

# 2023 Race Guide

**Sunday 27th August 2023**

**Taronga Western Plains Zoo**

**Dubbo**



**DUBBO STAMPEDE**  
**A RUNNING FESTIVAL FOR EVERYONE**

<b>Welcome</b>	<b>4</b>
Sponsors	5
Patron, Ambassadors, Media and Partners	6
Volunteers	6
<b>General Information</b>	<b>7</b>
Race Kit Collection	7
Merchandise	7
First Aid	7
Finishers Rewards	8
Charles Sturt University Schools Challenge	8
iPods, mp3 players, mobile phones, etc.	9
Your Free Taronga Western Plains Zoo Visit Entry	9
Weather	9
Lead Cyclists	9
Results and Certificates	9
Photography	9
Information Stand	9
Lost and Found	9
<b>Race Day Information</b>	<b>10</b>
Arrive early	10
Road closures	10
Driving Instructions and Parking	10
Race Precinct	10
Toilets	11
Food and Drink	11
Competitor Recovery Area	11
Baggage Drop off and Claim	11
Marshalling	11
Self-seeding	11
Date and Event Timings	12

Out on the Course – aid stations, toilets, kilometre markers and marathon wristbands	13
Marathon – wristbands	14
Marathon - Special Needs	14
Prams and Wheelchairs	14
Bikes, Trikes, Scooters, Skates, etc	14
Spectators and Supporters	14
Leaving the Zoo – respect for runners	14
<b>Lastly and importantly</b>	<b>15</b>
<b>Maps</b>	<b>16</b>
Taronga Western Plains Zoo	16
Race Precinct	16
Dingo Dash/Wallaby Wheel Course	17
Cheetah Chase 10km Course	18
Zebra Zoom Half Marathon Course	19
Rhino Ramble Full Marathon Course	20

## 1. Welcome

---

Welcome to the Dubbo Stampede 2023! We hope you have a great time this year whether this is your first event or you are a seasoned veteran. We have seen lots of people hitting the pavement in preparation- so whatever your goal is this year - couch to 5k or the Rhino Ramble Marathon- good luck!

If you are a seasoned campaigner, run well and we hope you hit the elusive PB. Our Jackpots are building to be some of the biggest ever for those chasing the course records.

Some of you may be choosing to race your mates or work colleagues as a fun challenge. We encourage some fair (or unfair) ribbing in this case.

You may also be coming out to walk as a family. Thanks for deciding to pause from the busy mayhem of family life and spend time together. Enjoy the day – it will be worth the effort.

Your involvement is also improving our community. We are working over the longer term to improve the Tracker Riley Pathway. Previously in partnership with Dubbo Regional Council and Titan Macquarie Mud Run, we have extended the River Lighting Project to make this area safer and more accessible to all. One of our cutest recipients has been the Taronga Zoo hospital. Last year we donated to Dubbo Touch Football to provide lighting for many of the local sporting clubs. In 2023 we are extremely proud to be supporting Tradies in Sight, a fantastic local organisation who support the mental health of tradies through workshops and casual functions to help alleviate the stigma that can come with mental health when you are a tradesperson.

If you are visiting Dubbo for the first time, welcome. We are proud of our city and hope the Dubbo Stampede reflects its vibrancy and energy.

On race day, remember to leave for the Zoo early. It's not a long drive from town to the start line, but it will take time as plenty of others will also be arriving. Allow at least 30 mins to get to Taronga Western Plains Zoo and 30 mins to get to your event. You are better off arriving early and stress free than missing the start. There is plenty of parking within the Zoo, so please do not park outside designated areas and follow instructions at all times.

Our big change this year is starting our marathon at 6.30am out the front of the Zoo. This will allow the marathon runners to finish before the heat of the day and there will be more spectators to cheer them in at the earlier finish time.

Please remember safety first and respect cars, cyclists, runners and pedestrians.

Lastly please take the time to notice who supports the Dubbo Stampede. Our sponsors and partners are on the team to build our community and share Dubbo with the world. If you can, show them some Stampede love.

Good luck and see you at the starting line!

**Katie Lyons**  
**2023 Vice President**  
**Dubbo Stampede**



## 1.1 Sponsors

The Dubbo Stampede relies on a very generous group of sponsors and partners. Many of these have been with the Dubbo Stampede since the beginning. We thank them for giving so generously and ask that you support our sponsors wherever you can.

A special mention to the team at Taronga Western Plains Zoo for opening up their facility to the Dubbo Stampede and working with us to help make the event such a success.



## **1.2 Patron, Ambassadors, Media and Partners**

We have been very privileged over the years to have fantastic supporters. Jane Fardell, Andrew Lloyd (Lloydy to all runners!) Robert de Castella are among our ambassadors.

Local radio stations as well as the Daily Liberal and Dubbo Photo News have been a great support in promoting our event.

GU, Neverfail Springs and Woolworths have partnered with the Stampede to provide Energy Gels, Water and fruit.

## **1.3 Volunteers**

In 2023, the Dubbo Stampede will use around 120 volunteers. Our volunteers come from service clubs, church groups, schools, community groups and are a great part of the Dubbo Stampede and of Dubbo.

The Dubbo Stampede volunteers are integral to our event, with key roles in traffic management, drink stations, marshalling runners and lots more.

It makes a volunteers day to have an athlete say thanks. Please say thanks to a great bunch of people on your way around the course!

## 2 General Information

---

### 2.1 Race Kit Collection

Your race kit can be collected on Saturday 26th August 2023 from 1 – 5 pm at Taronga Western Plains Zoo on the grass area near the Visitors Centre. There will be no race packs mailed out.

It is important that runners collect their race kits on Saturday. You can ask a friend to collect your race kit. If you have registered and you do not have a race bib, you cannot run or walk the designated course.

There are allocated disabled parking spots in the zoo car park for Wallaby Wheelers.

Race kit collection will be available for a brief time on Sunday 27th August 2023 from 6am – 6:30am but it may be busy so don't wait until the last minute.

**Any Marathon runners who did not collect their bibs on Saturday will have their bibs taken to the Marathon start line out the front of the Zoo gates for collection at 6am.**

This year, many of our sponsors will be joining us at the Zoo on Saturday/Sunday. There will be an opportunity to find out more about our sponsors and what they do.

**Event placings are determined through gun start.**

### 2.2 Merchandise

A selection of race shirts, singlets, hoodies, sun visors and hats are available to purchase. All merchandise must be ordered online at [www.dubbostampede.com.au](http://www.dubbostampede.com.au).

We are proud to announce we are using paper bags compared with plastic bags as per previous years in our aim to be environmentally friendly.

If you registered and ordered merchandise before midnight 13th August 2023, your purchased merchandise can be picked up on Saturday or Sunday of race weekend with your race bib. Merchandise that is not picked up on the day will be donated to charity.

Merchandise can be ordered until midnight 11th September 2023. If you order between 14<sup>th</sup> August 2023 and 10<sup>th</sup> September 2023, your gear will be posted out AFTER the event. Note, there will be an extra cost per order to cover postage and handling.

### 2.3 First Aid

Runners must ensure they are fit and healthy enough to complete their chosen event. If you feel unwell on the day, then please don't compete. Race organisers reserve the right to withdraw a runner based on medical grounds. Paramedics from NSW Ambulance and members of St John's ambulance or RSA will be on the course and at the race precinct.

A critical incident plan will be in place in conjunction with Taronga Western Plains Zoo. This can be activated by contacting any volunteer, Dubbo Stampede Committee Member, Taronga Western Plains Zoo Staff or St John's Ambulance. If you can't find any of these people, call 000 and follow their instructions.

It is strongly recommended that all competitors have their own personal health insurance, accident or ambulance cover.

## 2.4 Finishers Rewards

### Medals

All registered competitors will be handed a finishers medal when they cross the finish line.

### Trophies, Prize Money and Presentations

This year we are offering a total of **\$11,200** in prize money.

Prize money is provided for 1st, 2nd & 3rd overall male & female winners in each race, plus a plush stuffed toy animal of your race name (they are very cute!). These will be formally presented with a trophy after the race. We do not have age category winner trophies due to increasing event costs and mixed interest (many left unclaimed). The great news is that water bottles are available to all participants as part of your race fees.

Dingo Dash	Cheetah Chase	Zebra Zoom	Rhino Ramble
1st place - \$400	1st place - \$500	1st place - \$700	1st place - \$800
2nd place - \$200	2nd place - \$300	2nd place - \$400	2nd place - \$500
3rd place - \$100	3rd place - \$100	3rd place - \$200	3rd place - \$300

We also have additional jackpots available each year starting from 2018. These increase each year until records are broken, when they reset. 2020 and 2021 are excluded from these jackpots due to Virtual events being held.

The 2023 additional jackpots for new course records are:

- \$100 jackpot prize for the 5km Dingo Dash (male and female) **2023 \$200 (Broken 2018)**
- \$100 jackpot prize for 10km Cheetah Chase (male and female) **2023 \$400**
- \$100 jackpot prize for 21km Zebra Zoom (male) **2023 \$400**
- \$100 jackpot prize for 21km Zebra Zoom (female) **2023 \$400**
- \$200 jackpot prize for 42km rhino ramble (male) **2023 \$200 (Broken 2022)**
- \$200 jackpot prize for 42km rhino ramble (female) **2023 \$800**

See our [Past Events](#) page for previous records.

In the Wallaby Wheel, we are focussing on encouraging participation. There will be a first, second and third trophy available for participants who complete the course unassisted. All participants will receive a Wallaby Wheel Medal and Finishers certificate.

### Jane Fardell Perpetual Award

The Jane Fardell Perpetual Award is for the female winner of the under 19 category in the Zebra Zoom Half marathon.

The award is designed to encourage young female participation in running, not just for winning but the emotional and physical health benefits that are gained from consistent training and exercise.

The presentation of this award will be made at the half marathon presentation on 9:45am race day.

## 2.5 Schools Challenge

Our Schools Challenge is all about getting children, parents and friends active and we offer prizes for small (less than 250 students), medium (between 251 and 450 students) and large (over 451 students) schools.

The winning school in each of the three categories will receive a trophy for display and a \$500 cheque.

Presentations to the winning schools in each category will be made at Taronga Western Plains Zoo on the Dubbo Stampede event day. Schools will be contacted prior regarding details so they can organise students and a member of staff to be present. Thank you to all who have entered events, selecting a school to benefit from their entry. We love seeing so many families and children participating and enjoying the outdoors together.

## 2.6 iPods, mp3 players, mobile phones, etc.

The use of headphones, headsets, iPods, mp3 players and other types of personal audio devices **is very strongly discouraged**. If earpieces are in place, directions from organisers may not be clearly heard. This presents a risk to personal safety. If you use your mobile phone GPS to track your race, we request that earpieces not be used.

## 2.7 Your Free Taronga Western Plains Zoo Visit Entry

Your race entry price entitles you to run around the Zoo, past the animals, during the race. Your race entry **also** entitles you to enter the Zoo circuit free of charge on either Saturday 26th August OR Sunday 27th August 2023 Please note this is a ONE day entry only.

Runners can either go to the ticketing office or straight to the checkpoint at the start of the circuit and enter the Zoo with their race bib. If you decide to go to the Zoo on Saturday before race kit collection begins at 12pm, you will need to provide identification and have your name marked off the registration list at the Zoo circuit entry gate.

## 2.8 Weather

Dubbo's average minimum temperature for late August is 6°C with the average maximum being 19°C – perfect running weather! Please be aware that it can be very cool overnight, and early mornings can be fresh enough for gloves. Runners in longer distance events should be clear on the need for extra hydration as the day warms up.

For precise predictions closer to the day, please visit <http://www.bom.gov.au/nsw/forecasts/dubbo.shtml> or your favourite weather app.

## 2.9 Lead Cyclists

There will be a bicycle rider at the front of each race, approximately 50 metres in front of the runners, guiding the lead runners around the course.

## 2.10 Results and Certificates

Results will be available live by following the results link at the Dubbo Stampede website - <https://www.dubbostampede.com.au/past-events/>

**Results on the day are preliminary only.** Verified results and printable certificates will be available on the web by 5pm on Monday 28th August 2023. Times displayed on the day are preliminary and subject to verification.

All event placings are determined through **gun start**.

## 2.11 Photography

A photo or two is a great way to capture the memories of your time at the Dubbo Stampede. Photos will be on our Facebook page following the event at [www.facebook.com/Dubbostampede](http://www.facebook.com/Dubbostampede)

If you are unable or unwilling to be photographed, please cross your arms in front of your chest when going past the photographer or ensure you speak with the photographer.

Photography will be taking place on event day by professional and volunteer photographers. While we are not able to guarantee that no photos will be taken of participants and spectators. We will endeavour to not take photos or delete photos when requested by a participant.

## 2.12 Information Stand

An Information tent will be located next to the registration tent near the main roundabout on Saturday.

On Sunday the information tent will be located in the main start / finish precinct. Feel free to ask our committee any questions you may have about the event. They will be walking around with blue hi-vis vests.

### **2.13 Lost and Found**

Please bring any articles you have found to the Information Stand. Any articles you have lost, please check to see if they have been handed in to the Information Stand (including small children!)

Articles not claimed on the day will be donated to charity.

## 3 Race Day Information

---

### 3.1 Arrive early

We estimate there will be up to 1,500 participants on the day plus spectators and volunteers.

**Please carpool, arrive early and follow instructions from marshals at all times.**

**Allow at least 30 mins to travel to the Zoo and then 30 mins to get from your car to the start. Stress free and early is the best option. Please allow plenty of time.**

Do not park outside Taronga Western Plains Zoo unless you are specifically directed to do so. There is plenty of designated parking within the Zoo.

Out of town runners who have been unable to pick up their race kit on Saturday, need to be at the zoo between 6am – 6:30am on Sunday 27th August to collect your bib number.

### 3.2 Road closures

Obley Rd is closed from 6.15am – 10.15am. Diversions to Camp Road add around 5 minutes to trips.

Traffic marshals will be used for runners crossing Obley Road after 10.15am. Follow their instructions if you are a runner or driver.

### 3.3 Driving Instructions and Parking

There is ample parking in the Zoo and its overflow car parks, but in previous years people have arrived late and missed their event and parked illegally. Please be aware that illegal parking may be unsafe for runners, spectators and drivers.

As noted above, please carpool, arrive early and follow instructions.

Car parks will be sequentially filled so please park as directed and this will ensure that traffic flows correctly.

There will be a drop off point (2 min stopping only) located just inside the main gates of Taronga Western Plains Zoo. This will be well signposted. It is only a short walk to the race precinct.





Allow at least 30 mins to travel to the Zoo and then 30 mins to get from your car to the start. Stress free and early is the best option.

Some parking is located a short walk away from the start finish (about 300m maximum) so use this as your warm up!

For **Wallaby Wheel participants**, we will email out to you parking instructions. We have reserved some accessible parking for you. The marshals will direct you to this. It is essential that you visibly display your permit so that the traffic marshals can efficiently direct you to this area.

### 3.4 Race Precinct

A map of the Race Precinct is provided in Section 5.2. In the Race Precinct, you will find:

- a great atmosphere, music, thousands of fit and happy people!
- pre-race strapping and post race care including first aid
- the baggage drop off and claim
- information stand
- a fantastic group of participants
- the finish line
- kids play area
- food and drink
- recovery area
- race winners (bragging to friends)
- medals and trophy claim

If the race precinct is a little too busy for you, take time to recover by the water with the monkeys at the zoo cafe

### 3.5 Toilets



There will be portaloos in the race precinct area as well accessible toilets in the main Zoo building. Four separate toilets are also located around the river circuit and there are other public and accessible toilets on the course. For details see Section 3.12.

### 3.6 Food and Drink

A variety of hot and cold food and beverage options will be available at the Taronga Western Plains Zoo from Bakhita's Café and Bakhita's To Go as well as outside at the event area with a BBQ and coffee van in the children's playground.

Bookings are also welcome at Bakhita's Café for breakfast and lunch. To make a booking in advance, call 6881 1437.

There are lots of picnic spots and BBQ areas around the zoo (see Section 5.1 for a map of Taronga Western Plains Zoo). Pack a picnic hamper and make a day of it with friends and family!

Crowds at food venues are likely, so we do ask for some patience. Relax, take in the atmosphere and remember you have experienced something special.

### 3.7 Competitor Recovery Area

Dubbo Baptist Church will again very generously provide a refreshment marquee in the precinct serving water, sports drinks, fruit and lollies to replenish the expended energy stores.

### 3.8 Baggage Drop off and Claim

If you have bags you would like stored while you race, you can leave it in a provided plastic bag, at the luggage claim tent (see Race Precinct Map in Section 5.2). The tent will be staffed from 6.00am until 1.30pm. Any items not claimed by 1.30pm will be donated to charity. A gold coin donation is appreciated for Hear Our Heart volunteers.

### 3.9 Marshalling

Please congregate on the lawn area near the children's play fort in the race precinct. At the designated marshalling time (Section 3.11, below) a marshal with a large sign depicting your race will lead the way for you to follow. Please be prompt and follow directions. **Self-seeding is essential, as below.**

For 1km **Wallaby Wheelers**, your marshalling point will be at Club Dubbo in the car park.

There will be many people milling around the start line, please do not get too stressed! Look for the large sign on a pole or ask a volunteer. Allow plenty of time! The 1km Wallaby Wheel will commence at the same time as the Dingo Dash participants.

To avoid the crowds and play equipment, pram and wheelchair access to the start line is available towards the information stand and will be signposted. Be careful not to cross the timing mats before your race starts.

### 3.10 Self-seeding

There will be signage in each event for runners who have certain goal times e.g. "Sub 60". Please self-seed behind a time applicable to you. It is very important for accurate results that you self-seed appropriately and start your race on time. If you have a pram or are walking, please start at the back of the pack so others can pass. We love to see all the children on the day. Some are serious runners and if this is the case, please self seed at the front. We ask that all other children remain back from the start /finish.

Please make sure you do not cross the timing mats before commencing your race. This is especially important for those who are warming up prior to their race. Your timing chip will activate once you cross the mat.

If you do not cross the start line before the next race commences your time may **not** be recorded accurately.

### 3.11 Date and Event Timings

All events will be held on Sunday 27th August 2023. The events are listed in order of start time.

### **Zoo Gates Open**

Main Gate: 6:00am

### **Rhino Ramble (42.2km)**

Marshalling Time: 6:15am  
Start Time: 6:30am  
Cut off Time: 12:30pm  
Winners presentation: 10:30am

### **Dingo Dash and Wallaby Wheel (5.3km and 1km)**

Marshalling Time: 7:20am  
Start Time: 7:30am  
Cut off Time: 9:00am  
Winners presentation: 8:20am

### **Zebra Zoom (21.1km)**

Marshalling Time: 7:35am  
Start Time: 7:45am  
Cut off Time: 11:45am  
Winners presentation: 9:45am

### **Cheetah Chase (10km)**

Marshalling Time: 8:05am  
Start Time: 8:15am  
Cut off Time: 10:15am  
Winners presentation: 9:30am

### **CSU Schools Challenge**

Winners presentation: 8:20am

Presentations (for overall male and female 1st, 2nd, 3rd) will be held in the race precinct. Please see the Race Precinct map in Section 5.2 for details of the location and listen out for announcements on the day.

**The cut off times mark the official finish of the events and are when insurance and event coordination ceases. At that time you are required to move to the side and walk. We reserve the right to remove people from the course after cut off times have been reached.**

### 3.12 Out on the Course – aid stations, toilets, kilometre markers and marathon wristbands

There are plenty of facilities on course and there will be km markers colour coded for every event. There are marshals at key points (turns, etc.) so please check the maps before your race and follow their instructions.pl

#### *Dingo Dash*

- 2km (toilets)
- 3km (toilets & water)
- Finish line (toilets, water, GU Brew, sliced oranges)

#### *Cheetah Chase*

- 4.5km (water)
- 6.5km (toilet)
- 7.5km (water & toilets)
- Finish line (toilets, water, sports drink, sliced oranges)

#### *Zebra Zoom*

- 4km (water and toilets)
- 6.5km (water and toilets)
- 9km (water, sports drink, GU gels, toilets)
- 10km (toilets)
- 11km (toilets)
- 11.5km (water)
- 12.5km (toilet)
- 13.5km (water and GU gels)
- 16km (water)
- 18.5km (water and toilets)
- Victory!

#### *Rhino Ramble*

- 4.6 km (water and toilets)
- 7.5km (water and toilets)
- 10km (water, toilets, sport drinks, GU gels)
- 12.5km (special needs table, collect first lap wrist band)
- 14 km ( water and toilets)
- 17km (water)
- 19.5km (water, toilets, sport drinks, GU gels)
- 20.5km (toilet)
- 22.5 km (water)
- 23 km (toilet)
- 24.5km (water and GU gels)
- 26 km (special needs, collect 2nd lap wrist band)
- 28km (water and toilets)
- 30.5 km (water)
- 33 km (water, toilets, sport drinks, GU gels)
- 34 km (toilet)
- 35.5 km (water)
- 38km (water)
- 40km (special needs table, enter zoo)
- 41km (water)
- Victory!

**As a participant, please be aware that faster runners from other events may be racing up behind you. Keep to the left to let the faster runners get by to give them their best chance of cracking that new PB!**

### 3.13 Marathon – wristbands

The marathon course includes three loops of the beautiful river track. Competitors will be issued a different coloured wrist band at the beginning of the 2nd lap of the river track. Please slip these on your arm as you run past.

After you finish the 3rd lap (and you are wearing the appropriate two wristbands) you will then be directed back into the zoo to finish your race. Keep the wristbands as a memento of your awesome achievement in finishing the Dubbo Stampede marathon!

### 3.14 Marathon - Special Needs

Marathon runners with special needs (e.g. food, drinks, energy gels, prayers) must provide these in a clearly labelled plastic bag (full name and race number) at the Registration Tent in the race precinct on Saturday or to a marshall with a Blue vest at your start line outside of the Zoo **no later than 6:15am**.

These will be available for collection at each loop of the river - 12.5km, 26 km & 40 km.

### 3.15 Prams and Wheelchairs

Prams and wheelchairs are allowed in any of the races. These must start at the back of the pack to reduce congestion. We have a [Wallaby Wheel](#) wheelchair event that follows the [Dingo Dash](#) course.

### 3.16 Bikes, Trikes, Scooters, Skates, etc

For safety and insurance reasons, any other form of transport with wheels other than prams and wheelchairs are **not** permitted.

### 3.17 Spectators and Supporters

We encourage spectators to join in and have fun while cheering on our competitors! Feel free to make noise, play music, be motivational with signage and generally create an atmosphere for the runners.

The 5.3 km Dingo Dash/Wallaby Wheel and 10 km Cheetah Chase are mostly in the Zoo and the best place to cheer on friends and family is around the race precinct and start/finish line. Only participants can enter the zoo unless you have paid an admission fee.

Outside the Zoo, there are plenty of great spots to cheer on runners in the longer events. The boat ramp in the Dubbo CBD (across from Church Street) and Tamworth Street Car Park (near the Macquarie River) will be a great spot to cheer Zebra Zoom Half Marathon and Rhino Ramble Marathon runners on.

**In all cases please adhere to marshalling directives. The safety of our competitors is our first priority.**

**If you have not registered and you do not have a race bib, you cannot run on the designated course.**

### 3.18 Leaving the Zoo – respect for runners

Please be aware when competing, that the zoo will be open to the public from 9.00am. There will be runners/walkers and vehicles on the zoo circuit from this time. As a driver, if you are leaving the zoo circuit while races are still in progress, please show the runners the courtesy you would expect as a runner or walker and drive slowly and cautiously. The zoo is a 10km/hr shared zone.

**And remember as a participant, please be aware that faster runners from other events may be racing up behind you. Keep to the left to let the faster runners get by to give them their best chance of cracking that new personal best!**

## 4 Lastly and importantly

---

Leave early and allow plenty of travel time.

Safety is paramount. Make sure you are fit and healthy on the day and that you can complete your chosen event. If you feel sick then don't risk it.

It is essential that you attend and listen to the race briefing on the day for last minute race and safety information.

Please follow the instructions from officials at all times.

Don't forget to post your #dresswiththeherd photos to our facebook/instagram pages

We hope to see you back in 2024. We have some big improvements already in the bag, so stay tuned!

Have a great race and thanks again for your support.

## 5 Maps

### 5.1 Taronga Western Plains Zoo

The latest interactive map of Taronga Western Plains Zoo of a downloadable PDF is available at <https://taronga.org.au/taronga-western-plains-zoo#zoo-map>

### 5.2 Race Precinct





### 5.3 Dingo Dash/Wallaby Wheel Course

Note: For Wallaby Wheelers, the course is mostly flat for the first 1.5 km, however after this point there are some hills and undulations as you can see on the elevation map. There will be a Wallaby Wheel Marshall on the course with you, who can assist you on request, and a wheelchair accessible bus will be tailing the event. If you are unable to get to the top of the rise around the 3km mark, **wait for the bus to pick you up**. You can ride the bus to just before the 5km point at which the course is downhill and you can experience the finish. The Committee wants to reinforce this event is about participation; challenge yourself within your own limits!

The course has been inspected by two experienced Occupational Therapists. There is one creek crossing just after the start that has a moderate slope, other crossings have a slight slope. The course is sealed the whole way around. There are some areas of loose gravel on the side of the course that can be easily avoided. There are some areas of cross slope.

If you require a copy of the course report, please contact the committee on:

[contact@dubbestampede.com.au](mailto:contact@dubbestampede.com.au)

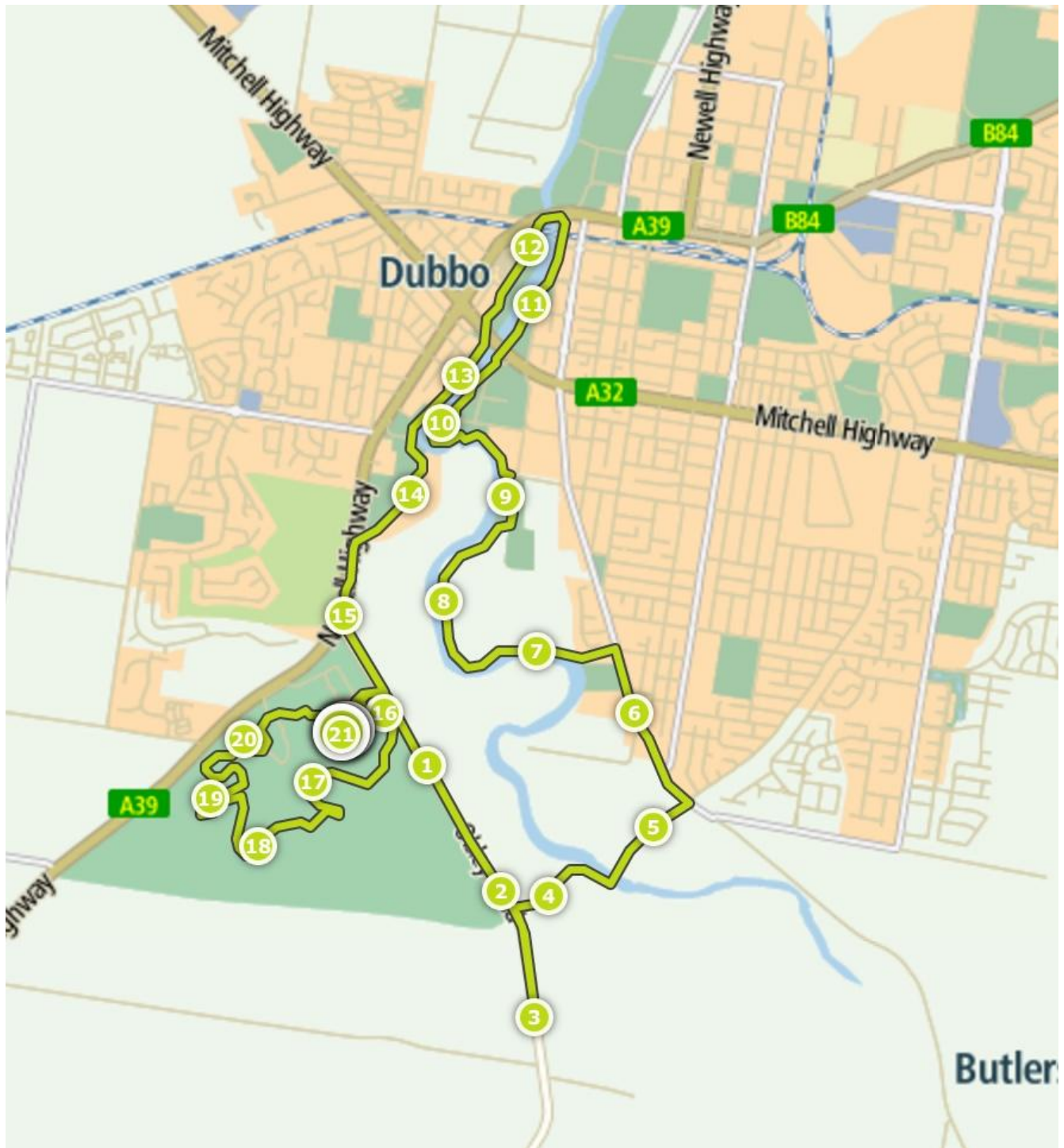


## 5.4 Cheetah Chase 10km Course





## 5.5 Zebra Zoom Half Marathon Course



## Elevation



## 21.1 Course Description 2023

The Marathon and Half Marathon will be on our 2019 course. 2022 was an exception due to flooding.

The Marathon course will essentially take you on a half river loop followed by 2 full river loops. The final kilometre is within the Zoo.

1. Start at start line next to Zoo playground.
2. Veer towards roundabout and turn left at roundabout heading towards the big Zoo entry gates.
3. Stay on the right hand side of the gates when exiting.
4. Turn right at the Marshal outside of the Zoo gates at the T intersection and head East down Obley Rd for just over 2km to the turning marshal. Stay on the **RIGHT-HAND** side of the road on the way down and back.
5. Turn right at the Dundullimal Homestead gates.
6. Stick to the **LEFT-HAND** side at all times once on the path as you head down towards the river.
7. Head along the path across the river and up a rise before coming to Macquarie St.
8. Turn left (North) on Macquarie st and stick to the left hand bicycle and foot paths.
9. You will cross one road and some driveways so keep an eye out for vehicles.
10. Once you reach about 6.4km you will turn left through gates and head down the Weir track towards the river on the dirt path.
11. Keep following the path along the rivers edge until you reach the Tamworth st car park. There will be an aid station here.

12. Run across the carpark and keep heading North around the Tracker Riley river track towards Sandy Beach and Serisia bridge. This is all dirt path and there will be two toilet opportunities and another aid station.
13. Keep following the path left across the low level vehicle bridge (Serisia).
14. At the end of the bridge veer left under the rail bridge and head along the dirt path closest to the river.
15. Continue along the path until you hit a concrete path and go across a carpark and under the big LHFord vehicle bridge.
16. Keeping the river on your left, follow the concrete path until you pass another aid station and across a yellow and green pedestrian bridge.
17. Cross the bridge and veer right. This path will take you all the way back to the Zoo.
18. When you reach the Zoo, cross at the marshal and enter the Zoo, keeping to the left of the main gate.
19. Stay on the left of the Zoo entry on the path.
20. Once through the main gates, turn left at the first zebra crossing marshal (if you get to the roundabout you have gone too far) and follow the path and then road past the cart and bike hire shed and 16km drink station.
21. From here follow the road (inside the Zoos external fence line) down to the marshal who will direct you across to the Zoo circuit entry.
22. Complete the full Zoo circuit back to the finish line.
23. CELEBRATE!!

### **21.1 Aid Stations**

There will be 10 portaloos at the marshaling area, plus the following on the zebra zoom course:

- 4km (water and toilets)
- 6.5km (water and toilets)
- 9km (water, sports drink, GU gels, toilets)
- 10km (toilets)
- 11km (toilets)
- 11.5km (water)
- 12.5km (toilet)
- 13.5km (water and GU gels)
- 16km (water)
- 18.5km (water and toilets)
- Victory!

### 5.6 Rhino Ramble Full Marathon Course

The Marathon and Half Marathon will be mostly our 2019 course with the exception of the Marathon now starting at 6.30 am at the Big front Zoo entry gates. 2022 was an exception due to flooding.

## 42.2 Course Description 2023







1. Start is at the Big Zoo entry Gates.
2. Turn right at the Marshal and head South East down Obley Rd for just over 2km to the turning marshal. Stay on the **RIGHT-HAND** side of the road on the way down and back.
3. Once you turn around on Obley road, you will return on the right side back towards the Zoo.
4. About half way back to the Zoo there will be another turn around point.
5. You will turn around and once again head back East down Obley Rd to Dundullimal Homestead gates.
6. Turn left at the Dundullimal Homestead gates.
7. Stick to the **LEFT-HAND** side at all times once on the path as you head down towards the river.
8. Head along the path across the river and up a rise before coming to Macquarie St.
9. Turn left (North) on Macquarie st and stick to the left hand bicycle and foot paths.
10. You will cross one road and some driveways so keep an eye out for vehicles.
11. Once you reach about 7km you will turn left through gates and head down the Weir track towards the river on the dirt path.
12. Keep following the path along the rivers edge until you reach the Tamworth st car park. There will be an aid station here.

13. For the first lap you will turn left at the aid station and head over the Tamworth st pedestrian bridge.
14. Follow this concrete path until you reach a Y in the path. Turn left to head back towards the Zoo.
15. Once you are opposite the Zoo entry gates you will see a special needs table with a marshal who will hand you a wrist band. This is your 'evidence' for completing each lap.
16. Continue on the path down Obley Rd.
17. Once again, when you arrive at the gates to Dundullimal, turn left.
18. Complete the same course as your first lap until you reach the Tamworth st aid station again.
19. For this lap and the final lap you will run across the carpark and keep heading North around the Tracker Riley river track towards Sandy Beach and Serisia bridge. This is all dirt path and there will be two toilet opportunities and another aid station. Just keep the river on your left.
20. Keep following the path left across the low level vehicle bridge (Serisia).
21. At the end of the bridge veer left under the rail bridge and head along the dirt path closest to the river.
22. Continue along the path until you hit a concrete path and go across a carpark and under the big LHFord vehicle bridge.
23. Keeping the river on your left, follow the concrete path until you pass another aid station and across a yellow and green pedestrian bridge.
24. Turn right after the pedestrian bridge to head back up towards the Zoo.
25. When you arrive at the special needs table across from the Zoo entry you will get another wrist band and complete the same long loop again.
26. This time when you return to the Special needs table you will turn right and cross the road at the marshal towards the Zoo gates. Stay on the right side of the entry driveway.
27. Once through the main gates, turn left at the zebra crossing marshal and follow the path and then road to the Bike and cart Hire shed and drink station. The Zebra crossing is before the first roundabout in the Zoo so if you get to the roundabout, you went too far.
28. From here follow the road down to the marshal who will direct you across to the small Zoo circuit entry gates.
29. Complete the partial small loop around the lake following the signs.
30. You will rejoin the main Zoo circuit about 100m from the finish line.
31. CELEBRATE!! YOU JUST DID A MARATHON!

#### **42.2 Aid Stations**

There will be 2 portaloos at the marshaling area, plus the following on the Rhino Ramble course

4.5km (water and toilet)  
7.5km (water)  
10km (water, toilet, sport drink, GU gels)  
12.5km (special needs [self-supplied] and 1st lap wristband issued to runners)  
14.0km (water and toilet)  
17km (water)  
19.5km (water, toilet, sport drink, GU gels)  
20.5km (toilet block - off path - Sandy Beach)  
21.5km (toilet block - Ollie Robins)  
22km (water)  
23km (toilet block - Lions Park)  
24.5km (water, Gu)  
26km (special needs [self-supplied] and 2nd lap wristband issued to runners)  
28km (water and toilet)  
30.5km (water)  
33km (water, toilet, sport drink, GU gels)  
34km (toilet block - off path - Sandy Beach)  
35km (toilet block - Ollie Robins)  
35.5km (water)  
37km (toilet block - Lions Park)  
38km (water, Gu)  
40km (special needs [self-supplied])  
41km (water)  
Victory!