

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

The banner features the Tarawera Ultra Marathon logo in the top left corner. In the top right corner, there are social media icons for Facebook, Instagram, YouTube, and a location pin. The main image shows two female runners in athletic gear; the one in the foreground is taking a selfie with her smartphone. Overlaid on the left side of the image is the text "DOWNLOAD THE APP" in large white letters. Below this text are three icons: the Tarawera Ultra Marathon (TUM) logo, the Google Play logo with the text "GET IT ON Google Play", and the Apple App Store logo with the text "Download on the App Store".

Hi Rafael,

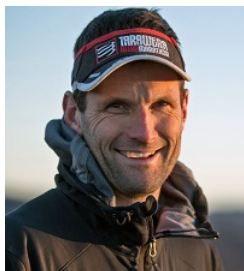
Race day is getting closer which also means your taper week is closer than ever!

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 follow you 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 >



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