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Hi Rafael,

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

We have made some slight changes to the 50km course so the locations of the aid stations have moved slightly. You can view these changes **here**.

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 track 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 >



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