



Tarawera Ultra-Trail New Zealand

BY

UTMB®

Runner Guide



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Welcome to Tarawera Ultra-Trail by UTMB. Our team can't wait to welcome you to the and diverse landscapes of the Rotorua region for the 15th year running of this event.

Tarawera Ultra-Trail by UTMB is designed to showcase what Trails Full of Heart is all about - stunning natural landscapes, connection with land and people, runnable trails and supported courses - all with the goal of getting you across the finish line. Every course is also designed to capture the stunning Rotorua region. You'll run past lakes and waterfalls, and journey through the lushest green native New Zealand forests.

There's something special about trail running. It brings together people from many different walks of life. It inspires us to dig deep and challenges us both physically and mentally. It creates joy and excitement and at times it humbles us and challenges us to reflect. But above all, trail running brings us together as a community where we share in each other's highs and lows and celebrate the collective achievements of those around us.

We're thrilled that you've chosen to come on this journey with us throughout the Rotorua region. Enjoy your time on the trails and I look forward to seeing you at the start line, along the trails, and crossing the finish line.

Mitch Murcott
Race Director



Event Schedule

Please note the event schedule is up to date as of 24/01/2024 and subject to change.
Please visit the [website](#) for the latest information

Wednesday 14 Feb

12pm	Mandatory gear weather dependent announcement	Village Green, Lakefront Drive, Rotorua
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Thursday 15 Feb

2:00pm – 6:00pm	Athlete Check-In (all distances)	Village Green, Lakefront Drive, Rotorua
2:00pm – 6:00pm	Merchandise Store Open	Village Green, Lakefront Drive, Rotorua
2:00pm – 6:00pm	Race Expo	Village Green, Lakefront Drive, Rotorua
5:30pm	Race Director BBQ (pre-purchased tickets required)	Paradise Valley Springs

Friday 16 Feb

7:00am	Pōhiri Welcome	Te Puia, Hemo Rd, Rotorua
9:00am – 7:00pm	Race Expo	Village Green, Lakefront Drive, Rotorua
9:00am – 8:00pm	Athlete Check-In (all distances)	Village Green, Lakefront Drive, Rotorua
9:00am – 8:00pm	Merchandise Store Open	Village Green, Lakefront Drive, Rotorua
11:00am	TMiler Compulsory Briefing 1	Sir Howard Morrison Centre, Rotorua
12:00pm – 3:00pm	Onsite Bar Open	Village Green, Lakefront Drive, Rotorua
12:00pm	Q&A Session	Village Green, Lakefront Drive, Rotorua
1:00pm	Dirt Church Radio Live Q+A	Village Green, Lakefront Drive, Rotorua
2:00pm	Women in Trail Q+A	Village Green, Lakefront Drive, Rotorua
4:00pm	TMiler Compulsory Briefing 2	Sir Howard Morrison Centre, Rotorua
8:00pm	Drop Bag Cut-off Time	Village Green, Lakefront Drive, Rotorua

Event Schedule

Saturday 17 Feb		
2:00am - 2:30am	Bus to TMiler Start (optional)	Departs from Tutanekai Street (opposite Novotel)
4:00am	Race Start: TMiler	Firmin Field, Kawerau
5:00am - 5:45am	Bus to T50 Start (optional)	Departs from Tutanekai Street (opposite Novotel)
6:00am - 8:00am	Athlete Check-In: T21 ONLY	Village Green, Lakefront Drive, Rotorua
6:00am	Race Start: T50	Te Puia, Hemo Road, Rotorua
6:15am - 6:45am	Bus to T102 Start (optional)	Departs from Tutanekai Street (opposite Novotel)
6:30am - 10:45am	Puarenga Spectator Bus Available	Leaving from Waipa MTB Carpark
7:30am	Race Start: T102	Te Puia, Hemo Road, Rotorua
7:30am - 8:15am	Bus to T21 Start (optional)	Departs from Tutanekai Street (opposite Novotel)
9:30am Saturday - 5:00am Sunday	Okataina Spectator Bus Service	Leaving from Rotoiti Rugby Club
9:00am	Race Start: T21	Lake Tikitapu (Blue Lake) Reserve
10:00am - 5:00pm	Race Expo	Village Green, Lakefront Drive, Rotorua
10:00am - 5:00pm	Merchandise Store Open	Village Green, Lakefront Drive, Rotorua
11:00am - 7:00pm	Onsite Bar	Village Green, Lakefront Drive, Rotorua
5:00pm	Prize Giving: T21 and T50	Village Green, Lakefront Drive, Rotorua
9:00pm	Event Information Closes	Village Green, Lakefront Drive, Rotorua
Sunday 18 Feb		
9:00am - 3:00pm	Race Expo	Village Green, Lakefront Drive, Rotorua
9:00am - 3:00pm	Merchandise Store Open	Village Green, Lakefront Drive, Rotorua
11:00pm - 1:00pm	Onsite Bar Open	Village Green, Lakefront Drive, Rotorua
12:00pm	Prize Giving: T102 and TMiler	Village Green, Lakefront Drive, Rotorua
4:00pm	Final Course Cut-Off Time	Village Green, Lakefront Drive, Rotorua
5:00pm	Info Desk & Drop Bag Collection Closes	Village Green, Lakefront Drive, Rotorua

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Up to date as of 24/01/2024

Athlete Checklist

PRE-EVENT

- Book and confirm accommodation & flights (if applicable).
- Ensure event registration is confirmed (check for confirmation email).
- Familiarise yourself with the Event Schedule (know all check-in/start times).
- Pack Photo ID in your luggage.
- Ensure you have all mandatory gear items needed for your race.
- Familiarise yourself with the course - it is your responsibility to know this on race-day.
- Login to your [ACTIVE My Events Profile](#) to check all your details are correct and make any necessary updates to mobile phone number, support crew information and emergency contact information.
- Any late entry transfers must be completed online by 5:00pm 15th February.
- Get mandatory gear pre-checked at a Macpac store or official gear check locations. Alternatively, prepare your mandatory items to have checked onsite at Athlete Check-In.

ONCE I ARRIVE (PRE-RACE)

- Familiarise yourself with the venue and key areas (check-in, start line, finish line and event information).
- Check-In and collect your race kit and athlete shirt.
- Pack mandatory gear ready for race-day.
- TMiler athletes attend one of the compulsory briefings.
- Drop off your Aid Station drop bags (T50, T102, TMiler) before 8:00pm on Friday 16th February at the designated tent on the Village Green.

RACE-DAY

- Ensure you have all items for your race including race kit and mandatory gear.
- Drop off start line drop bag at your start line – this will be transported to the finish line.
- Be at the start line at least 30 minutes prior to your race start time.
- Receive your medal.
- Collect your drop bags before 5:00pm Sunday 18th February.

POST RACE

- Upload your #medalmonday on your social media platforms. Remember to tag the event #Taraweraultratrail #Trailsfullofheart



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Up to date as of 24/01/2024

Race Kit

RACE NUMBER

Your race number must be visible at all times on the outside of your clothing and on the front of your body.

It must not be worn on your pants or leg. Do not cover your race number with any backpack strap or article of clothing as this can prevent your timing tag from registering at the timing points. Do not fold, bend or cut your race number. Consider using a race belt to attach your number to.



EMERGENCY INSTRUCTIONS

These instructions will be printed on the back of your race bib. Please familiarise yourself with this information. These instructions have the Event Operations Centre phone number on it if you need to call them during your race.

DISPOSABLE TIMING TAG

This is attached to the back of your race bib. Please do not bend, fold, or remove this timing tag.

ATHLETE T-SHIRT (TMILER, T102, T50)

Picking the right size is always tricky, if your t-shirt doesn't quite fit, size swaps will be available from Event Information at the Finish Line Saturday and Sunday.

T-shirt sizes cannot be swapped during Athlete Check-In.

FINISH & AID STATION DROP BAG STICKERS

All runners for T21, T50, T102 and TMiler will receive Start and Finish Drop Bag tags in their race pack. Runners in the T50, T102 and TMiler will also receive aid station drop bag stickers.

Each runner who uses a drop bag, must attach this tag to their bag prior to leaving the bag at the bag tent on the Village Green or the start line.



PACER RACE BIBS

All TMiler pacers must attend Athlete Check-In during the opening times, or at the information tent at the Village Green on race-day. Pacers are required to wear the compulsory race bib provided.

Each TMiler participant has one bib for their pacer/s. The first pacer to check-in will receive the race bib. If pacers are swapping out, then the race bib is to be exchanged at either Tikitapu or Redwoods aid stations.



Pre-Race Information

ATHLETE CHECK-IN

You can attend check-in at your convenience during opening hours. See the Event Schedule on page 3 for times and location.

Athlete Check-In is the beginning of your Tarawera event week, here you will collect your race pack which includes your race number.

When attending Athlete Check-In, you should bring:

- Photo ID (driver's licence or passport)
- Check-In QR Code (which can be found in your registration confirmation email)
- Mandatory gear (if not checked prior)
- Only the person registered can pick up their race bib. Please note there is no race morning check-in (except T21) and race packs will not be posted out prior to the event.

EVENT PARKING

The parking around Village Green is a P180 zone. For more information on parking in Rotorua please visit:

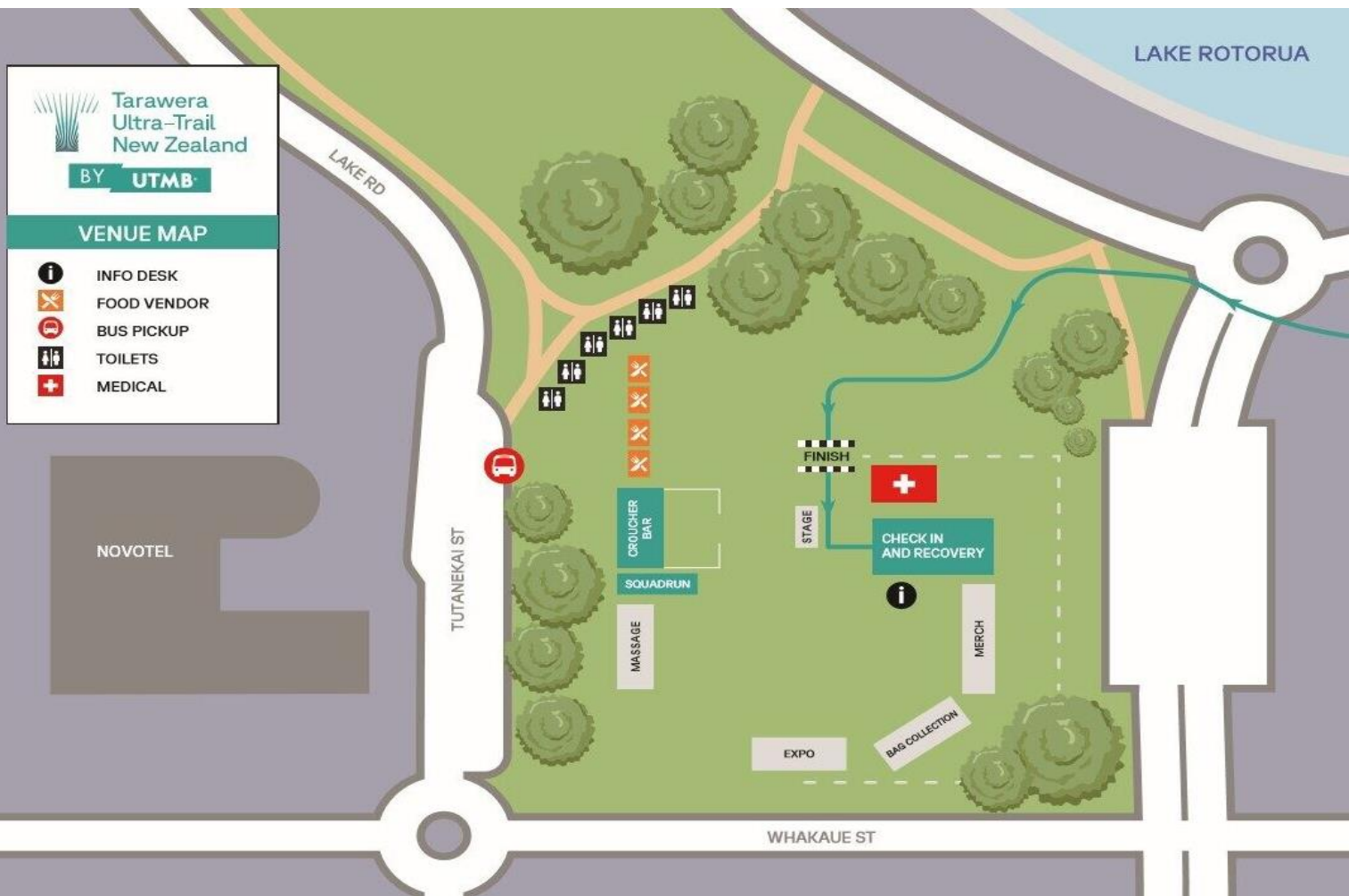
<https://www.rotorualakescouncil.nz/our-services/parking>

CONTINGENCY PLAN

All courses may be required to operate under contingency. The course team is continually monitoring the condition of the tracks. If/when additional contingency plans are needed, you will be notified by the Race Director. This will be communicated by the Event App, Event Website, Social Media, or by the commentator.

VENUE MAP

Please familiarise yourself with our Venue Map below.



Shuttle Bus Information

ATHLETE TRANSPORT

Athlete transport is one way and not suitable for spectators wishing to see their athlete off at the start line, however limited parking is available at each start line.

Shuttle bus tickets are available to purchase online through your [MyEvents](#) account.

Destination	Departing	Departure Time	Cost	Duration
TMiler Start	Tutanekai Street (opposite Novotel)	2:00am - 2:30am	\$12.50	50min
T102 Start	Tutanekai Street (opposite Novotel)	6:15am - 6:45am	\$7.50	10min
T50 Start	Tutanekai Street (opposite Novotel)	5:00am - 5:45am	\$7.50	10min
T21 Start	Tutanekai Street (opposite Novotel)	7:30am - 8:15am	\$7.50	15min

SPECTATOR TRANSPORT

Shuttle bus tickets are available to purchase online through your athlete's [MyEvents](#) account. Under 5yrs are free on all spectator shuttles.

- **Outlet Aid Station:** Cancelled due to increased risk of forest fires – no longer accessible by spectators.
- **Puarenga Aid Station:** Only accessible by shuttle bus.
 - First departure at 6:30am.
 - Travel time: 5 minutes – buses will run on a continuous loop.
 - Final bus departure: 10:45am Saturday.
 - The aid station is a short walk from the drop off point (Planet Bike).
- **Okataina Aid Station:** Road closures in place, only accessible by shuttle bus.
 - Travel time: 20 minutes.
 - Saturday 9:30am – 5pm, buses will depart every 30min
 - Saturday 5pm – Sunday 5am, buses will depart every 60min on the hour
 - The final bus will depart Okataina Aid Station at 6:30am Sunday to return to Rotoiti Rugby Club. Parking is available at the rugby club.

Destination	Departing	Departure Time	Cost	Duration
Puarenga Aid Station	Waipa MTB Carpark	6:30am - 10:45am	\$5.00	5min
Okataina Aid Station	Rotoiti Rugby Club	9:30am Saturday - 5:00am Sunday	\$12.50	20min

Mandatory Gear

MANDATORY GEAR

All runners at Tarawera Ultra-Trail by UTMB are required to carry a set of mandatory gear throughout their race. The [mandatory gear list](#) contains what we believe is the absolute minimum to keep you safe during the event and in unpredictable weather systems. **If you would normally take something extra on a run of this duration, you should still take it.**

The course passes through remote trails, where protection from the elements and medical and support services could be some time/distance from athletes needing assistance. It is therefore imperative that the mandatory gear is carried at all times.

In order to reduce waste, we are a cup-less event. Athletes are strongly advised to carry their own drinking cup, bottle or hydration vest that they can use at aid stations for the selection of drinks. We recommend you also carry water between aid stations.

GEAR LISTS AND STORE LOCATIONS

Macpac stores in New Zealand and Australia can help ensure your Athlete Check-In process is quick and seamless by offering gear checks in-store. Stores will need to complete an online form to submit a successful check. This information comes direct to our event team who will be able to see each athlete's gear check status.

[Macpac Rotorua](#) is your best local store while in Rotorua to get any essential items you may need to pass your gear check.

TMiler Mandatory [Gear List](#)

T102 Mandatory [Gear List](#)

T50 Mandatory [Gear List](#)

T21 Mandatory [Gear List](#)

Mandatory Item	TMILER	T102	T50	T21
1 x long sleeve thermal top (polypropylene, wool)	✓	✓	✓	✓
1 x long leg thermal pants (polypropylene, wool)	✓	✓	✓	✓
1 x waterproof and breathable jacket with fully taped (not critically taped) waterproof seams and hood	✓	✓	✓	✓
1 x Thermal Hat Made from wool/polypropylene/merino	✓	✓	✓	✓
1 x full-fingered lightweight thermal gloves (polypropylene, wool)	✓	✓	✓	✓
1 x headlamp Plus either: one set of spare batteries or a second lamp or portal USB charger	✓	✓	✓	✗
1 x mobile phone in working order with fully charged battery, working SIM card in NZ and in a waterproof container or zip lock bag	✓	✗	✗	✗
1 x survival/bivvy bag (Not a survival blanket)	✓	✗	✗	✗
1 x Self-adhesive bandage (minimum dimensions 40mm wide x 2m)	✓	✗	✗	✗
Water bottle/collapsible cup/hydration vest or bag	✓	✗	✗	✗

Mandatory Gear FAQ's

DO I NEED TO GET MY GEAR CHECKED?

Yes, athletes in the TMiler, T102 and T50 are required to get their mandatory gear checked prior to attending Athlete Check-In. This can be done at an official gear check store or prior to entering check-in at our mandatory gear tent. T21 athletes are still required to have the required items however do not need to get this pre-checked.

DO I NEED TO CARRY ALL MANDATORY ITEMS?

T102, T50 and T21 athletes will be advised at 12-noon Wednesday 14th February if all the mandatory gear listed above must be carried during the race. Based on the expected weather and track conditions, you may not need it all, however we encourage you to plan to need to carry it all and practice this in your training.

WHAT IF I'M MISSING A MANDATORY GEAR ITEM?

No mandatory gear = no start! All athletes should be prepared for random spot checks, and if you are missing any item, you will not be allowed to continue until the item can be replaced. **You will also receive a time penalty.** Athletes must carry the mandatory gear at all times during the race.

OUTSIDE OF THE MANDATORY ITEMS, WHAT ELSE SHOULD I CARRY?

More substantial first aid kit, spare socks, sunscreen, cap or sun hat, collapsible cup or hydration vest.

CAN I GET MY GEAR CHECKED AT ATHLETE CHECK-IN?

Yes, mandatory gear checks will be available at Athlete Check-In. Please refer to the [event schedule](#) for Check-In hours



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Aid Station Information



AID STATIONS ON COURSE

The aid stations at Tarawera Ultra-Trail are a feast.

Aid Stations are stocked with:

- Lollies
- Potato chips
- Sandwiches (jam, honey, chocolate spread)
- Fruit (bananas, oranges, watermelon)
- Ice
- Water
- Nääk nutrition (electrolyte, bars, waffles)
- Soft drinks (cola, ginger beer, mountain dew)
- Pure gels (pineapple and cola + caffeine)

Please note, some of the items listed above may not be available at all aid stations.

WE ARE A CUP-LESS EVENT

In an effort to cut down on waste, we will have no drinking cups at Aid Stations. You will need to carry a cup or hydration pack with you. Limited stock of hydration packs will be available at the event merchandise, but we encourage you to purchase one in advance and use it in your training.



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Fibular Stripes

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Less chance of sprained ankles

MICRO GAINS, MACRO RESULTS.



Drop Bags

DO'S

Drop off Friday 16th Feb, 9am – 8pm

Collect before Sunday 18th Feb, 5pm
The contents of any drop bags not collected by this time will be donated

Move your bag to the 'used' pile at aid stations once you're done with it

Use one soft, collapsible bag for each location

Be prepared for it to be exposed to the weather e.g. hot, wet grass

Be kind to aid station and drop bag volunteers

DON'TS

Pack mandatory gear (this must be on you at all times)

Pack valuables e.g. phone, wallet, jewellery – leave these at home or with your support crew

Pack the kitchen sink

Use plastic boxes, suitcases, or hard bags

Have one bag for multiple aid stations - our team cannot move bags between locations

START LINE DROP BAG

Distances TMiler, T102, T50, T21

What to pack Items you want to take to the start line but do not want to run with e.g. warm jacket

Drop off Start line

Collection Village Green drop bag tent before Sunday 5pm.

AID STATION DROP BAG

Distances TMiler, T102, T50

What to pack Items you want access to at an aid station, but do not want to run the whole way with. e.g. nutrition, change of socks, clothes, shoes, lube. If you will have a support crew, they can act as your drop bag service and you do not need to utilise this service.

Drop off Village Green drop bag tent Friday 9am – 8pm

Collection Village Green drop bag tent before Sunday 5pm.

FINISH LINE DROP BAG

Distances TMiler, T102, T50, T21

What to pack Items you want available when you finish e.g. change of socks/shoes, warm clothes.
Whilst every effort is made to deliver all start line and aid station drop bags back to the finish line before you finish your race, we cannot guarantee this. Please be patient with drop bag staff when collecting your Drop Bags.

Drop off Village Green drop bag tent Friday 9am – 8pm

Collection Village Green drop bag tent before Sunday 5pm.

You will receive an 'Authority to Collect' card at Athlete Check-In. This entitles your support crew to collect your drop bag/s from the finish line or aid stations on your behalf. Please avoid using the drop bag service for aid stations where your support crew will be attending.

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Up to date as of 24/01/2024

Race Day Information

WITHDRAWING FROM THE EVENT

Any withdrawals must be at an Aid Station unless you are assisted from the course by the event Medical Team.

To withdraw at an Aid Station:

Notify the Aid Station staff that you are withdrawing from the event.

After you have withdrawn, the event team will facilitate getting you back to the venue from Aid Stations (if necessary).

If you withdraw from the event at any other safe location and are unable to go to the nearest Aid Station, immediately phone the Event Operations Centre phone number (on the back of your race bib) and state that you are withdrawing from the race.

TOILET/HUMAN WASTE/RUBBISH

There are toilets at the start, finish and every aid station (except Isthmus).

MEDICAL

We will have small first aid kits at every aid station and at the finish line. There will be roaming first aiders on the course for emergencies. A doctor will also be based at Lake Tikitapu and Okataina aid stations in the later stages of the race.

As you prepare for the weekend, please keep the following in mind:

- Say no to NSAIDs - Ibuprofen, nurofen, diclofenac, voltaren, naproxen – sure to cause trouble!
- Drink to thirst - Drink varied fluids, take on food during the race, have a varied intake
- Be prepared for the conditions - Hot, cold, dry or wet – have a plan for a range of conditions
- The race doesn't end at the finish line - Pack warm clothes and a range of food for basking in your success at the finish
- Look out for each other

Each runner is responsible for their own wellbeing and basic first aid, and should carry their own blister pads/band-aids, body lubricant, sunscreen and strapping tape. Please be aware of the effects of dehydration, hypothermia and extreme fatigue. If you are not fit to continue, please withdraw from the race at the next aid station.

If you need to stop, seek shelter from the elements, put on all your dry clothing, get in your survival bag and wrap it as tightly as possible around your whole body.

If you pass an injured runner, please stop to assist them. Record how long you stopped to assist and notify the staff at Event Information, and they will organise to adjust your time accordingly.

Race Day Information

EVENT RULES

You can find the event rules on the website under the [entry info page](#). Failure to comply with these rules can result in penalties or disqualification.

RESULTS

All results will be available online at [UTMB Live](#), on the Results page of the [Tarawera Ultra-Trail by UTMB](#) website and on the Event App.

If you are tracking your athlete you can search their name or race number on our event app. You will be able to see the athletes distance splits, expected finish time and which location they are at on course. Please note, due to the remote nature of the course, some areas may be difficult to get live timing data from.

If you are tracking multiple athletes you can follow your favourite runners so they become top of your athlete list.

PHOTOS

The official event photographer is Sportograf. Post event, photos will be available online for purchase within 48hrs – 72hrs after the race via the [Sportograf Website](#).

Ensure your race number is always completely visible on your front during the race.

Any runners who pre-purchased photos during the registration process will be contacted via email within 48hrs – 72hrs.

EXPECTED FIRST FINISHERS

Athletes and supporters are welcome to join us at the finish line to encourage and celebrate our first finishers in each distance. See key times below:

TMiler First Finisher: 7:00pm

T102 First Finisher: 3:15pm

T50 First Finisher: 9:35am

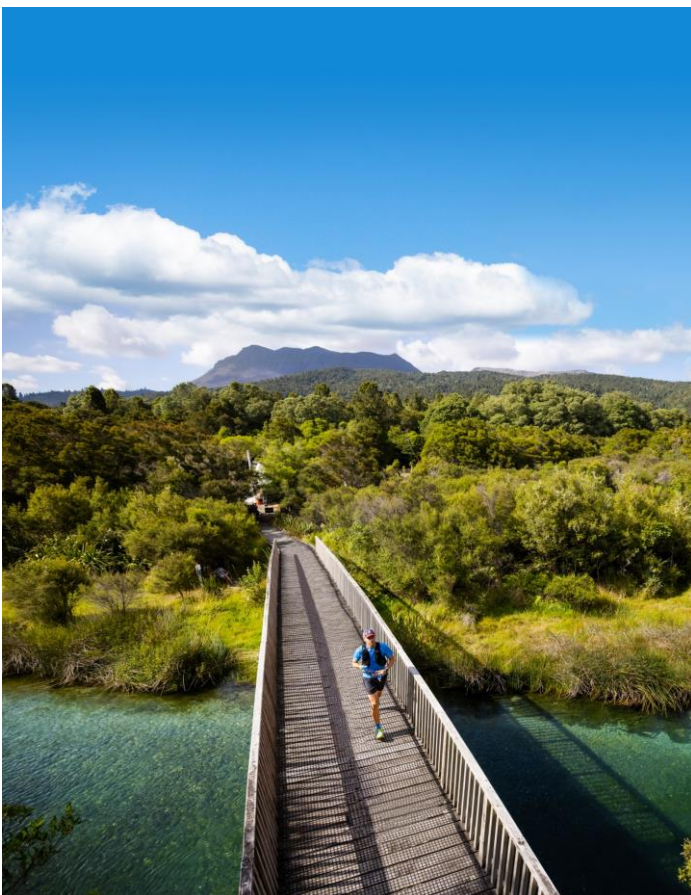
T21 First Finisher: 10:15am

Please note these times may vary.

LOST PROPERTY

Please scan the QR code to log any lost property that you have found or lost. Our event team will be in contact if we locate your item.

To help with locating your missing item please try to include as much detail as possible (model, colour, location lost)





TMILER Information

COURSE DETAILS

- **Distance:** 162.5 km
- **Elevation Gain:** 3832 m
- **Total Allowable Time:** 36 hours
- **Minimum Age:** 18 years of age on race day
- **First Finisher:** 15hr 00min (7:00pm)
- **Final Finisher:** 36hr 00min (4:00pm, Sunday)
- **Self-Seeded Mass Start:** Faster runners to line up at the front.

Safety Info

All TMiler athletes will be provided a high-vis vest to wear from Buried Village for approx 2km until Blue/Green lake carpark.

More safety information is provided in the compulsory TMiler briefing.

Tarawera Ultra-Trail by UTMB courses and details can be found on Capra and on our website.

Click [here](#) to view the TMiler course.

Click [here](#) to view the TMiler profile, map and time chart

RACE BRIEFING

All TMiler athletes are required to attend the Compulsory Briefing at 11:00am OR 4:00pm on Friday 16 February at the Sir Howard Morrison Centre. Athletes will be given a run down of the course, key information to be aware of and how to keep you safe on course. All TMiler athletes must attend ONE of the two briefings.

ATHLETE TRANSPORT

Athlete transport is one way and not suitable for spectators wishing to see their athlete off at the start line, however limited parking is available at each start line.

Shuttle bus tickets are available to purchase online through your [MyEvents](#) account.

AID STATIONS

Please refer to the [website](#) for a summary of Aid Station locations and key timings.

Location	Distance from Start	Cut-Offs	Support Crew	Drop Bags	Pacers	Timing Point
Firmin Field, Kawerau	0km		Y	Y		Y
River Rd	11.1km					
Titoki	20.4km					
Outlet	29.3km	Sat 10:55am		Y		Y
Wihapi (Tonga)	47.5km					
Okahu	56.7km	Sat 5:00pm				Y
Rerewhakaaitu	65.1km	Sat 6:40pm	Y	Y		
Isthmus (incl 1.7km on boat)	73.6km					
Buried Village	88.6km	Sat 11:50pm	Y	Y		Y
Millar 1	100km	Sun 2:25am				Y
Okataina	114.7km	Sun 5:40am	Y	Y	Y	Y
Millar 2	133.1km	Sun 9:30am				Y
Lake Tikitapu (Blue Lake)	144.9km	Sun 12:10pm	Y	Y	Y	Y
Redwoods	155.8km		Y		Y	Y
Village Green, Rotorua	162.5km	Sun 4:00pm	Y	Y		Y



PACERS

Pacers are companion runners that can accompany a TMiler athlete from various points. Pacers run for free but must be registered online no later than 11 February 2024 – register [here](#).

- Pacers MUST register themselves online as they will be required to sign a waiver.
- All Pacers must wear a compulsory race bib number. Pacer(s) must attend Athlete Check-In to collect their bib.
- The minimum age for Pacers is 18 years old.
- Pacers must carry their own set of mandatory clothing and equipment items to match that required by the TMiler athletes.
- Pacers cannot meet their athlete before or after the designated start locations or at intermediate points. Doing so results in disqualification. Refer to the table above for Pacer pick up locations.
- Competitors can use two Pacers – but only one at a time (they must change over at an Aid Station). Okataina, Tikitapu and Redwoods are the Aid Stations pacer can swap over at.
- If you plan to make an exchange, you must hand over your pacer number to the next pacer.
- Pacers are responsible for their own transport, but must use an event bus if accessing Okataina.
- Pacers may not carry extra water, food or equipment for athletes.
- With the exception of an emergency or medical situation, Pacers cannot provide any material or physical assistance to their athletes

SUPPORT CREW

Your support crew can be a big part of your day at Tarawera Ultra-Trail by UTMB. Support crews, please remember;

- You can only assist your athlete at the Aid Stations indicated with spectator access. This includes 200m either side of the Aid Station on course. Outside of these areas support crews cannot provide material support (physical, nutritional, gear or otherwise) to athletes on course.
- Please be courteous to other athletes and support crews at Aid Stations.
- If you intend to meet your support crew at an Aid Station, do not use the drop bag service for this Aid Station.
- Support crews have just as long a day as the athlete. Take the time and care to look after yourselves – plenty of food and water, dress for the conditions, and take the time to rest when you can between meeting points.
- Many roads that access Aid Stations are rural and narrow, windy roads. Please take care on these.
- **The actions of the support crew are the responsibility of the athlete.** Any rules breached by crew will result in penalties or disqualification for the athlete.





102

Information

COURSE DETAILS

- **Distance:** 104.6 km
- **Elevation Gain:** 2680 m
- **Total Allowable Time:** 30 hours 40 minutes
- **Minimum Age:** 18 years of age on race day
- **First Finisher:** 7hr 45min (3:15pm)
- **Final Finisher:** 30hr 40min (2:10pm, Sunday)
- **Self-Seeded Mass Start:** Faster runners to line up at the front.

Tarawera Ultra-Trail by UTMB courses and details can be found on Capra and on our website.

Click [here](#) to view the T102 course

Click [here](#) to view the T102 profile, map and time chart

ATHLETE TRANSPORT

Athlete transport is one way and not suitable for spectators wishing to see their athlete off at the start line, however limited parking is available at each start line.

Shuttle bus tickets are available to purchase online through your [MyEvents](#) account.

AID STATIONS

The T102 has 8 aid Stations along its route, with differing levels of service, support crew access and supplies. The T102 aid stations offer you the opportunity to refuel, rehydrate, see your support crew and prepare for the next leg of your journey! Please refer to the [website](#) for a summary of Aid Station locations and key timings.

Location	Distance from Start	Cut-Offs	Support Crew	Drop Bags	Timing Point
Te Puia	0km			Y	Y
Puarenga	10.7km		Y (Bus Only)		Y
Lake Rotokakahi (Green Lake) 1	22km				Y
Lake Rotokakahi (Green Lake) 2	29.2km	Sat 4:00pm			Y
Millar 1	42.7km	Sat 8:00pm			Y
Okataina	57.2km	Sun 12:15am	Y (Bus Only)	Y	Y
Millar 2	75.4km	Sun 5:40am			Y
Lake Tikitapu (Blue Lake)	87.2km	Sun 9:05am	Y	Y	Y
Redwoods	98.1km		Y		Y
Village Green, Rotorua	104.6km	Sun 2:10pm	Y	Y	Y



102

Information

SUPPORT CREW

Your support crew can be a big part of your day at Tarawera Ultra-Trail by UTMB. Support crews, please remember;

- You can only assist your athlete at the Aid Stations indicated with spectator access. This includes 200m either side of the Aid Station on course. Outside of these areas support crews cannot provide material support (physical, nutritional, gear or otherwise) to athletes on course.
- Please be courteous to other athletes and support crews at Aid Stations.
- If you intend to meet your support crew at an Aid Station, do not use the drop bag service for this Aid Station.
- Support crews have just as long a day as the athlete. Take the time and care to look after yourselves – plenty of food and water, dress for the conditions, and take the time to rest when you can between meeting points.
- Many roads that access Aid Stations are rural and narrow, windy roads. Please take care on these.
- **The actions of the support crew are the responsibility of the athlete.** Any rules breached by crew will result in penalties or disqualification for the athlete.

SAFETY INFORMATION

Every effort is made to remove wasp nests from the all areas of the course, however there may be some wasps present – please carry an EpiPen or medication if you have a known allergy.

There are some sections of the course where there are runners in both directions. Please follow standard trail etiquette and remember in New Zealand we run on the left (unless directed otherwise)!

All roads are open to traffic and all trails are open to other users – please exercise caution.





T50

Information

COURSE DETAILS

- **Distance:** 52.7 km
- **Elevation Gain:** 1166 m
- **Total Allowable Time:** 14 hours
- **Minimum Age:** 18 years of age on race day
- **First Finisher:** 3hr 35min (9:35am)
- **Final Finisher:** 14hr 00min (8:20pm)

Tarawera Ultra-Trail by UTMB courses and details can be found on Capra and on our website.

Click [here](#) to view the T50 course

Click [here](#) to view the T50 profile, map and time chart

START WAVES

The T50 will start in 3 waves, 10 minutes apart. These waves are self-seeded on race morning. Your timing tag will only activate when you cross the start line. To be eligible as an overall placegetter (first five M/F), you must start in Wave A.

Wave A – Expected finish time under 7hrs

Wave B – Expected finish time between 7hrs and 8hrs

Wave C – Expected finish time more than 8 hrs

Please join the wave that best fits you, and follow signage and direction of staff on race morning.

ATHLETE TRANSPORT

Athlete transport is one way and not suitable for spectators wishing to see their athlete off at the start line, however limited parking is available at each start line.

Shuttle bus tickets are available to purchase online through your [MyEvents](#) account.

AID STATIONS

The T50 has 5 aid stations along its route, with differing levels of service and supplies. The T50 aid stations offer you the opportunity to refuel, rehydrate, see your spectators and prepare for the next leg of your journey! Please refer to the [website](#) for a summary of Aid Station locations and key timings.

Location	Distance from Start	Cut-Offs	Support Crew	Drop Bags	Timing Point
Te Puia	0km			Y	Y
Puarenga	10.7km		Y (Bus Only)		Y
Lake Rotokakahi (Green Lake) 1	22km				Y
Lake Rotokakahi (Green Lake) 2	29.2km	2:00pm			Y
Lake Tikitapu (Blue Lake)	35.5km	4:00pm	Y	Y	Y
Redwoods	46.3km		Y		Y
Village Green, Rotorua	52.7km	8:20pm	Y	Y	Y



50

Information

SUPPORT CREW

Your support crew can be a big part of your day at Tarawera Ultra-Trail by UTMB. Support crews, please remember;

- You can only assist your athlete at the Aid Stations indicated with spectator access. This includes 200m either side of the Aid Station on course. Outside of these areas support crews cannot provide material support (physical, nutritional, gear or otherwise) to athletes on course.
- Please be courteous to other athletes and support crews at Aid Stations.
- If you intend to meet your support crew at an Aid Station, do not use the drop bag service for this Aid Station.
- Support crews have just as long a day as the athlete. Take the time and care to look after yourselves – plenty of food and water, dress for the conditions, and take the time to rest when you can between meeting points.
- Many roads that access Aid Stations are rural and narrow, windy roads. Please take care on these.
- **The actions of the support crew are the responsibility of the athlete.** Any rules breached by crew will result in penalties or disqualification for the athlete.

SAFETY INFORMATION

Every effort is made to remove wasp nests from the all areas of the course, however there may be some wasps present – please carry an EpiPen or medication if you have a known allergy.

All roads are open to traffic and all trails are open to other users – please exercise caution.





21

Information

COURSE DETAILS

- **Distance:** 23.1 km
- **Elevation Gain:** 394 m
- **Total Allowable Time:** 9 hours
- **Minimum Age:** 16 years of age on race day
- **First Finisher:** 1hr 15min (10:15am)
- **Final Finisher:** 9hr 00min (6:00pm)
- **Self-Seeded Mass Start:** Faster runners to line up at the front.

Tarawera Ultra-Trail by UTMB courses and details can be found on Capra and on our website.

Click [here](#) to view the T21 course

Click [here](#) to view the T21 profile, map and time chart

ATHLETE TRANSPORT

Athlete transport is one way and not suitable for spectators wishing to see their athlete off at the start line, however limited parking is available at each start line.

Shuttle bus tickets are available to purchase online through your [MyEvents](#) account.

AID STATIONS

The T21 has two aid stations along its route, with differing levels of service and supplies. The T21 aid stations offer you the opportunity to refuel, rehydrate and prepare for the next leg of your journey!

Please refer to the [website](#) for a summary of Aid Station locations and key timings.

Location	Distance from start	Cut-Off hours	Support Crew	Drop Bags	Timing Point
Tikitapu (Blue Lake) Reserve	0km		Y	Y	Y
Lake Tikitapu (Blue Lake)	5.6km		Y		Y
Redwoods	16.5km		Y		Y
Finish	23.1km	6:00pm	Y	Y	Y

SAFETY INFORMATION

Every effort is made to remove wasp nests from the all areas of the course, however there may be some wasps present – please carry an EpiPen or medication if you have a known allergy.

All roads are open to traffic and all trails are open to other users – please exercise caution.



21

Information

FIRST TIMER TIPS...

- Take your time – trail running is about enjoying the journey, not rushing to the finish. Unless you're gunning for a podium spot, take your time, soak in the views, and make the most of your journey.
- Make some friends – trail running is a community sport, and the Tarawera whānau are an epic bunch!
- Stop at the aid stations – with two full-service aid stations on your course, it would be rude not to stop and snack! Fill up your flask, grab some lollies, and fuel up for the next leg of your journey.
- Expect to take longer – trail running, with its hills and trails, is relatively slower than covering the same distance on the road. We usually expect to add around 20% to the time you'd complete on the road for the same distance, so expect to be out on the trails a little longer and prepare for it





ALWAYS REMEMBER YOUR RACE
get your personal pictures on **SPORTOGRAF.COM**



F O T O
S P O R T O G R A F . C O M
F L A T

Prize Giving

TMILER

- All TMiler finishers will receive a highly-prized and exclusive pounamu (carved from New Zealand jade stone) pendant.
- There will be a prize giving for the top 5 overall male and female finishers.

T102

- All T102 finishers will receive a finisher medal.
- There will be a prize giving for the top 5 overall male and female finishers.

T50

- All T50 finishers will receive a finisher medal.
- There will be a prize giving for the top 5 overall male and female finishers.

T21

- All T21 finishers will receive a finisher medal.

PRIZE GIVING TIMES

We invite family, athletes and spectators to attend our prize giving to celebrate our top 5 male/female in each distance of our Tarawera Ultra-Trail By UTMB.

T21 & T50

- 5:00pm Saturday 17th February
- Village Green, Rotorua

T102 & TMiler

- 12:00pm Sunday 18th February
- Village Green, Rotorua



R2_{3.0} CALF SLEEVES



Compression Grid Pattern
Targeted high level muscle support.
Decreasing the risk of injury and cramps.



Waffle Proprioceptive Stripes
Promote microcirculation and lymphatic flow.
Less chance of shin splints & stomach inflammation



Achilles Proprioceptive Stripes
Promotes support and microcirculation to the achilles tendon.
Added support & less inflammation



Fibular Stripes
3D textured yarn activates the fibular muscles, improving balance & stability.
Less chance of sprained ankles

MICRO GAINS, MACRO RESULTS.



COMPRESSPORT®

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Spectators

ON COURSE VIEWING

We ask that Spectators looking to watch their Runners on course at any time during the race, respect road rules and do so in a safe manner. Spectators may cheer on runners but not assist them in any way. Only support crew are permitted to assist runners with nutrition and hydration support, and with dressing blisters or massage etc. See our [website](#) for spectator locations.

RUN HOME FROM REDWOODS

Supporters are welcome to join their athlete on the last stretch of the course from the Redwoods Aid Station.

These supporters run (or walk) for free, but they must register with event staff at the Redwoods Aid Station and receive an event wristband.

Please note: only supporters of the TMiler and T102 may enter the finish chute with their athlete. Supporters of the T50 and T21 are asked to stop before reaching the finish chute.

HOW TO FOLLOW THE RACE



[Live.UTMB.World](#)

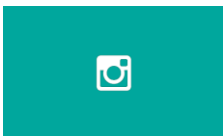
Track runners throughout the race on the interactive and predictive live results platform



Tarawera Ultra-Trail by UTMB App for runner tracking, push notifications and race info.

[Download for Apple](#)

[Download for Android](#)



Social Media

Keep an eye on Facebook and Instagram for race coverage, highlights, updates, content and key moments.

VOLUNTEERS

Tarawera Ultra-Trail by UTMB appreciates the support of volunteers in the delivery of the event. Volunteers make the event possible and are often the most memorable feature of the race for our athletes.

Our dedicated event volunteers will assist, support and motivate you from the start to the finish of your journey.

We encourage you to say THANK YOU to the volunteers whenever possible! Without the volunteers, we simply would not be able to hold this event.

If you are interested in joining the team of volunteers, refer to the [Tarawera Ultra-Trail New Zealand by UTMB website](#) for more information.

LOST PROPERTY

Any lost property that is handed in will be taken to the Event Information. View the [Event Schedule](#) for times and location. If you have lost/found an item please scan the QR code below.

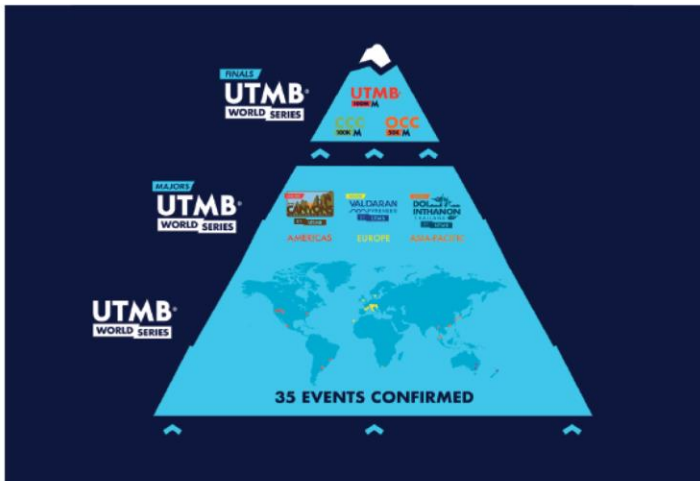
This will notify our team and if we find your item we will contact you. Please include as much information as possible so we can try to locate your missing item as best as we can.



UTMB World Series

UTMB
WORLD SERIES

THE WORLD'S ULTIMATE TRAIL-RUNNING CIRCUIT



Uniting the sport's biggest stars and amateur runners through the best, leading international events in the most stunning locations, the UTMB World Series gives all trail runners the chance to experience the UTMB adventure across the world, and gain access to the UTMB World Series Finals at the pinnacle UTMB Mont-Blanc.

FINALS

Celebrating its 20th Anniversary this year, the mythic UTMB Mont-Blanc is the world's most well-known and revered trail running event on the globe. In the heart of the Alps, the prestigious UTMB World Series Finals is held in 3 categories: the OCC (50K), CCC(100K) and UTMB (100M) every year at the end of August in Chamonix, France.



MAJORS

Three UTMB World Series Majors, are held each year across the Americas, Europe and the Asia-Pacific region. Collect double the amount of Running Stones compared to other UTMB World Series Events for the UTMB World Series Finals lottery. In total 225 runners are also granted automatic qualification for the UTMB World Series Finals through each Major. This includes age-group category winners and the top 10 male and female runners in the 100M, 100K and 50K categories.



UTMB World Series

EVENTS

Get the UTMB experience closer to home. Built on a passion for the mountains with sustainability at its heart, UTMB World Series Events gives all trail runners the chance to experience the UTMB adventure at 35 events around the world. Begin your quest to UTMB Mont-Blanc and the UTMB World Series Finals.



RUNNING STONES

You can only collect Running Stones by finishing races in the 20K, 50K, 100K or 100M category at a UTMB World Series Event or UTMB World Series Major.

Only 1 Running Stone acquired in the past two years is mandatory to enter the lottery. Running Stones are cumulative, have no expiration date, and each Running Stone gives you an additional chance to be drawn in the UTMB World Series Finals lottery.



UTMB® INDEX

The UTMB Index is calculated for each of the 4 UTMB World Series race categories: 20K, 50K, 100k and 100M.



Trail runners are also given a General UTMB Index calculated by combining results from all race categories. A valid UTMB Index is mandatory to enter the UTMB World Series Finals lottery, along with a minimum of 1 Running Stone.

**DO YOU HAVE YOUR
MY UTMB ACCOUNT ?**

THIS IS WHERE YOU CAN SEE IT ALL.



**CHECK IT OUT AT
[UTMB.WORLD](https://www.utmb.world)**

- See your Running Stones count
- Check your UTMB Index
- View your race results
- Get detailed performance statistics
- See your upcoming race registrations
- Share your results with your friends

Event Partners

