



# Athlete & Spectator Guide

*Everything you need to get  
across the finish line*



# Mayors Welcome

The Taupō District is considered the events capital of New Zealand and I believe we can really live up to that name. Each year we welcome many competitors from a huge variety of sports to our district. We love to see all the support behind these events, not only from the participants but also the spectators, sponsors, and the volunteers.

Once again, this year we are honoured to be hosting the Taupō Ultramarathon on Saturday 14 October. This amazing event showcases the very best of what the Taupō District has to offer, giving the competitors access to some of the most amazing trails and views of our beautiful region. We welcome you all, whatever distance you have chosen, you won't be disappointed with the beautiful Great Lake Trail and breath-taking scenery - hopefully you are not running too fast to miss it!

While you are here, we really hope you get the chance to get out and about to further explore our town and wider Taupō District. We are proud of our community; our beautiful lake and all the lovely spots around it. Make sure to take the time to go out into our awesome town if you can.

On behalf of our community, I extend a warm welcome to the athletes, spectators, sponsors and volunteers. We wish all the participants the very best in the Taupō Ultramarathon and hope we put on the weather for you.

Ngā mihi



David J Trewavas JP  
**MAYOR**



# Contents

<b>Event Week.....</b>	<b>4</b>
Schedule .....	4
Registration > Race Numbers.....	5
Compulsory Gear Check > Headlights .....	6
Drop Bags .....	7
CCD > Compulsory Race Briefing > Merchandise > Expo .....	8
<b>Event Day.....</b>	<b>9</b>
Course Map .....	9
Transport > Start Locations > Parking .....	10
Parking.....	11-14
Finish line > Aid Stations .....	15
Cut-off Times.....	16
Course Marking .....	17
Medical Support .....	18
Race Day Tips from Nick Johnston .....	19
<b>Spectators &amp; Crew.....</b>	<b>20</b>
Helpful Information.....	20
Notes .....	21
<b>Post Event.....</b>	<b>22</b>
Prizegiving > Lost Property > Results > Photos .....	22
<b>Event Partners .....</b>	<b>23</b>



# Event Week

## SCHEDULE

FRIDAY 13 OCT	ACTIVITY	LOCATION
4:00pm to 8:00pm	Athlete Check-in, all distances	Great Lake Centre, Story Place Taupo
4:00pm to 8:00pm	Race Expo	Great Lake Centre, Story Place Taupo
5:30pm & 7:00pm	Compulsory Race Briefing (70km & 100km)	Great Lake Centre, Story Place Taupo

SATURDAY 14 OCT	ACTIVITY	LOCATION
3:20am	100km athlete bus departs Taupō i-site	Taupō i-site to Whakaipo Bay
4:00am	100km athlete bus departs Whakaipo Bay	Whakaipo Bay to 100km start
5:30am	100km race start	Waihaha carpark, State Highway 32
7:00am	70km athlete bus departs Whakaipo Bay	Whakaipo Bay to 70km start
8:00am	70km race start	Kinloch Hall, Kinloch Domain
9:00am	50km athlete bus departs Whakaipo Bay	Whakaipo Bay to 50km start
9:45am	Compulsory 50km race briefing	Airstrip on Whangamata Road
10:00am	50km race start	Airstrip on Whangamata Road
10:45am	24km athlete + pacers bus departs Whakaipo Bay	Whakaipo Bay to 24km start
11:45am	Compulsory 24km race briefing	Kinloch Hall, Kinloch Domain
12:15pm	24km race start	Kinloch Hall, Kinloch Domain

SUNDAY 15 OCT	ACTIVITY	LOCATION
11:00am - Midday	Post event prizegiving	Great Lake Centre Theatre, Story Place, Taupo



# Event Week

## REGISTRATION

**When:** Friday 13<sup>th</sup> October, 4:00pm – 8:00pm

**Where:** Great Lake Centre, Story Place, Taupo

### COMPULSORY GEAR & SHOE CHECK – ALL COURSES (AND PACERS)


All participants **MUST** bring their compulsory gear ([see page 6](#)) and clean shoes ([see page 8](#)) with them to register – this includes bringing the compulsory gear & race day shoes for any others you are collecting for. No check = no race number(s).

### DROP BAGS

All drop bags being transported on course ([see page 7](#)) must be handed in at Friday registration.

### 70KM & 100KM

Your race number **MUST** be collected at registration on Friday 14 October and must also attend one of the compulsory race briefing sessions (see page 8).

100km runners will also be weighed at registration & again after the race. This is to identify runners who have gained weight during the event, as this is a potential sign of water excess. [More info here](#) 

### 50KM, 24KM & PACERS

Your race number can be collected **EITHER** at registration on Friday 14 October (preferred option), or at your start line on race day, if necessary. If you intend to collect it at the start line, make sure you allow plenty of time for the compulsory gear & shoe check, etc.

## RACE NUMBERS

### Medical Information

Prior to race day, fill out the required fields on the back of your race number. In the event that you are incapacitated, this info will speed up and improve everyone's ability to help you.

### Timing Chip

Also, on the back of your race number is a timing chip. This will register you crossing the start line, a number of checkpoints on course, and as you cross the finish line. There will be live results available on event day as everyone makes there way through the various checkpoints on course.

You must wear your race bib on your front, so it is visible at all times.



# Event Week

## COMPULSORY GEAR CHECK

There are four compulsory gear options. The decision about which option you will need to take on course will be communicated at least 3 days out from event day, depending on the weather forecast.

While some of this gear may seem excessive, we ask you to carry it for your safety. You may not need it while you are running or walking but if something happens which requires you to stop, you will need it. Parts of the course(s) are on remote and difficult to access terrain, and it can get very cold if you have to stay in one spot for any length of time.

	Option 1	Option 2	Option 3	Option 4
<i>Long sleeve top (polypropene or wool)</i>		✓	✓	✓
<i>Beanie (polypropene or wool)</i>		✓	✓	✓
<i>Survival blanket</i>		✓	✓	✓
<i>Waterproof seam sealed jacket</i>			✓	✓
<i>Gloves (polypropene or wool)</i>			✓	✓
<i>Tights</i>				✓
<i>Headlight (see below)</i>	✓	✓	✓	✓

Gear will be checked at registration and spot checks will also be made on course. Failure to carry the required compulsory equipment will result in disqualification. Please have ALL your gear ready at registration for us to check before you register. Teams only need one set of gear between 4 but it must be carried by the runner of each leg.

## HEADLIGHTS

100km entrants will need lights for the start of the race as it will be dark.



All Ultra distances (50km, 70km, 100km) will also need to have a light for the final 24km leg from Kinloch to Whakaipo Bay if you enter that section after 2:30pm. So, either carry a light with you from the start, or put your light in your last drop bag for pick up at Kinloch. For 100km entrants (without support crew) who don't wish to carry a light all day - this may mean two lights: start and finish.

**No light = No entrance to the final section of trail, which means no finish.**

The last 24km is on remote single trail with no vehicle access, so please ensure you have sufficient illumination and batteries to go the distance.

# Event Week

## DROP BAGS

Although we encourage participants to have supporters and spectators on the course, it is not essential to have a support crew. A drop bag service is available for all 100km, 70km and 50km solo runners. All participants can make use of the finish line drop bag service.



### HOW THE DROP BAG SERVICE WORKS

- Collect the appropriate drop bag label from our registration team.
- Place your clearly labelled drop bags and finish-line bags into the appropriate bin.
- Drop bags must be deposited at race registration before 8pm Friday so that these can be transported out on course for you.
- Once you have used your drop bag at an aid station, move it from the 'unused pile' to the 'used pile' (even if you did not need it). This allows us to transport them back to the finish-line quickly once they have been used.

### DROP BAG COLLECTION

- Drop bags from across the course will be available to collect at the drop bag tent at the finish-line.
- You will be able to collect these by providing your race number to our staff.
- If you are not able to collect your drop bag from the finish-line on race day, these will be available at the Great Lake Centre before and during the prizegiving on Sunday.
- Drop bags not collected at prizegiving should be picked up from 43a Matai St, Taupō before you leave town.

### START LINE GEAR

If you need to take a gear bag to your start line, we will have labels available for you to use at each start location and will bring these back to the finish for you.

### DROP BAG LOCATIONS ON COURSE

100km	Distance	Location
Drop bag 1	29km	End of Hingarae Road
Drop bag 2	50km	Airstrip
Drop bag 3	76km	Kinloch Hall

70km	Distance	Location
Drop bag 1	20km	Airstrip
Drop bag 2	46km	Kinloch Hall

50km	Distance	Location
Drop bag 1	26km	Kinloch Hall

# Event Week

## CHECK CLEAN DRY (CCD) REQUIREMENTS

As part of your compulsory gear checks at registration, we will be inspecting all shoes to make sure they are up to standard. Please come prepared with your shoes clean of any soil, dirt or seeds and make sure they are dry. If they are not, then we will require you to clean them at our cleaning and disinfecting station.



Protect NZ's freshwater from invasive pests such as Didymo - CHECK CLEAN DRY between all waterways.

## COMPULSORY RACE BRIEFING

### 100km & 70km Participants

**Where:** Registration - Great Lake Centre Theatre, Story Place Taupo

**When:** Friday 13 October, 5.30pm and 7.00pm

This briefing is compulsory and includes everything you need to know, including the all-important health, safety, and medical info. You are only required to attend one of the two briefing sessions.

### 50km Participants

**Where:** Start line, Airstrip on Whangamata Road

**When:** 9.45am, Saturday 14 October

### 24km Participants

**Where:** Start line, Kinloch Domain

**When:** 11.45am, Saturday 14 October

## MERCHANDISE & EXPO

If you pre-ordered merchandise when entering online, this can be collected at registration on Friday night.

Thermatech, Salming & Zeenya Clothing will also be onsite with a range of apparel for purchase at discounted event prices.





# Event Day

## COURSE MAP

CLICK ON THE COLOURED ICONS TO SKIP TO PARKING & GENERAL INFORMATION FOR EACH LOCATION



# Event Day

## TRANSPORT

If you purchased a bus ticket when registering for the event, refer to the event schedule below for departure times and locations. When catching the bus on event morning, all we need is your full name (providing you have booked a seat). If you are not sure whether you booked a bus when registering, you can check by logging into your registration to check. [Log in](#)

SATURDAY 14 OCTOBER	ACTIVITY	LOCATION
3:20am	100km athlete bus departs Taupō i-site	Taupō i-site to Whakaipo Bay
4:00am	100km athlete bus departs Whakaipo Bay	Whakaipo Bay to 100km start
7:00am	70km athlete bus departs Whakaipo Bay	Whakaipo Bay to 70km start
9:00am	50km athlete bus departs Whakaipo Bay	Whakaipo Bay to 50km start
10:45am	24km athlete + pacers bus departs Whakaipo Bay	Whakaipo Bay to 24km start

## START LOCATIONS

EVENT	START LOCATION (see below for parking and specific location info)
100km (parking location)	3687 Western Bay Rd, Waihaha
50km	1675 Whangamata Rd
70km, 24km & Pacers	Kinloch Community Hall

## PARKING

**Taupō i-site** - 30 Tongariro Street

There is plenty of short-term parking on Story Place for drop offs.



# Event Day

## PARKING

**📍 100km Start (Parking location) – 3687 Western Bay Rd, Waihaha**

We will be providing free shuttles between the parking location and the start from 4.45am. Spectators are also welcome to catch the free shuttle and there will be return shuttles once the event has started. Allow 1hr for travel time from Taupo – Aim to arrive at 4.45am (if possible) so that you have plenty of time.

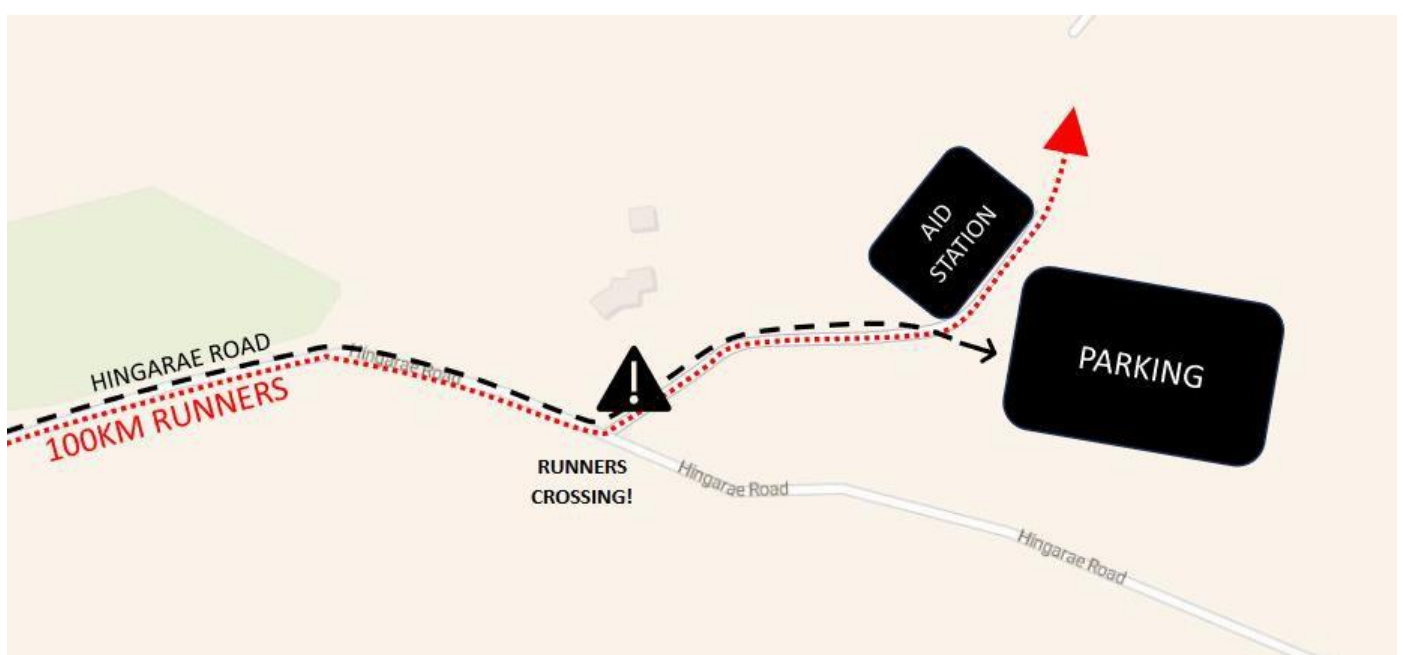
**⚠️ You will not be able to park or be dropped off at the start line.**



**📍 Hingarae Road (Aid station & Relay Point #1) – 521 Hingarae Road**


**⚠️ Take care when parking as the parking entrance (driveway) doubles as part of the course.**

**SUPPORT CREW – Athlete expected time: \_\_\_\_\_**




# Event Day

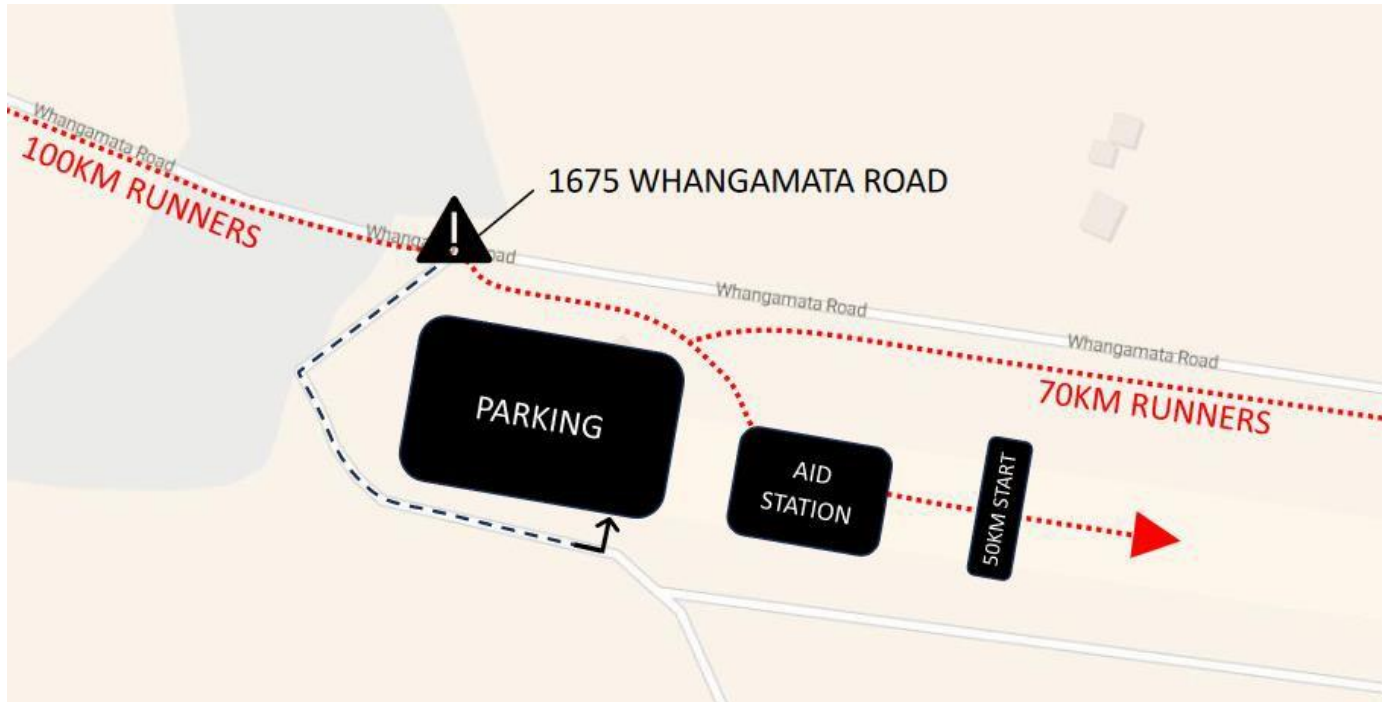
## PARKING

 **50km Start/Airstrip** (Aid station & Relay Point #2) - 1675 Whangamata Rd

This is a major checkpoint/aid station, 100km relay changeover point, and 50km start location.

 Be very careful when entering as 100km runners will be crossing the driveway prior to entering the airstrip. Buses will also be present here, and the driveway is very narrow so please take extra care!


**SUPPORT CREW** – Athlete expected time: \_\_\_\_\_




# Event Day

## PARKING

  **70km & 24km Start/Kinloch + Start Location for Pacers - Kinloch Community Hall**

 Please avoid driving on Mata Place as this is a very busy area, with competitors coming and going all day. Follow the event signage and use the designated parking area.

 There is no vehicle entry into the Kinloch Domain off Mata Place as this is the entry and exit point for the athletes.

**SUPPORT CREW** – Athlete expected time: \_\_\_\_\_



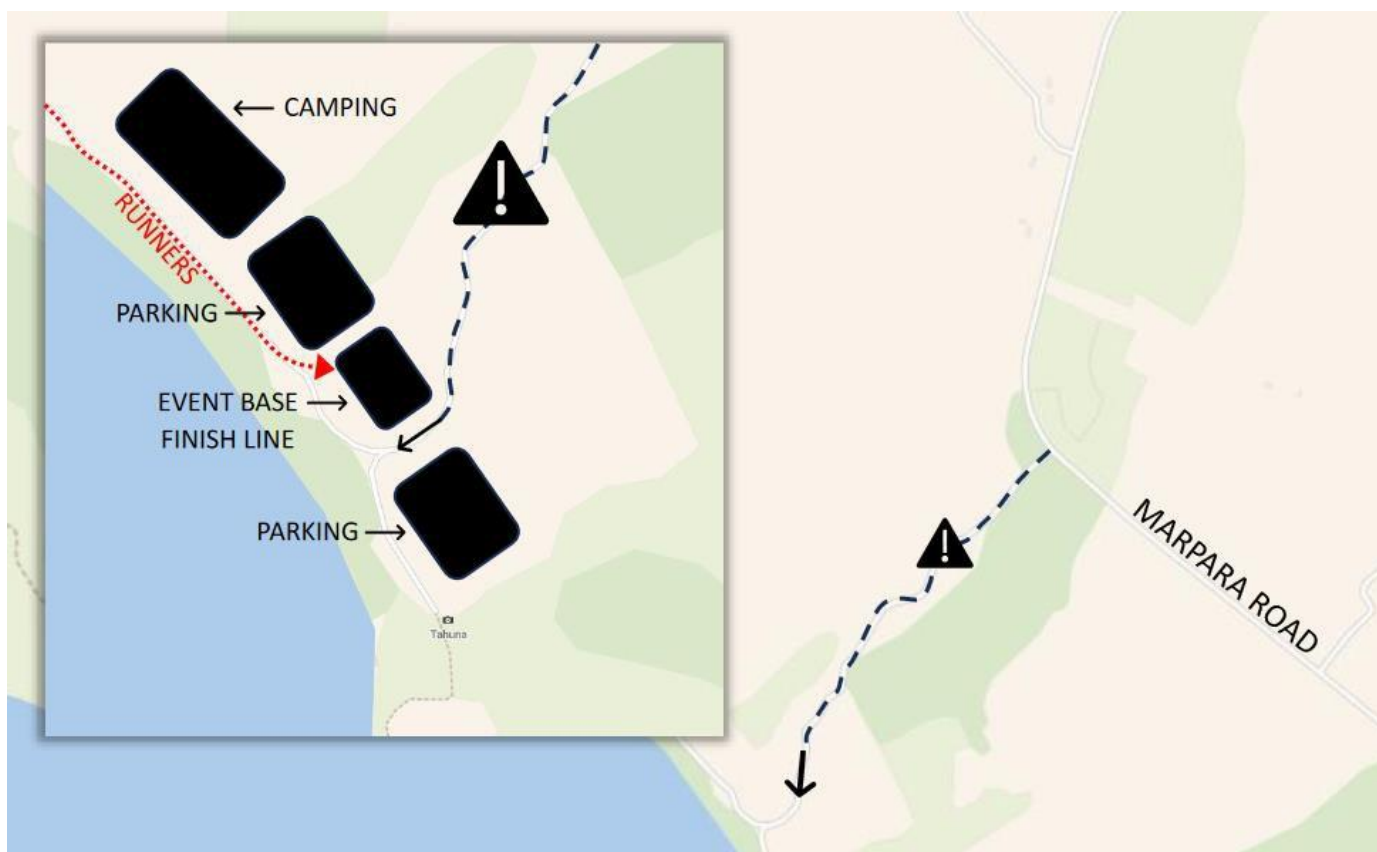
# Event Day

## PARKING

📍 **Whakaipo Bay** (Finish line) – Entrance is near 642 Mapara Road (follow Total Sport signage)

⚠️ Please drive with caution as there is a very narrow 1km long gravel road that leads down to the parking and event base area. For those catching an early bus from here in the morning, it will be very dark so please drive slowly and follow the parking marshal's instructions.

**SUPPORT CREW** – Athlete expected time: \_\_\_\_\_



# Event Day

## FINISH LINE

### Massage

We will have the team from the Massage Clinic Taupo on site from 2pm-6pm offering massage. \$20 for 15min, cash only.

### Food

We will have hot soup, bananas, and a sausage sizzle plus salads (including a vegetarian option) available free for all participants at the finish line. Unfortunately, we are not able to have any other food vendors at Whakaipo Bay, so make sure you have some snacks packed as we won't have anything available for sale.

### Drink

Thanks to our good friends at SPEIGHTS, we will have a selection of ice-cold beer and cider available for all participants at the finish. We will also have a range of options from Almighty sparkling water and R-line electrolyte drink too.

## AID STATIONS

Aid Stations on course will be stocked with lollies, gingernuts, chips, pretzels, sandwiches (peanut butter or vegemite) bananas and oranges, water, R-Line electrolyte drink and coke.

Water & R-Line electrolyte will be available in jugs and water containers to enable competitors to fill up drink bottles or bladders.

**Note:** Sandwiches & Oranges will not be available at the final two aid stations (on the headland).

**In an effort to reduce our footprint, we ask that you please bring either a reusable cup, drink bottle or hydration bladder - there will be no disposable cups available at aid stations.**

### AID STATION DISTANCES \*Spectator access ^Timing mat for tracking ☒Toilet locations

	#1	#2	#3	#4	#5	#6	#7	#8	#9	#10
<b>100KM</b>	13KM <sup>☒</sup>	24KM	29KM <sup>*^☒</sup>	40KM <sup>☒</sup>	50KM <sup>*^☒</sup>	61KM <sup>^☒</sup>	69KM	76KM <sup>*^☒</sup>	82KM <sup>^☒</sup>	92KM <sup>^☒</sup>
<b>70KM</b>	7KM	20KM <sup>*^☒</sup>	31KM <sup>^☒</sup>	39KM	46KM <sup>*^☒</sup>	52KM <sup>^☒</sup>	62KM <sup>^☒</sup>			
<b>50KM</b>	11KM <sup>^☒</sup>	19KM	26KM <sup>*^☒</sup>	32KM <sup>^☒</sup>	42KM <sup>^☒</sup>					
<b>24KM</b>	6KM <sup>^☒</sup>	16KM <sup>^☒</sup>								

# Event Day

## CUT OFF TIMES

This is the time you must **LEAVE** the aid station – not the time you arrive. These will be strictly enforced.

### Hingarae Road

EVENT	CUT OFF TIME	DISTANCE TRAVELLED
100KM	10:45AM	29KM

### The Airstrip – Whangamata Rd

EVENT	CUT OFF TIME	DISTANCE TRAVELLED
100km	2:30PM	50KM
70KM	2:30PM	20KM

### Kinloch Hall

EVENT	CUT OFF TIME	DISTANCE TRAVELLED
100km	7:00PM	76KM
70KM	7:00PM	46KM
50KM	5:00PM	26KM

### Start of the Headland Loop (no spectator access)

EVENT	CUT OFF TIME	DISTANCE TRAVELLED
100km	8:15PM	82KM
70KM	8:15PM	52KM

**\*NOTE:** If you do not reach the 8.15pm cut-off at the beginning of the headland loop, and are required to take the shortcut to finish, you will not receive a 100km finishers medal. You won't go home empty handed however, as we will still have something for you for your huge achievement.

**\*REMINDER:** All Ultra distances (50k, 70k, 100k) will need to have a light for the final 24k leg from Kinloch to Whakaipo Bay if you leave the aid station/checkpoint after 2:30pm. So, either carry a light with you from the start, or put your light in your last drop bag for pick up at Kinloch. For 100k entrants (without support crew) who don't wish to carry a light all day - this may mean two lights: start and finish.

**No light = No entrance to the final section of trail, which means no finish.**

The last 24k is on remote single trail with no vehicle access, so please ensure you have sufficient illumination and batteries to go the distance.



# Event Day

## COURSE MARKING

It is your responsibility to follow the course marking signs and instructions.

### #1 ARROWS

This is what will be primarily indicating the route. There are reflective strips on arrows where participants are expected during the night.

### #2 CAUTION SIGNS

Identified hazards on course have been marked, or made out of bounds, however; hazards can exist at any place and any time. As such, not all hazards can be marked. Please take caution and participate within your individual ability.

### #3 COURSE SPLIT AHEAD

There are a number of split points on the various courses. When you see this sign, pay attention, and don't assume the person in front is doing the same course as you.

### #4 AID STATION SIGN

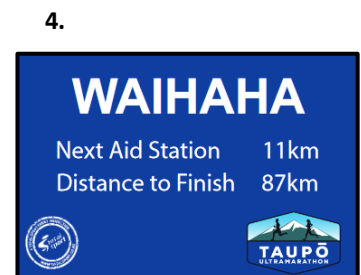
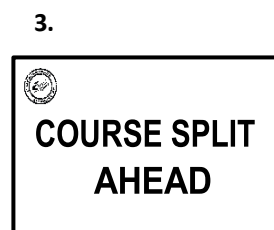
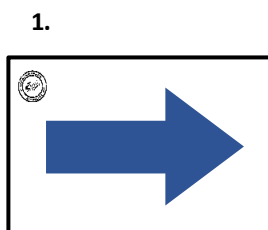
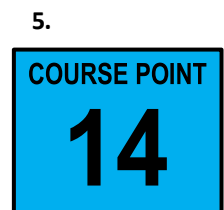
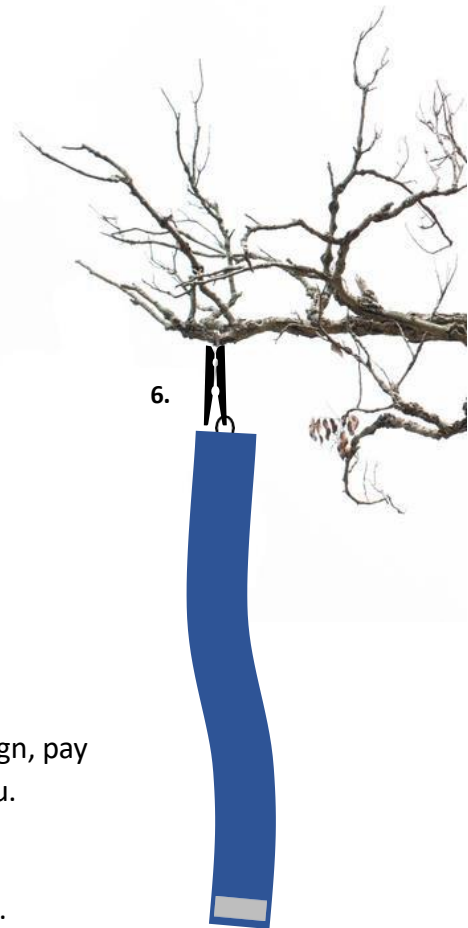
There will be one present at every aid station, they are pretty self-explanatory...

### #5 COURSE POINT SIGNS

These are for event staff and emergency services only, to help with wayfinding.

### #6 COURSE MARKING RIBBONS

These indicate the correct route and have a reflective element for visibility in the dark. Blue ribbons across the ground mean wrong way/do not cross.



# Event Day

## MEDICAL SUPPORT



We have course marshals positioned approximately every eight kms along the route and a team of event medics from PEAK Safety who will be staggered throughout the route also. In addition to this, we will have a medical tent at Kinloch and also at the finish with additional resource.

Should you encounter an incident on course, please:

- Try to communicate with the person and provide assistance, if you are able.
- Send the next participant through to notify the next event official of the situation and location of the incident.
- Once you've finished the course, please report the incident to a member of staff or the medic team.

Given the remoteness of some sections on course, it may take some time to get medical aid to certain locations. This is why we have compulsory equipment. It may be that you don't need the additional layers of clothing, but someone else may need them. Be kind and look out for one another.

### **FIVE SIMPLE RULES FROM THE MEDICAL TEAM**

1. Be prepared for the conditions.
2. Say no to NSAIDs (aspirin, ibuprofen, etc.)
3. Drink to thirst.
4. The race doesn't end at the finish line – have a bag ready with dry clothes etc.
5. Look out for each other!

[Click here to view more detailed medical information](#) 

## WITHDRAWALS

If you need to withdraw for any reason, you must notify an event official e.g., event marshal or course personnel and await instructions. Any runner who is unable to finish the run must personally inform the nearest Aid Station of their decision to withdraw and make sure their race number is recorded.

Athletes who leave the race without officially withdrawing pose a serious risk to the event safety and will trigger an immediate Search and Rescue response. The race reserves the right to pass on any costs associated with an unnecessary search effort if a runner has not bothered to withdraw before leaving the race.

# Event Day

## RACE DAY TIPS FROM NICK JOHNSTON

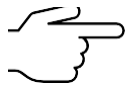
Three-time 100km Taupo Ultramarathon winner (and all-round legend) Nick Johnston shares a few simple tips and pointers to help first time participants have a good day out there and make it to the finish line.



*Practice your nutrition & hydration before the event to make sure you don't have any gut issues during the race.*



*Make sure you do some training runs carrying all your compulsory gear, so the weight isn't a surprise on race day.*



*Watch your footing in the farm section of the course (100km athletes only), there are a few spots where you could roll an ankle.*



*Don't get carried away at the start, it's a long way to go so just take it easy and enjoy the views!*



# Spectators & Crew

## HELPFUL INFORMATION

Please only provide athlete assistance at the designated aid stations – it is a nicer experience and much safer for our runners to have the course route clear of cars.



### COFFEE CARTS

50km startline - Air Strip, Whangamata Road

70km & 24km Startline - Kinloch Domain



### CAFES

[Kinloch General Store & cafe](#) - Mata Place

[L'arte Cafe](#) - 255 Mapara Road (6kms from the finish line at Whakaipo Bay)



### PARTICIPANT TRACKING

Results will be updated live on event day which will enable you to track participant progress as they pass through the various timing checkpoints on course.

Aid stations where there will be timing mats (see page 15): Waihaha, Hingarae, Airstrip, Kawakawa Bay, Kinloch, Headland #1 & Headland #2

LIVE RESULTS LINK: <https://www.taupoultra.co.nz/results>



### SPLITS CHART

Get your athlete's expected times for each aid station/viewpoint and track their progress.

VIEWPOINT	EXPECTED TIME	ACTUAL TIME	DEPARTURE TIME
HINGARAE ROAD			
AIRSTRIP			
KINLOCH			
FINISH			

# Spectators & Crew

## NOTES

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# Post Event

## PRIZEGIVING

We have lots of spot prizes up for grabs, but you must be present to take one home!

Trophies will also be awarded to the first-place male and female in each course distance, as well as the winning mixed, male & female 100km team(s).

**When:** 11.00am - 12.00pm Sunday 15 October

**Where:** [Great Lake Centre Theatre, Story Place Taupo](#)



## LOST PROPERTY

We will take all known lost property to prizegiving for collection (including uncollected drop bags). Any lost property that is unable to be collected at prizegiving can be picked up from 43a Matai St, Taupō before you leave town, or alternatively contact us at [registrations@totalsport.co.nz](mailto:registrations@totalsport.co.nz) to arrange collection.

## RESULTS

Results will be updated live on event day which will enable you to track participant progress as they pass through the various timing checkpoints on course.

**LIVE RESULTS LINK:** <https://www.taupoultra.co.nz/results> 



## EVENT PHOTOS

The dedicated team of legends at Photos4Sale will be out on course and at the finish line all day and night capturing over 20,000 images of you all!

Visit [www.photos4sale.co.nz](http://www.photos4sale.co.nz) to find your personal race images post event. Select Taupō Ultramarathon from the drop-down events list and enter your bib number. If you've forgotten your bib number, you can find this in the results link above. Their unique Pay What You Want initiative means you can decide what the picture is worth to you!



# Event Partners



Thanks to all the landowners and volunteers who make this event possible!

# TAUPO ULTRA



**GO GET IT!**

*You are stronger than you think.*

