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Hi Rafael,

As race day gets closer, we want to make sure you are feeling prepared for your day on the beautiful trails of Rotorua.

All runners in the 100 Miler will be given an official drop bag label sheet as part of your race pack. These are optional, and if you will have support crew at a certain aid station, you won't need to use a drop bag for that aid station.

Things to remember:

- Make sure your bags are a reasonable size
- All drop bags must be dropped at Athlete Check-In by **9:00pm Friday 7 February**
- Things to pack: gels, food, change of shoes, socks, shorts, any other personal items you might need.
- Do not pack any glass
- At the aid station, you'll be asked to move it from the 'unused pile' to the 'used' (even if you didn't use it) so it can be taken back to the finish line

All drop bags can be collected from the finish line and you just need to show the volunteers your race number. As part of your race pack, you'll also be given one Authority to Collect card which allows your support crew to collect the bags on your behalf.

Happy running & we look forward to seeing you soon.

Tim Day
Race Director



What's on the aid stations?

All aid stations will be generously stocked with food and drink, including Tailwind nutrition, sandwiches, fruit, chips & more. Please remember to have a reusable cup with you as the aid stations are cup-less.

More Details >



Mandatory Gear Checks

You can get your mandatory gear checked at any Macpac store in NZ or Australia until Friday 7 February. The certificate you'll receive is all you will need to bring with you to Athlete Check-In.

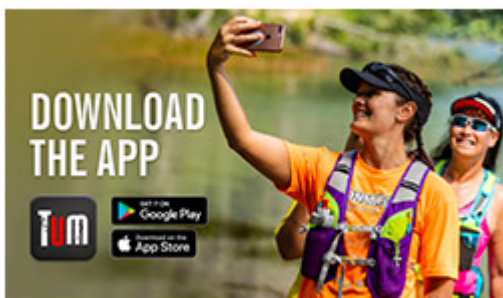
Find out more >



Honouring a journey of courage

Mountain Jade are carving our miler finisher's toki – a symbol of strength – earned on the trails of Rotorua. What will receiving pounamu mean to you?

See more >



Download the app

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

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THE IRONMAN GROUP **OCEANIA 2020 CALENDAR** **VIEW HERE**

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