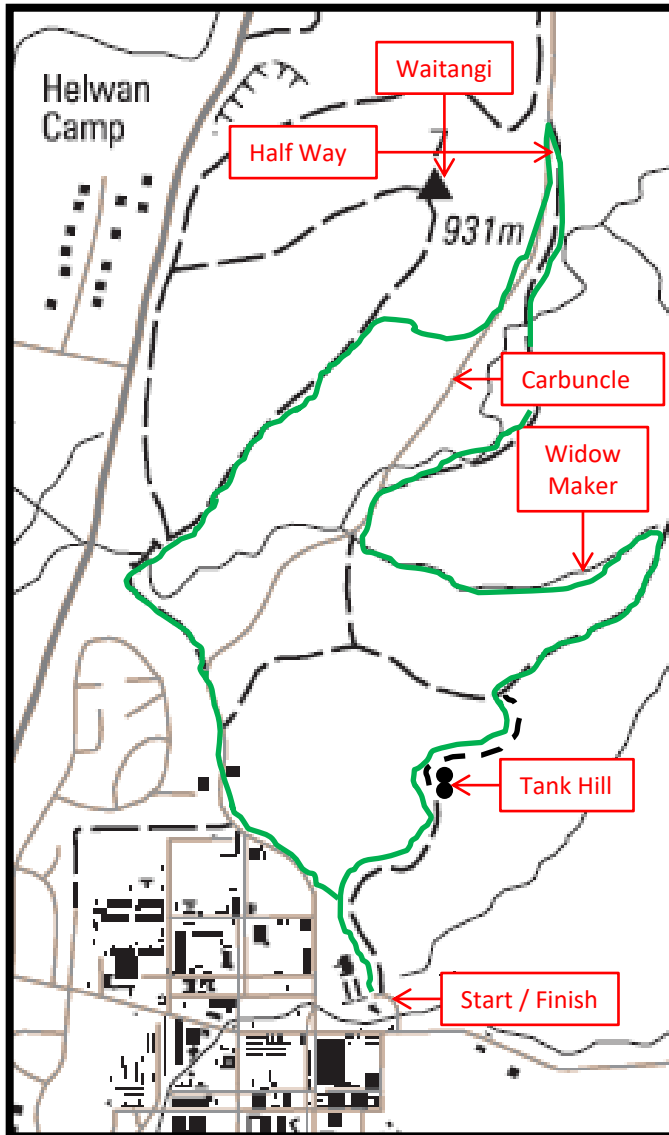


## Waiouru Running Tracks

- Remember to stretch before and after
- Hydrate
- Train Hard!

### Route Description:

- Run through fields to north of WO's & SNCO's Mess
- Follow track around to wash point
- Turn right onto Carbuncle
- Follow track left and up southern track to Waitangi
- ½ way to summit turn right @ saddle, left down to carbuncle
- Turn right onto track and back track toward camp
- Turn left and up Widow Maker
- Turn right and follow track to Tank Hill
- Down to Start/Finish point
- Distance 6.5km



### Route Description:

- Up Tank Hill
- Left down Pony Club Track (top of 7 Sins)
- Right onto Carbuncle
- Follow track left and up southern track to Waitangi
- At summit turn left and follow western track down
- At bottom turn right and follow track around base of Waitangi to Carbuncle
- Across onto track and back track toward camp
- Turn left and up Widow Maker
- Turn right and follow track to Tank Hill
- Down to Start/Finish point
- Distance 8.75km

