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Kia Ora athlete,

Your Tarawera Ultramarathon race day is just six months away, but we know the journey starts long before the start line so I hope you're enjoying the ride so far. 2020 is shaping up to be our biggest year's yet, with new courses through some of Rotorua's most stunning scenery.

Rotorua is going to be a busy place in February, so best to get your **flights and accommodation** booked early to avoid missing out. And if you are planning on staying longer, there are endless activities for you and your support crew to experience. I always recommend heading to **Waimangu Volcanic Valley** to anyone visiting the region for the first time.

If you want some support with your training, whether you will be doing your first, fifth or twentieth trail run, our mates at SQUADRUN can help you reach your goal on Saturday 8 February. Find out about their special Tarawera Ultramarathon offer and their coaching programs **here**.

Happy running,
Tim Day, Race Director





How to: Ultra Run

If you're new to trail running, make sure you tune in to our Facebook Live with Kerry & Ali from SQUADRUN and our Race Director Tim. They'll be covering all the basics & answering any questions you might have.

Find out more >



Taking ownership

Taking on an ultramarathon is not an easy challenge and is in part about taking ownership of life, as Paul Charteris discusses in his latest blog post.

Read more >



Have you started training yet?

The team at SQUADRUN are committed to helping you achieve your goal on February 8 2020. You can kick-start your training with the special Tarawera 4 week trial offer.

Find out more >



Plan your holiday

There definitely is no shortage of things to do while you're in Rotorua if you are planning to extend your time, check out some of the activities on offer.

Start planning >

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