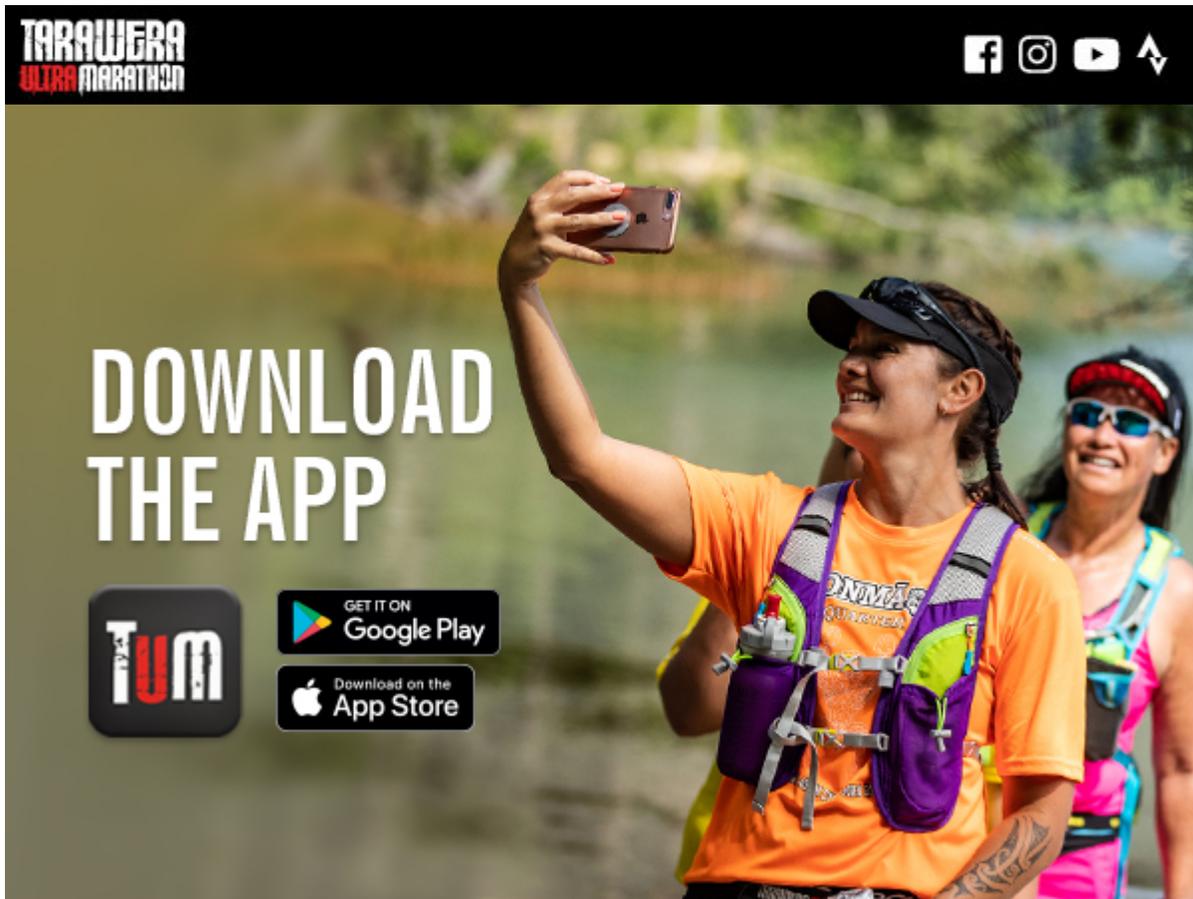


To view this email as a web page, go [here](#).



Hi Mitch,

With just one week until we see you in Rotorua, we hope you are feeling excited and ready to take the final steps on your 100 Mile journey!

A couple of reminders from us as you start your final race week preparations:

- You can have your Mandatory Gear pre-checked at a Macpac store (in New Zealand or Australia). The certificate you will be given is what you will need to show us at Athlete Check-In to collect your race pack. Your pacers can get their gear pre-checked too.
- All 100 Miler runners must complete Athlete Check-In in person as you will be weighed (for health and safety purposes). Please bring photo ID, your email confirmation and either your gear to be checked or your pre-checked certificate.
- Make sure your emergency contact details are up-to-date before race day. You can update these in your **MyEvents account**.
- Please ensure you have a collapsible cup with you as our aid stations are cup-less
- Make sure each of your drop bags are clearly labelled using the labels included in your race pack and are dropped off before **9:00pm Friday 7 February**. These bags should be small & soft and contain no glass.
- There will be post-race hop on/hop off shuttles running from 8:00pm Saturday through to 4:00pm Sunday from the finish line down Fenton St.

For those of you with Pacers, you may have two different pacers but only one can run with you at a time. They can join you at either the Okataina, Blue Lake or Redwoods aid stations – joining at any other points will result in disqualification. Please make sure your pace runner or runners come to Athlete Check-In with you.

Make sure you've also got all the key dates and times for next week in your diary – you can check these on the **website** or in the **Tarawera Ultramarathon app**.

Safe travels and I look forward to meeting you next week!

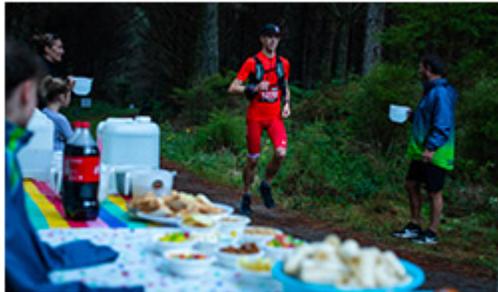
Tim Day
Race Director



Facebook Q&A with Tim and Paul

If you missed it, you can watch our Facebook Live Q&A with Tim and Paul back before you head to Rotorua.

Watch it now >



Aid Stations

Aid stations will be well stocked with food, drinks, sunblock and all will have toilets.

Find out more >



This email was sent to mitch.murcott@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

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