



2010 Tarawera Ultra. athlete update

revised 20 Feb. 2010

General

I look forward to seeing you all fit, well and (hopefully) nervous on Friday before race day. This athlete update will be revised closer to race day, posted on the website and emailed to athletes.

Details are on the website: www.taraweraultra.co.nz

Some quick things

1. Check-in as early as possible on Friday afternoon. This will help avoid any last-minute rush on Friday evening or Saturday morning.
2. Please do not bring your dog to the event. Much of the land is DoC estate and has rare species – such as Kiwi.
3. You'll be given detailed maps. Volunteers will be on hand to answer questions during the race check-on on Friday afternoon.
4. This is a non-smoking event.

Friday 19 March

Online registration closes at 11 am on Friday before race day.

Check-in

Friday 19 March at the Rotorua Redwoods Visitor Centre from 1PM to 8PM.

Pick up your race packs and race numbers during this time.

Make sure you have your race number and timing chip in your race packs.

Make sure a volunteer records that you have received your race pack.

You will receive a course map, Rotorua map, Kawerau map and Tarawera Forest map. These will help your crew and supporters locate the aid stations, Kawerau Info. centre, finish-area and hotpools.

At check-in we hope to have on display (and possibly also for purchase), some cool stuff, including: ronhill clothing, INOV-8 shoes and KINeSYS sunscreen.

The first 50 ultra-runners to check-in will receive a free copy of ultraRUNNING magazine, so get there early.

Directions by car: From central Rotorua, follow the signposts as if heading to the Rotorua airport. You will be travelling on TE NGAE ROAD. At the first large round-a-bout turn RIGHT onto TARAWERA ROAD. Turn RIGHT onto LONG MILE ROAD . It is the second street on your right and has a big black and white sign on the corner that says "The Redwoods." The Redwoods Visitor Centre is the only building on this road and is about 1km from the corner.

www.redwoods.co.nz

Race briefing at The Redwoods at 6PM sharp for all competitors. *Attendance will be compulsory.* The course hazards will be described as well as race logistics and any questions will be answered.

6:00 Mr. Kerry Suter (to be confirmed), Men's winner of last years race. Tips on how to blaze the course.

6:15 Mr. Manu Rangehewia representing the Ngati Tarawhai iwi on the importance of this area to his people.

The race briefing will be outside. We'll announce an alternate venue in case of wet weather on Friday.

Drop bags. For solo ultra.-runners, put your filled and labeled drop bags and finish-line bags in the pile for the correct aid station. Do this before the end of the race briefing on Friday evening.

We'll take your drop bags to the appropriate aid stations and then deliver them all to the finish-line in Kawerau.

Label your drop bags with your name, and the appropriate aid station.

OKE	Okareka
OTA	Okataina
TAR	Tarawera Falls*
TITO	Titoki Road**
FIN	Finish Line in Kawerau***

* 60k runners, you may wish to pack a change of clothes, comfy shoes/jandals, towel etc. for when you finish at the Tarawera Falls. There are beautiful places in the river for a swim near the Tarawera Aid Station.

**80 and 100k runners, if you think you'll need a headlamp for the finish, you can put it in your drop bag for this aid station.

*** Pack a change of clothes, comfy shoes/jandals, towel etc. Excellent swimming in the river plus free Kawerau hotpools and free hot showers so bring a towel. Pack some money for optional steak sandwiches, sausages, hot food etc. at the finish-line.

Compulsory Gear There are no compulsory gear requirements. Strongly recommend you carry water between aid stations. Optionally (but recommended) you should carry any gels or other form of calories with you between aid stations.

iPods Yes, you may listen to music during the run. Don't use them on the public road between Blue Lake and Okareka. This is the only place in the course you will be running with cars.

Gates close to the Redwoods at 8:30PM. All volunteers and athletes should be out of the redwoods by then to avoid getting locked in.

Luggage to Kawerau. If you are staying in Kawerau on Saturday night, we can transport your luggage to Kawerau on Saturday. Leave it at race check-in on Friday evening or Saturday morning.

Saturday 20 March

FOR RUNNERS

Race Start: 7am

The race start at the Redwoods Visitors centre. Sunrise is at 7:20am. The Redwood grove is very dark prior to sunrise - having a headlamp is optional. We will have a volunteer pick up headlamps at the 4km point (at the watertower near Tarawera Road). You can ditch your headlamps (and surplus clothing) with the volunteers and pick them up at the finish-line in Kawerau.

Gates close to the Redwoods at 8:30PM on Saturday evening. If you are unsure if you'll be back in Rotorua before then, park your car outside the gates on Long Mile Road and walk (or hop a ride) to the start-line (which is only 1km away).

Walking Festival: There is another event in the Redwoods the same day. www.nztwodaywalk.org.nz They leave later in the morning than you runners.

Starting line: Your name will be read off before the start. *This is important.* Since the course passes through some remote areas we need to know who is actually on the course on the day. It's a safety thing.

Course markings: Follow the fluoro pink ribbon in the trees and little triangular orange flags near ground level. Any turns should be obviously marked with ribbon, flags and/or arrows.

Aid station locations and distances: The Aid Stations are very generously stocked with food- Ems Power Bars, electrolytes, lollies, chips, sandwiches, fruit, ice, water,

coke, mountain dew, Gu2O. We'll have GU gels at four Aid Stations (Okareka, Okataina, Tarawera and Fisherman's Bridge). We have budgeted on one gel per athlete at these aid stations. You'll also receive a GU gel in your race packs.

Running extra distance: If you have entered the 60 or 80k and you decide to run further, please let the aid station volunteers know you are continuing on. If you'd like to make a koha (donation) to the JAB Rugby sausage sizzle, we will use this money to help feed the finish-line volunteers in Kawerau.

Timing chips: Relay Teams – do not forget to hand-over your timing chips at each relay change-over (Okareka, Okataina, Tarawera). Your times will be recorded on the mats as you *leave* the aid station. Make sure you do not step over the mat twice.

Finish-line: Firmin Field, Waterhouse Street, Kawerau. This is next to the Tarawera River. If you are driving in to the Tarawera forest the finish-area is on your RHS – just before you go over the bridge.

Transport:

Tarawera Aid Station to Kawerau: Marie from kiwifoot www.kiwifootnz.com will shuttle runners that finish at the Tarawera Aid station (the 60km finish-line) back to the finish area in Kawerau. This is a free service. Otherwise, you are welcome to grab a ride with other volunteers or spectators.

Kawerau finish-line to the hotpools. Volunteers will be happy to shuttle you from the finish-line to the hotpools.

Kawerau to Rotorua: A 45-seater bus will depart the Kawerau Hotpools at 9:30PM. Please have money to pay the driver in cash. The cost will be approx. \$30. The bus will drop you back the Redwoods. Driving time 45-50 mins.

Race Safety

Please take care of both yourselves and the other competitors on the course, if someone needs help, please stop and help them. Some volunteers hold first aid qualifications. Most will have satellite phone contact with the Race Director in case of an emergency. Mountain bike safety patrol will also be on hand to help you out.

FOR CREW / SPECTATORS / PACERS

Tarawera Forest Permits: You will need to get a Forest permit from the Kawerau Information Centre before entering the forest. Cost is \$5.

The Tarawera Forest is accessible only via unsealed forestry roads. They will be dusty. Do not speed on these roads. Road signs will indicate if runners are present.

Drivers to the Tarawera Aid Station (Tarawera Falls) will encounter runners at the following places:

1. Following a long-straight forestry road, you'll come to a bridge over the Tarawera River. Runners will exit River Road, cross over the main road at the bridge and continue along the river track.

2. A 300-400 metre section before runners make the right-hand turn to River Road.
3. A 300-400 metre section after runners have left the Titoki Aid Station and passed over the bridge.
4. About 500 metres after the Tarawera Aid Station (at Tarawera Falls carpark).

Spectators may wish to travel to the Tarawera Outlet. If you do so, you may encounter runners on the upper end of Titoki Road.

You can drive to the Titoki Aid Station. About 10 minutes after leaving the Tarawera Falls, turn right over the concrete bridge and continue straight ahead on Edwards Road for 1km. Be careful, the 80km runners will be running towards you on this stretch.

Pacer Transport: If you do not have someone to take you in to the forest, we will have volunteers from the finish-line to drive pacers to the Tarawera Outlet or Titoki Aid Stations.

Pacers: All pacers must check-in at the finish-line in Kawerau and pick up a pacer number. This is so we know you are part of the event. Pacer requirements are on the website.

Prize Giving: We will draw out the names of lucky spot prize winners throughout the day. We will post your name on a noticeboard at the finish line. Please check in at the finish to see if you have won a groovy prize. There will be no formal prize-giving ceremony.

Thanks to our sponsors



a beer from the edge





Thanks to our volunteers

Going the extra mile are...

The Kawerau Harrier Club, Rotorua Mountain Bike Club, Rotorua Multisport Club, Phoenix Health Centre - Whakatane, Scion (Rotorua), Kawerau JAB Rugby, Kawerau District Council and Events Rotorua.

Special thanks to Mighty River Power for supporting the volunteers.

Contacts

In case of emergency, dial 111

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