

To view this email as a web page, go [here](#).



Hi Rafael,

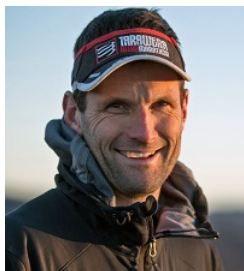
Race day is getting closer which also means your taper week is closer than ever!

To help with your planning, make sure you have downloaded the latest version of the Tarawera Ultramarathon app. It has the full event schedule, course maps and other key event information you need ahead of arriving in Rotorua.

Paul and I hosted a Facebook Live recently with updates about the courses & answer any last minute questions our athletes had. The video is on our Facebook page for you to watch whenever you can. You can watch the video **here**.

Happy running & we look forward to seeing you soon.

Tim Day, Race Director



Download the app



Make sure you've downloaded the Tarawera Ultramarathon app for 2020. Your family & friends will also be able to check your progress on race day so make sure they've got it too!

Download for Apple
Download for Android



Tailwind Nutrition

Tailwind's endurance fuel is all you need to go all day. No juggling gels, pills or chews – just pour, shake and go.

See more >



Facebook Live with Tim & Paul

Check out our Facebook Page and watch the last live session hosted by our Race Director Tim Day and Paul Charteris. They have provided a race briefing for all races and answered some questions from our athletes.

Find out more >



Spectator Transport

We will be running a return a return spectator bus from Firmin Field, Kawerau to the Titoki & Outlet aid stations. Spaces are limited so we'd recommend booking as early as possible.

Book now >



This email was sent to rafael.marques@ironman.com by World Triathlon Corporation (d/b/a IRONMAN) Level 1, 401 Tamaki Drive, St. Heliers, Auckland 1071, New Zealand, or one of its subsidiaries

You are receiving this email because either: you are currently registered for an event owned or operated by IRONMAN or its subsidiaries and this email contains information relevant to your race experience with us; you previously registered for an event owned or operated by IRONMAN or its subsidiaries (or, if you are not a registrant, you signed up through one of our websites) and requested to receive future IRONMAN-related emails and newsletters; or, if this email is a marketing message, you have elected to receive such information or offers from IRONMAN or its subsidiaries.

We only want to send you emails that you are interested in and want to read, so if you wish to change your preferences or to opt-out from any future mailings, you can [manage your subscription preferences](#) or [unsubscribe](#).

