



**Can YOU
do this?**

9km run or walk - Toia Road to Kaikohe

14km run or walk - Okaihau to Kaikohe

21km run - Okaihau to Kaikohe

plus 3.5km towards Kaikohe Airfield and return

Twin Coast Cycle Trail - Te Pou Herenga Tai



Okaihau  Kaikohe



Traverse

Sunday 29 September 2019

Finish at the Kaikohe Pioneer Village

Prizes - Refreshments - Entertainment

Free bus transport from the Pioneer Village to the start 



For details and registration go to www.kaikoherotary.org
or call Don on 0-27-256 8290