

14-15 Feb 2026



Tarawera
Ultra-Trail
New Zealand

BY

UTMB®

Runner Guide



UTMB®
WORLD SERIES

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ROTORUA

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Welcome to Tarawera Ultra-Trail by UTMB. Our team is excited to welcome you back to the trails of the Rotorua region for another unforgettable edition of this iconic event.

Tarawera Ultra-Trail New Zealand by UTMB continues to embody Trails Full of Heart, celebrating our connection to land and people, showcasing the region's natural beauty, and creating courses that are both challenging and deeply rewarding. From lakes and waterfalls to lush native forest, every distance has been crafted to highlight the very best of Rotorua's landscapes.

What makes trail running so unique is the spirit it inspires. It brings together people from all backgrounds, encourages resilience, sparks joy, and reminds us to appreciate both the highs and the difficult moments. Most importantly, it unites us as a community, one that supports, uplifts, and celebrates every runner's journey.

We're thrilled that you've chosen to share this experience with us. Enjoy every step out on these trails, and I look forward to seeing you at the start line, out on course, and celebrating your finish in the Village Green.



Mark Fordham
Operations Manager

Event Schedule

Please note the event schedule is up to date as of 16.01.2026 and subject to change.
Please visit the [website](#) for the latest information

Wednesday 11 Feb

12.00pm	Mandatory gear weather dependent announcement
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Thursday 12 Feb

2:00pm – 8:00pm	Athlete Check-In (all distances)	Village Green, Tutanekai St, Rotorua
2:00pm – 8:00pm	Merchandise Store Open	Village Green, Tutanekai St, Rotorua
2:00pm – 8:00pm	Race Expo	Village Green, Tutanekai St, Rotorua
5:00pm – 8:00pm	Beats & Bites on the Green	Village Green, Tutanekai St, Rotorua
5:00pm – 9:00pm	Rotorua Night Market	Tutanekai Street, from Te Manawa down to Haupapa Street

Friday 13 Feb

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

Event Schedule

Saturday 14 Feb

3:00am – 3:30am	Optional Bus to TMiler Start	Leaving from Village Green, Tutanekai St, Rotorua
4:00am	Race Start (TMiler)	Te Puia, Rotorua
5:00am – 5:30am	Optional Bus to T102 Start	Leaving from Village Green, Tutanekai St, Rotorua
5:45am – 6:30am	Optional Bus to T50 Start	Leaving from Village Green, Tutanekai St, Rotorua
7:00am – 9:00am	Athlete Check-In: T21 ONLY	Village Green, Tutanekai St, Rotorua
7:00am – 7:20am	Race Start (T102)	Firmin Field, Kawerau
7:00am – 7:36am	Race Start (T50)	Te Puia, Rotorua
7:15am – 10:30am	Puarenga Spectator Bus Service Available	Leaving from Waipa MTB Carpark
8:30am – 9:15am	Optional Bus to T21 Start	Leaving from Village Green, Tutanekai St, Rotorua
9:00am	Event Information Open	Village Green, Tutanekai St,, Rotorua
9:30am (Sat) – 5:00am (Sun)	Okataina Spectator Bus Service Available	Leaving from Rotoiti Rugby Club
10:00am – 10:30am	Race Start (T21)	Lake Tikitapu (Blue Lake) Reserve
10:00am – 5:00pm	Race Expo	Village Green, Tutanekai St, Rotorua
10:00am – 5:00pm	Merchandise Store Open & Medal Engraving	Village Green, Tutanekai St, Rotorua
10:30am (Sat) – 4:07pm (Sun)	Race Finishers	Village Green, Tutanekai St, Rotorua
10:00pm – 7:00pm	Onsite Bar Open	Village Green, Tutanekai St, Rotorua
5:00pm	Prize Giving: T21 and T50	Village Green, Tutanekai St, Rotorua
9:00pm	Event Information Closes	Village Green, Tutanekai St, Rotorua

Event Schedule

Sunday 15 Feb

6:00am	Event Information Open	Village Green, Tutanekai St, Rotorua
6:30am – 7:00am	Optional Bus to T14 Start	Leaving from Novotel, opposite Village Green, Tutanekai St, Rotorua
7:30am – 7:50am	Race Start (T14)	Te Puia, Rotorua
9:00am – 3:00pm	Race Expo	Village Green, Tutanekai St, Rotorua
9:00am – 3:00pm	Merchandise Store Open	Village Green, Tutanekai St, Rotorua
11:00pm – 4:00pm	Onsite Bar Open	Village Green, Tutanekai St, Rotorua
12:30pm	Prize Giving: T14, T102 and TMiler	Village Green, Tutanekai St, Rotorua
4:07pm	Final Course Cut-Off Time	Village Green, Tutanekai St, Rotorua
5:00pm	Info Desk & Drop Bag Collection Closes	Village Green, Tutanekai St, Rotorua

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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 [Participant Dashboard](#) 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 on 13 February 2026.
- ☐ TMiler & T102 athletes, get your mandatory gear pre-checked at an official gear check store. 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.
- ☐ Pack mandatory gear ready for race-day.
- ☐ TMiler athletes attend one of the compulsory briefings at 11am or 4pm Friday 13 February.
- ☐ Drop off your Aid Station drop bags (T50, T102, TMiler) before 8:00pm on Friday 13 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, or Pounamu for the Miler.
- ☐ Collect your drop bags from the Village Green before 5:00pm Sunday 15 February.

POST RACE

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



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 locations.

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

EVENT PARKING

There is no dedicated event parking for the Village Green. Please refer to the [Rotorua Council website](#) for details on parking within the city.

VENUE MAP

Please familiarise yourself with our Venue Map below.



Race Kit

RACE NUMBER

Your race number must always be visible 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.



Located on the front of your bib, you'll notice a circle (bottom right-hand corner) indicating your start group allocation. The order of start groups is as per below from left (fastest) to right (slowest).



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.



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 BAG TIMING TAG

All T102/TMiler athletes are required to attach the bag timing tag to the back of their running backpack/bag, with the cable tie provided. **There is NO bag timing tag for other distances.**

FINISH & AID STATION DROP BAG STICKERS

All athletes will receive Start and Finish Drop Bag stickers in their race pack. Athletes in the T50, T102 and TMiler will also receive aid station drop bag stickers. Each runner who uses a drop bag, must attach this sticker to their bag prior to leaving the bag at the designated tent on the Village Green or start line.



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.



Mandatory Gear

MANDATORY GEAR

Athletes 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 CHECKS FOR TMILER & T102

Athletes in the TMiler and T102 need to have their mandatory gear checked before they can collect their race pack at Athlete Check-in. Official gear check 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.

Mandatory Item	TMILER	T102	T50	T21	T14
1 x long sleeve thermal top (wool/polypropylene)	✓	✓*	✓*	✓*	Recommended
1 x waterproof and breathable jacket with fully taped waterproof seams and hood	✓	✓*	✓*	✓*	Recommended
1 x beanie, balaclava or head sock (Buff)	✓	✓*	✓*	✓*	Recommended
1 x long leg thermal pants (wool/polypropylene)	✓	✓*	✓*	✓*	Recommended
1 x full-fingered lightweight thermal gloves (wool/polypropylene)	✓	✓*	✓*	✓*	Recommended
1 x headlamp, plus either: one set of spare new batteries, a second lamp or portable USB charger	✓	✓*	✓*	✗	✗
1 x mobile phone in working order with fully charged battery, working SIM card in NZ	✓	Recommended	Recommended	Recommended	Recommended
Water bottle/collapsible cup/hydration vest or bag	✓	Recommended	Recommended	Recommended	Recommended
1 x high visibility safety vest	✓	Recommended	✗	✗	✗
1 x emergency survival bag (not a survival blanket)	✓	✗	✗	✗	✗
1 x self-adhesive bandage (minimum dimensions 40mm wide x 2m long)	✓	✗	✗	✗	✗

Items with an * are weather dependent. Athletes will be notified 12pm Wednesday 11 February if they are required

Mandatory Gear FAQ's

DO I NEED TO GET MY GEAR CHECKED?

Yes, athletes in the TMiler and T102 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 and T50 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 11 February if all the mandatory gear listed on the prior page must be carried during the race.

Some items are weather dependent. 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, collapsable 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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WITH COMPRESSPORT
BY YOUR SIDE.**



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WE SUPPORT YOU.**

Drop Bags

DO'S

Drop off Friday 13th Feb, 9am – 8pm Village Green, Lakefront Drive, Rotorua

Collect before Sunday 15th 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. Consider packing items in a waterproof bag inside your collapsible bag.

Be kind to aid station and drop bag volunteers

DONT'S

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

Pack glass

START LINE DROP BAG

Distances TMiler, T102, T50, T21, T14

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, T14

What to pack Items you want 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.

Start Line Buses

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.

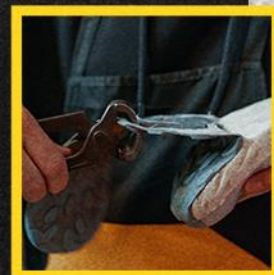
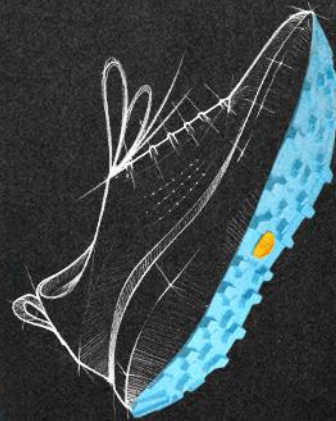
Shuttle bus tickets are available to purchase online through your [Participant Dashboard](#).

Destination	Departure Location	Departure Time	Cost	Duration
TMiler Start	Tutanekai Street (opposite Novotel)	3:00am – 3:30am	\$8	10min
T102 Start	Tutanekai Street (opposite Novotel)	5:00am – 5:30am	\$13	60min
T50 Start	Tutanekai Street (opposite Novotel)	5:45am – 6:30am	\$8	10min
T21 Start	Tutanekai Street (opposite Novotel)	8:30am – 9:15am	\$8	20min
T14 Start	Novotel (front entrance)	6:30am – 7:00am	\$8	10min

Note: those athletes in the Pink and Red start groups should aim for the earliest bus departures.



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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.

SAFETY

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

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

Please ensure the emergency contact details on your registration profile are up to date, and your primary contact is aware and will be contactable during this time.

Mobile phone coverage across the course ranges from excellent to non-existent. In the instance of an emergency situation where you need to call the Event Operations Centre, and you're in an area without reception:

- Follow the course or retrace your steps to higher ground to regain signal.
- Do not leave the track.
- If you're unable to move, send another runner to find reception. Text messages may succeed where calls fail. If you send a text and receive a reply, your message has been received. If there's no response, move to a location on the track with better reception and resend your message until you get a reply. If you have limited reception and need urgent emergency help, try calling 111 — your phone will automatically connect to any available mobile network. If you still cannot get coverage, move to a location where you can receive a signal. Stay in that area until you receive further instructions from event staff.

Race Day Information - Medical

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.



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Race Day Information

WITHDRAWING FROM THE EVENT

Any runner withdrawal must be at an aid station, unless they are assisted from the course by the event Medical Team. If your runner wishes to withdraw at an aid station:

- Ensure that they notify the aid station staff that they are withdrawing from the event.
- The runner completes and signs the Withdrawal Form.

After your runner has withdrawn, the event team will facilitate getting them back to the Village Green from the aid station. Runners are permitted to be transported from the aid station, after being withdrawn, by their support crew. If you are collecting your withdrawn runner, please advise the aid station team prior to leaving.

If the runner withdraws from the event at any other safe location, and are unable to go to the nearest aid station to complete the withdrawal form, they must immediately phone the Event Operations Centre via +64 21 081 98418 (also on the back of the runner's race bib) to state that they are withdrawing from the race. Notifying the Event Operations Centre as soon as possible will help prevent unnecessary searches and calls being made to emergency contacts.

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.

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.

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).

2026 Tarawera Ultra-Trail by UTMB Lost Property Form



Course

COURSE MARKING

All courses are marked with a combination of pink flagging tape with reflective strips, and red arrows on white background.

Pink flagging tape will be displayed at least every 500m along the entire route. At major intersections the Wrong Way will also be marked with yellow X signs.

It is the responsibility for each runner to know the course and follow the course map for a general idea of where they are at all times. Refer to the race pages on the event website for maps, course descriptions, and GPX files of the course.

Courses have been measured using GPS data and mapping software, and measurements are as close as possible to those advertised. Personal GPS devices are likely to show discrepancies up to approx. 3-5% from those shown.

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 Operations Manager. This will be communicated by the Event App, Event Website, Social Media, or by the commentator.

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TRAIL ETIQUETTE

Please follow standard trail etiquette and remember, in New Zealand we run on the left and pass on the right (unless directed otherwise)!

There is limited opportunity to pass on some tracks. It is very important that you let people pass, especially if they have asked to do so. Use good trail etiquette when requesting to pass and when allowing others to pass you.

Always respect your fellow runners. If you hear someone yell out advising they'd like to pass, please move to the side where possible. (This isn't them being rude, rather the only way they can advise). Yell back from time to time to ask if anyone wishes to pass. This is a long and challenging race, which encourages camaraderie and respect between runners. You will all battle the course and may struggle within yourselves however we ask that you don't battle fellow runners. We ask that each and every one of you are respectful of each other and allow others to pass when requested.



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Aid Stations

There are a number of aid stations on course for each distance, which provide athletes with the chance to stop and refill bottles, stock up on nutrition, see support crew and pacers (where applicable) and access drop bags.

Aid stations are marked on course maps, and a table with the details of each is found under the distance specific section of this Runner Guide pages 18-26, and the [race details](#) page of the website.

AID STATION SUPPLIES

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

Aid Stations are stocked with:

- Lollies
- Potato chips
- Sandwiches (jam, honey, chocolate spread, marmite)
- Fruit (bananas, oranges, watermelon)
- Ice
- Water
- Nääk nutrition (drink mix, waffles, gels)
- Soft drinks (coke, ginger beer, mountain dew)

Refer to the distance specific section of this Runner Guide on pages 18-26 for further information on item availability.

While we do our best to provide gluten-free and vegan options, availability may vary throughout the event. We recommend athletes with dietary requirements plan accordingly.

Toilets and feminine hygiene products will be available at ALL aid station locations, except Isthmus.



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. If you don't want to use the same cup for cold and hot drinks then we suggest bringing two.



ULTRA ENERGY™ DRINK MIX

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COURSE DETAILS

- **Distance:** 163.0 km
- **Elevation Gain:** 3800 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 (4:07pm, Sunday)
- **Boat Trip:** at the 46.6km point there is a 1.7km boat trip across Lake Rotomahana. This distance is included in the overall distance. The trip typically takes 5mins, and the timing is included in your race (i.e the clock is not paused)

RACE BRIEFING

All TMiler athletes are required to attend the Compulsory Briefing at 11:00am OR 4:00pm on Friday 13 February at the Novotel (opposite the Village Green). 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. Pacers are not required to attend. Due to space constraints, we ask that only registered TMiler athletes attend the Briefing, not Support Crew or Spectators.

START PROCESS

During the registration process, you will have selected your appropriate start group and this will be printed on your race bib. Follow signage and direction of staff on race morning to find your appropriate start group.

The TMiler will start in a mass start i.e there is one race start and all athletes will start together. The start line will close at 4:07am. Your timing tag will only activate when you cross the start line.

AID STATION SUMMARY

Location	Distance from Start	Cut-Offs	Support Crew	Drop Bags	Pacers	Timing Point
Te Puia (Start)	0km		Y	Y		Y
Puarenga	10.6km		Y			Y
Rotokakahi (Green Lake)	21.5km		N			Y
Buried Village	29.9km	Sat 10:45am	Y	Y		Y
Isthmus	45.5km		N			N
Rerewhakaaitu	56.0km	Sat 4:30pm	Y	Y		Y
Okahu	66.2km		N			Y
Hawea	75.8km		N			N
Outlet	88.8km	Sat 11:45pm	N	Y		Y
Otamuri	102.7km		N			Y
Rotoiti	113.5km		N			N
Okataina	118.6km	Sun 6:20am	Y (bus only)	Y	Y	Y
Millar	133.9km		N		Y (no change of pacer)	Y
Tikitapu (Blue Lake)	145.9km	Sun 12:20pm	Y	Y	Y	Y
Redwoods	155.7km	Sun 2:30pm	Y		Y	Y
Village Green (Finish)	163.0km	Sun 4:07pm	Y	Y		Y

Note: there are toilets at all aid stations, except Isthmus.



MILER

Information

AID STATION SUPPLIES

	Water	NAAK Drink Mix	Soft Drinks	NAAK Waffles	NAAK Gels	Lollies	Potato Chips	Pretzels	Bananas	Oranges	Watermelon	Salt	Bread & Spreads*	Tea/Coffee/Milo	Soup/Noodles**	Pizza	Sunscreen/Vaseline	Hygiene Products
Puarenga																		
Rotokakahi (Green Lake)																		
Buried Village																		
Isthmus																		
Rerewhakaaitu																		
Okahu																		
Hawea																		
Outlet																		
Otamuri																		
Rotoiti																		
Okataina																		
Millar																		
Tikitapu (Blue Lake)																		
Redwoods																		
Village Green (Finish)																		

*GF bread available

**GF & vegan options available

Item available

Item not available

HIGH-VIS VEST

All TMiler athletes must wear their high-vis vest on the road section from Blue/Green Lake carpark to Buried Village. More safety information is provided in the compulsory TMiler briefing.

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 2026 – 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



COURSE DETAILS

- **Distance:** 101.9 km
- **Elevation Gain:** 2300 m
- **Total Allowable Time:** 30 hours
- **Minimum Age:** 18 years of age on race day
- **First Finisher:** 7hr 45min (2:45pm)
- **Final Finisher:** 30hr 00min (1:20pm, Sunday)

START PROCESS

During the registration process, you will have selected your appropriate start group. Your selected start group will be printed on your race bib. Follow signage and direction of staff on race morning to find your appropriate start group.

To help ease congestion on the course and ensure an enjoyable and safe race for everyone, the T102 will start in waves with the following estimated start times for each group:

- **Pink & Red:** 7:00am
- **Green:** 7:04am
- **Blue:** 7:10am
- **Yellow:** 7:16am

The start line will close at 7:20am. Your timing tag will only activate when you cross the start line.

AID STATION SUMMARY

Location	Distance from Start	Cut-Offs	Support Crew	Drop Bags	Timing Point
Firmin Field (start)	0km		Y	Y	Y
Titoki	13.7km		N		N
Outlet	27.6km	Sat 3:30pm	N		Y
Otamuri	41.7km		N	Y	Y
Rotoiti	52.4km		N		N
Okataina	57.5km	Sun 12:20am	Y (bus only)	Y	Y
Millar	72.7km		N		Y
Tikitapu (Blue Lake)	84.8km	Sun 8:15am	Y	Y	Y
Redwoods	94.7km	Sun 11:10am	Y		Y
Village Green (finish)	101.9km	Sun 1:20pm	Y	Y	Y

AID STATION SUPPLIES

	Water	NAAK Drink Mix	Soft Drinks	NAAK Waffles	NAAK Gels	Lollies	Potato Chips	Pretzels	Bananas	Oranges	Watermelon	Salt	Bread & Spreads*	Tea/Coffee/Milo	Soup/Noodles**	Pizza	Sunscreen/Vaseline ^e	Hygiene Products
Titoki																		
Outlet																		
Otamuri																		
Rotoiti																		
Okataina																		
Millar																		
Tikitapu (Blue Lake)																		
Redwoods																		
Village Green (finish)																		

*GF bread available

**GF & vegan options available

 Item available

 Item not available



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RUNNING





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COURSE DETAILS

- Distance: 52.1 km
- Elevation Gain: 1150 m
- Total Allowable Time: 14 hours
- Minimum Age: 18 years of age on race day
- First Finisher: 3hr 30min (10:30am)
- Final Finisher: 14hr 00min (9:36pm)

START PROCESS

During the registration process, you will have selected your appropriate start group. Your selected start group will be printed on your race bib. Follow signage and direction of staff on race morning to find your appropriate start group.

To help ease congestion on the course and ensure an enjoyable and safe race for everyone, the T50 will start in waves with the following estimated start times for each group:

- Pink & Red: 7:00am
- Green: 7:06am
- Blue: 7:18am
- Yellow: 7:29am

The start line will close at 7:36am. Your timing tag will only activate when you cross the start line.

AID STATION SUMMARY

Location	Distance from Start	Cut-Offs	Support Crew	Drop Bags	Timing Point
Te Puia (start)	0km		Y	Y	Y
Puarenga	10.5km	10:25am	Y (bus only)		Y
Rotokakahi (Green Lake)	21.5km				Y
Tikitapu (Blue Lake)	35.4km	5:00pm	Y	Y	Y
Redwoods	45.3km	7:45pm	Y		Y
Village Green (finish)	52.1km	9:36pm	Y	Y	Y

AID STATION SUPPLIES

	Water	NAAK Drink Mix	Soft Drinks	NAAK Waffles	NAAK Gels	Lollies	Potato Chips	Pretzels	Bananas	Oranges	Watermelon	Salt	Bread & Spreads*	Sunscreen/Vaseline	Hygiene Products
Puarenga															
Rotokakahi (Green Lake)															
Tikitapu (Blue Lake)															
Redwoods															
Village Green (finish)															

*GF bread available

**GF & vegan options available

 Item available

 Item not available



Information

COURSE DETAILS

- Distance: 23.0 km
- Elevation Gain: 400 m
- Total Allowable Time: 9 hours
- Minimum Age: 16 years of age on race day
- First Finisher: 1hr 15min (11:15am)
- Final Finisher: 9hr 00min (7:30pm)

START PROCESS

During the registration process, you will have selected your appropriate start group. Your selected start group will be printed on your race bib. Follow signage and direction of staff on race morning to find your appropriate start group.

To help ease congestion on the course and ensure an enjoyable and safe race for everyone, the T21 will start in waves with the following estimated start times for each group:

- Pink & Red: 10:00am
- Green: 10:05am
- Blue: 10:13am
- Yellow: 10:22am

The start line will close at 10:30am. Your timing tag will only activate when you cross the start line.

AID STATION SUMMARY

Location	Distance from start	Cut-Offs	Spectators	Drop Bags	Timing Point
Tikitapu (Blue Lake) Reserve	0km		Y	Y	Y
Lake Tikitapu (Blue Lake)	6km		Y		Y
Redwoods	15.8km	4:40pm	Y		Y
Village Green (finish)	23.0km	7:30pm	Y	Y	Y

AID STATION SUPPLIES

	Water	NAAK Drink Mix	Soft Drinks	Lollies	Potato Chips	Pretzels	Bananas	Oranges	Watermelon	Salt	Bread & Spreads*	Sunscreen/Vaseline	Hygiene Products
Lake Tikitapu (Blue Lake)													
Redwoods													
Village Green (finish)													

*GF bread available

**GF & vegan options available

 Item available

 Item not available



NEW

SUUNTO X UTMB WORLD SERIES

Limited Edition

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Adventure
starts
here


SUUNTO

COURSE DETAILS

- **Distance:** 13.9 km
- **Elevation Gain:** 161 m
- **Total Allowable Time:** 4 hours
- **Minimum Age:** 14 years of age on race day
- **First Finisher:** 45min (8:15am Sunday)
- **Final Finisher:** 4hr 00min (12:00pm Sunday)

START PROCESS

During the registration process, you will have selected your appropriate start group. Your selected start group will be printed on your race bib. Follow signage and direction of staff on race morning to find your appropriate start group.

The T14 will start in a mass start i.e there is one race start and all athletes will start together.

The start line will close at 7:50am. Your timing tag will only activate when you cross the start line.

AID STATION SUMMARY

Location	Distance from start	Cut-Offs	Spectators	Drop Bags	Timing Point
Te Puia (start)	0km		Y	Y	Y
Rifle Range	7.4km	10:00am	Y		
Village Green (finish)	13.9km	12:00pm	Y	Y	Y

AID STATION SUPPLIES

	Water	NAAK Drink Mix	Soft Drinks	Lollies	Potato Chips	Pretzels	Bananas	Oranges	Watermelon	Salt	Sunscreen/Vaseline	Hygiene Products
Rifle Range												
Village Green (finish)												

*GF bread available
 **GF & vegan options available

 Item available
 Item not available

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 station – with a full-service aid station 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

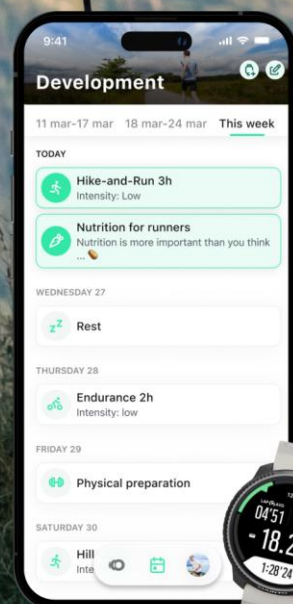
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HOKA

Prize Giving

PRIZE GIVING TIMES

We invite family, athletes and spectators to attend our prize giving to celebrate the top 5 overall male and female finishers, as well as first place in each age category, in each race distance. Prize money will be awarded to the top 3 overall male and female finishers in the TMiler, T102 & T50, and is based on the participant's gun time. To be eligible as an overall (not age category) placegetter, you must start in the Pink group.

T21 & T50

- 5:00pm Saturday 14th February
- Village Green, Rotorua

T14, T102 & TMiler

- 12:30pm Sunday 15th February
- Village Green, Rotorua

	• NZD\$1,500 for first place Male and Female • NZD\$1,000 for second place Male and Female • NZD\$750 for third place Male and Female • Top 3 Male and Female runners will qualify for direct entry into UTMB World Series Finals – UTMB, at the runners cost • Prizes awarded to top 5 overall Male and Female finishers • Prizes awarded to the winner in each age category
	• NZD\$1,500 for first place Male and Female • NZD\$1,000 for second place Male and Female • NZD\$750 for third place Male and Female • Top 3 Male and Female runners will qualify for direct entry into UTMB World Series Finals – CCC, at the runners cost • Prizes awarded to top 5 overall Male and Female finishers • Prizes awarded to the winner in each age category
	• NZD\$1,500 for first place Male and Female • NZD\$1,000 for second place Male and Female • NZD\$750 for third place Male and Female • Top 3 Male and Female runners will qualify for direct entry into UTMB World Series Finals – OCC, at the runners cost • Prizes awarded to top 5 overall Male and Female finishers • Prizes awarded to the winner in each age category
	• Prizes awarded to top 5 overall Male and Female finishers • Prizes awarded to the winner in each age category
	• Prizes awarded to top 5 overall Male and Female finishers • Prizes awarded to the winner in each age category

Spectators & Support Crew

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, T21 & T14 are asked to stop before reaching the finish chute.



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 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.

SUPPORT CREW

Support crew can be a big part of your day at Tarawera Ultra-Trail by UTMB.

For races of the TMiler, T102 and T50, a personal assistant is allowed at aid stations where spectator access is permitted. Aid stations will have an area specifically reserved for this use and **only one** person is allowed within this area to provide assistance. A Support Crew wristband is provided within the athlete race kit that, when worn, permits entry into the Support Crew area 30mins prior to your athlete's expected arrival time. Runners may also go outside the designated Support Crew area to receive assistance to receive support from their whole crew if they wish to, but should remain within 500m of the aid station.

Support crews, please remember;

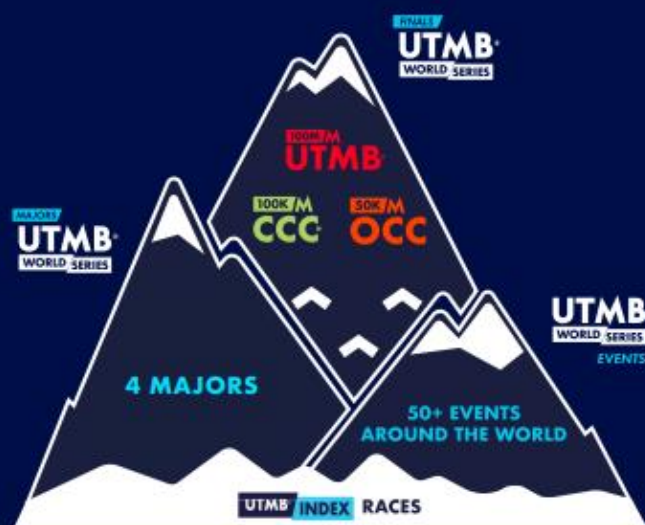
- You can only assist your athlete at the Aid Stations indicated with spectator access. This includes 500m either side of the Aid Station on course. Outside of these areas support crews cannot provide material support (physical, nutritional, gear or otherwise) to athletes on course.
- Please be courteous 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.

For further information on Spectators and Support Crew, please refer to the Spectator Guide.

MEET YOUR EXTRAORDINARY

Uniting trail runners, both elite and amateur alike, through the leading international events in the most stunning locations.

The UTMB® World Series gives all trail runners the chance to experience UTMB® adventure across the world, discovering cultures and sharing trails as they start their quest towards the UTMB® World Series Finals at the pinnacle HOKA UTMB® Mont-Blanc.



FINALS

The mythic **HOKA UTMB Mont-Blanc** is the world's most well-known and revered trail running event on the planet.

In the heart of the Alps, the prestigious **UTMB World Series Finals** are held in 3 categories: the **OCC (50K)**, **CCC® (100K)** and **UTMB® (100M)** every year at the end of August in Chamonix, France.

MAJORS

Four **UTMB World Series Majors**, are held each year across the Americas, Europe, Asia-Pacific and Oceania regions.

Collect double the amount of Running Stones compared to other UTMB World Series Events for the UTMB World Series Finals lottery. In total, 210 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.

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 while showcasing the unique aspects that each race destination offers at over 50 Events around the world.



BEGIN YOUR QUEST TO HOKA UTMB MONT-BLANC AND THE UTMB WORLD SERIES FINALS.



RUNNING STONES: BOOST YOUR CHANCES FOR THE UTMB WORLD SERIES FINALS

Earn Running Stones by completing races in the 20K, 50K, 100K, or 100M categories at any UTMB World Series Event or Major.

- ✓ Running Stones are cumulative and never expire, so you can collect as many as you like over time.
- ✓ You'll need just 1 Running Stone from the past two years to qualify for the Finals lottery.
- ✓ Each Running Stone gives you an extra chance to be selected in the lottery.

Start your journey, gather your Running Stones, and unlock the path to the UTMB World Series Finals!

UTMB INDEX

YOUR TRAIL RUNNING PASSPORT

The **UTMB Index** measures a runner's performance across four race categories: **20K, 50K, 100K, and 100M**, as well as an overall score.

IT'S ESSENTIAL FOR:

- ✓ **Entering the UTMB World Series Finals lottery** (with at least 1 Running Stone).
- ✓ **Defining your start wave** to ensure the best race experience.
- ✓ **Exclusive Race Access:** You benefit from a 48-hour priority registration to UTMB World Series Events. And for some **100K and 100M events** require a valid UTMB Index for safety or lottery pre-registration.

HOW IT WORKS:

- ✓ Your UTMB Index is based on your **top 5 race results** (weighted for recency and performance) over the last **36 months**. At least **1 valid race result** in the past **24 months** is required for a valid UTMB Index.
- ✓ With over **6,000 races worldwide** they are plenty of opportunities to boost your UTMB Index.

Ready to level up your trail running?
Validate or improve your UTMB Index today!

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



CREATE YOUR MY UTMB® ACCOUNT

Manage everything in one place:

- Track your Running Stones and UTMB® Index.
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