

DUBBO STAMPEDE

A RUNNING FESTIVAL FOR EVERYONE

2017 Race Guide

Sunday 27th August 2017

Taronga Western Plains Zoo

Dubbo

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1 Welcome

Dear Stampeders,

Congratulations on making it to the starting line of the sixth Dubbo Stampede. Some of you are at the end of a training regime. Others are taking your first important steps towards a healthier you.

Both are hard work! On behalf of the committee, congratulations and thank you for being a part of the 2017 MAAS Group Dubbo Stampede.

We have worked hard to make 2017 our best event yet. We have introduced the **Wallaby Wheel** — a new event focussing on inclusive participation by people in wheelchairs. We believe this is the first event of its kind outside a capital city. **Give our Wallaby Wheelers a big cheer when you see them!**

We have also improved the run precinct, and are trialing the use of recyclable cups in the finish precinct.

The Dubbo Stampede takes place on one day a year, but we work hard to spread this value over 12 months.

We are delighted to be working in partnership with the Indigenous Marathon Project again in 2017 and support the important work they do with our Indigenous communities.

This year we also partnered with Dubbo Regional Council to improve the Tracker Riley Pathway. Through a Stronger Communities Grant, we have extended the River Lighting Project to make this area safer and more accessible to all.

We were also excited to support the Liberty Swing Project this year to help make Dubbo a city for everyone. **Your participation has led to these positive outcomes.**

There also have been some inspiring stories showcased by our media partner the Daily Liberal of people challenging themselves to run with the herd this year.

These are the stories that excite us the most and why we do what we do. Our committee are 100% volunteers and I remain impressed their depth of skill, professionalism and commitment. Thank you Team for making the 2017 Dubbo Stampede happen!

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.**

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, so please do not park outside designated areas and follow instructions at all times.

Please remember safety first and respect cars and runners.

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!

Rod Campbell

**2017 President
MAAS Group 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 for five years. 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 six years ago and working with us to help make the event such a success.

Sponsors

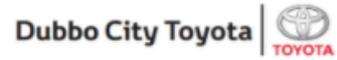
Gold



Silver



Bronze



Media Partners



Event Partners



1.2 Patron, Ambassadors, Media and Partners

We're very privileged to have **Andrew Lloyd** (Lloyd to all runners!) return as our 2017 Patron.

Lloyd is an Aussie running legend probably best known for his run home for an inspirational gold medal win in the 5000m at the 1990 Commonwealth Games (google it if you ever need to get some motivation!

He remains one of Australia's most versatile runners across all distances and that makes him a great fit as patron of a comprehensive running festival like the Dubbo Stampede. Lloyd is also a great promoter of the Dubbo Stampede at a range of other events around Australia, supplies us with GU Energy Gel and hydration and we thank him for his ongoing support.

Jane Fardell is a Dubbo Local, Australian Marathon representative and has been a great supporter of the Dubbo Stampede since its inception. It's great to have someone so talented training around Dubbo and on board with our event.

The Dubbo Stampede is pleased to continue its support and association with the **Indigenous Marathon Foundation (IMF)**, which it has endorsed since 2015.

The IMF, which is a health education initiative to promote running and healthy lifestyles in Indigenous communities by celebrating achievement and resilience, is something the Dubbo Stampede is proud to associate itself with as both share similar goals.



IMP annually selects a group of young Indigenous men and women to complete the New York City Marathon with just six months of training. This highlights the incredible natural talent that exists within this population, with the hope to one day unearth an Indigenous long distance running champion to take on the African dominance. The core running squad push their physical and mental boundaries to a whole new level, and after crossing the finish line of the biggest marathon in the world they know they can achieve anything!

These runners are also trained to become healthy lifestyle leaders by completing a Certificate III in Fitness with a focus on Indigenous Healthy Lifestyle. This qualification is used to promote community based health and exercise initiatives including the Deadly Fun Run Series. Runners become role models within their communities and are leaders in the promotion of health and physical exercise to address the high instance of chronic diseases such as diabetes, heart disease and renal failure.

1.3 Volunteers

In 2017, 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.

Please say thanks to a great bunch of people!

2 General Information

2.1 Race Kit Collection

Your race kit can be collected on Saturday 26th August 2017 from 12 noon-4pm at Taronga Western Plains Zoo.

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 carpark for Wallaby Wheelers.

Race kit collection will be available for a brief time on Sunday 27th August 2017 6.00am-7.00am. There will be no race packs mailed out.

In 2017 we have continued our innovative virtual race bag with a few extra goodies from our sponsors and advertisers. This will be emailed to all participants and we encourage you to support our very generous sponsors.

2.2 Timing Chips

Your timing chips are integrated into your bib. When you collect this on the Saturday before the race you can verify your timing strip before leaving the registration desk. This will involve walking across the timing mats to make sure all is correct. Any mistakes can be fixed at the time. This option is not available for out of town people picking up bibs on Sunday morning.

All event placings (except the Wallaby Wheel) are determined through gun start.

2.3 Merchandise

A selection of race shirts, singlets, hoodies, sun visors and hats are available to purchase. All merchandise must be ordered online.

If you registered and ordered merchandise before midnight 13 August 2017, your purchased merchandise can be picked up on the day with your racing bib.

Merchandise can be ordered until midnight 3 September 2017. If you order between 14 August 2017 and 3rd September 2017, your gear will be posted out AFTER the event. Note there will be an extra cost of \$16.50 per order to cover postage and handling.

Merchandise which is not picked up on the day will be donated to St Vincent de Paul charity.

2.4 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 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.

2.5 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 **\$10,000** 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.

Dingo Dash	Cheetah Chase	Zebra Zoom	Rhino Ramble
1st place - \$500	1st place - \$600	1st place - \$800	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

As this is the first year of 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. We will review this after this years event.

Unfortunately we will not have age category winner trophies in 2017 due to increasing event costs and mixed interest (many left unclaimed). The great news is that we have re-introduced our water bottles to all participants due to popular demand.

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 presentations of this award will be made at a special event with the press to be held at the Taronga Western Plains Zoo following the Dubbo Stampede. The winning recipient will be contacted regarding details so they can organise to be present.

2.6 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 a special event at Taronga Western Plains Zoo following the Dubbo Stampede. Schools will be contacted regarding details so they can organise students and a member of staff to be present.

Thank you to all who have entered events, designating a school to benefit from their entry. We love seeing so many families and children participating and enjoying the outdoors together.

2.7 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.

2.8 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 2017. Please note this is a 1 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 entry gate.

2.9 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 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.

2.10 Lead Cyclists

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

2.11 Results and Certificates

Results and certificates will be available live by following the results link at the [Dubbo Stampede website](#).

Results on the day are preliminary only. Verified results will be available on the web by 5pm on Monday 28th August 2017. Times displayed on the day are preliminary and subject to verification.

2.12 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. Click [here](#) for the link to our Facebook page.

2.13 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 and staffed by a Dubbo Stampede Committee Member. Feel free to ask John or his crew any questions you may have about the event.

2.14 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 St Vincent de Paul.

3 Race Day Information

3.1 Arrive early

We estimate there will be over 3,000 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 at 6am 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.

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 300 m maximum) so use this as your warm up!

For **Wallaby Wheel participants**, we have emailed out to you a special parking permit. We have reserved some accessible parking for you. The Marshalls 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!
- race winners (bragging to friends)
- a fantastic group of race finishers
- the finish line
- kids play area
- food and drink
- the baggage store

- recovery area
- medals and trophy claim
- information stand
- first aid

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 from Bakhita's Café and Bakhita's To Go as well as outside at the event area with a BBQ and coffee bar 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 drink, fruit and lollies to replenish the expended energy stores. We will be trialling recyclable cups at the finish line this year.

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 St Vincent de Paul.

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 **Wallaby Wheelers**, look for the large Wallaby Wheel sign and Marshal. The marshalling point will be out the front of the old Cob & Co building. 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 Wallaby Wheel will commence after the last of the Dingo Dash participants has crossed the start line.

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 2017. The events are listed in order of start time.

Zoo Gates Open

Main Gate: 6:00am

Rhino Ramble (42.2km)

Marshalling Time: 6:50am

Start Time: 7:00am

Cut off Time: 1:00pm

Winners presentation: 11:00am

Dingo Dash and Wallaby Wheel (5.3km)

Marshalling Time: 7:20am

Start Time: 7:30am

Cut off Time: 9:00am

Winners presentation: 8:30am

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

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.

Dingo Dash and Wallaby Wheel

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, GU Brew, sliced oranges)

Zebra Zoom

4km (water & toilets)
9.5km (water, GU Brew & toilets)
10.5km (toilets)
11km (water)
12.5km (toilet)
13.3km (water & free GU gels)
15.5km (water)
17.5km (toilets)
16km (toilets)
18.5km (water & toilets)
Finish line (toilets, water, GU Brew, sliced oranges)

Rhino Ramble

4km (water & toilet)
7.5km (toilets)
9km (water, toilets, GU Brew)
10.5km (toilets, water)
12km (toilets)
13km (water, and free GU gels)
15km (special needs [self-supplied]) **first lap wristband issued to runners**
16.5km (water & toilet)
20.5km (toilets)
21.5km (water, toilets, GU Brew)
23km (toilets)
23.5km (water)
24.5km (toilets)
25.7km (water, and free GU gels)
27.7km (special needs [self-supplied]) **2nd lap wristband issued to runners**
29.5km (water & toilet)
33km (toilets)
34.5km (water, toilets, GU Brew)
35.5km (toilets)
36.3km (water)
37.5km (toilets)
38.5km (water, and free GU gels)
40.5km (special needs [self-supplied])
40.7km (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 and special needs

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 and 3rd loop of the river track. Please slip these on your arm as you run past.

After you finish the 3rd loop (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 Special Needs

Marathon runners with special needs (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 precinct **no later than 6:30am**.

These will be available for collection at each loop of the river - 15km, 27.7km & 40.5km.

3.15 Prams and Wheelchairs

Prams and wheelchairs are allowed in any of the four races. These must start at the back of the pack to reduce congestion.

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 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.

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.

And remember as said before, 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.

We hope to see you back in 2018. 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!

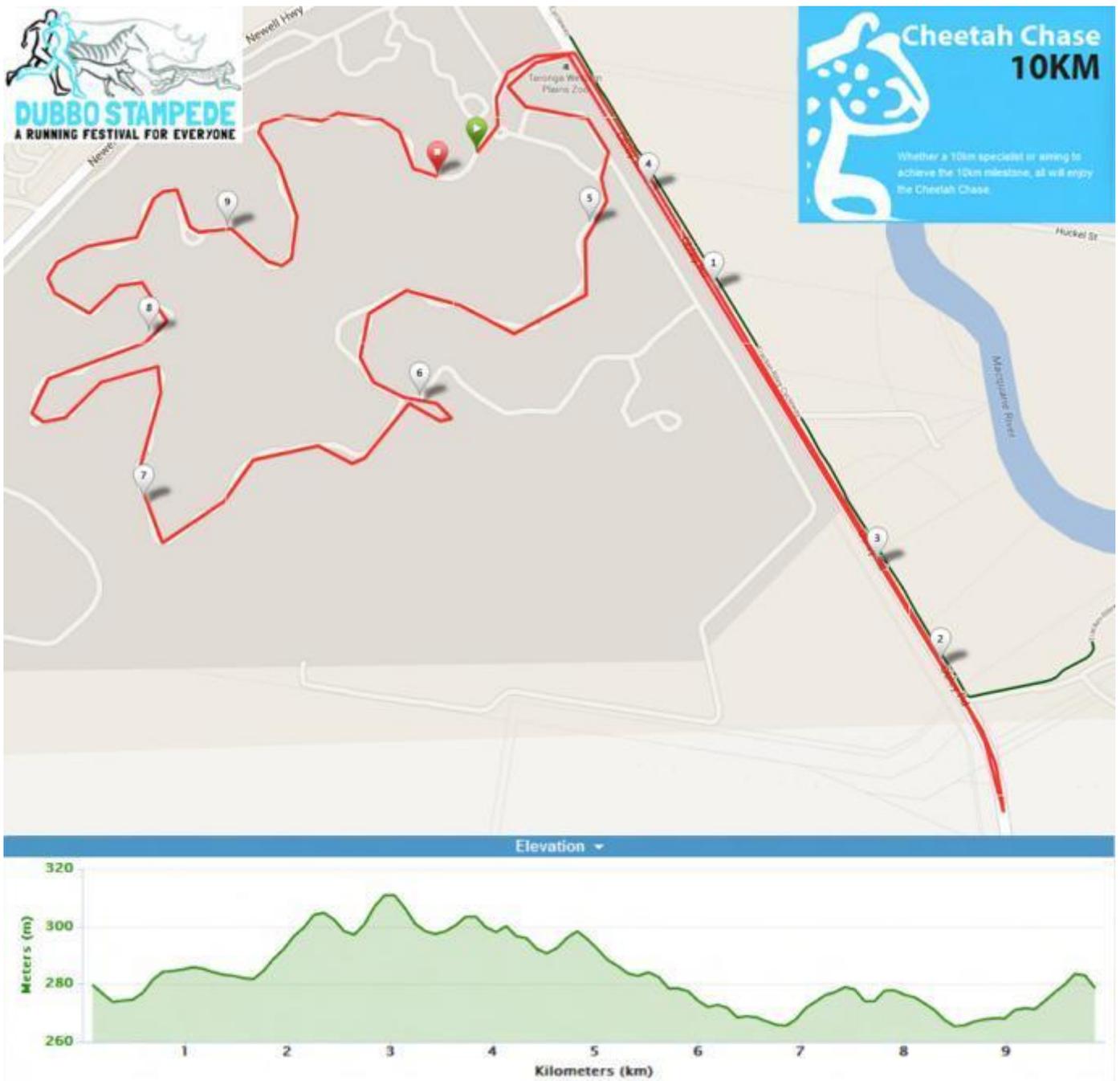
The course has been inspected by two experienced Occupational Therapists. There is one creek crossing just after the start that has a moderate slope, other crossings have a slight slope. The course is sealed the whole way around. There are some areas of loose gravel on the side of the course that can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

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

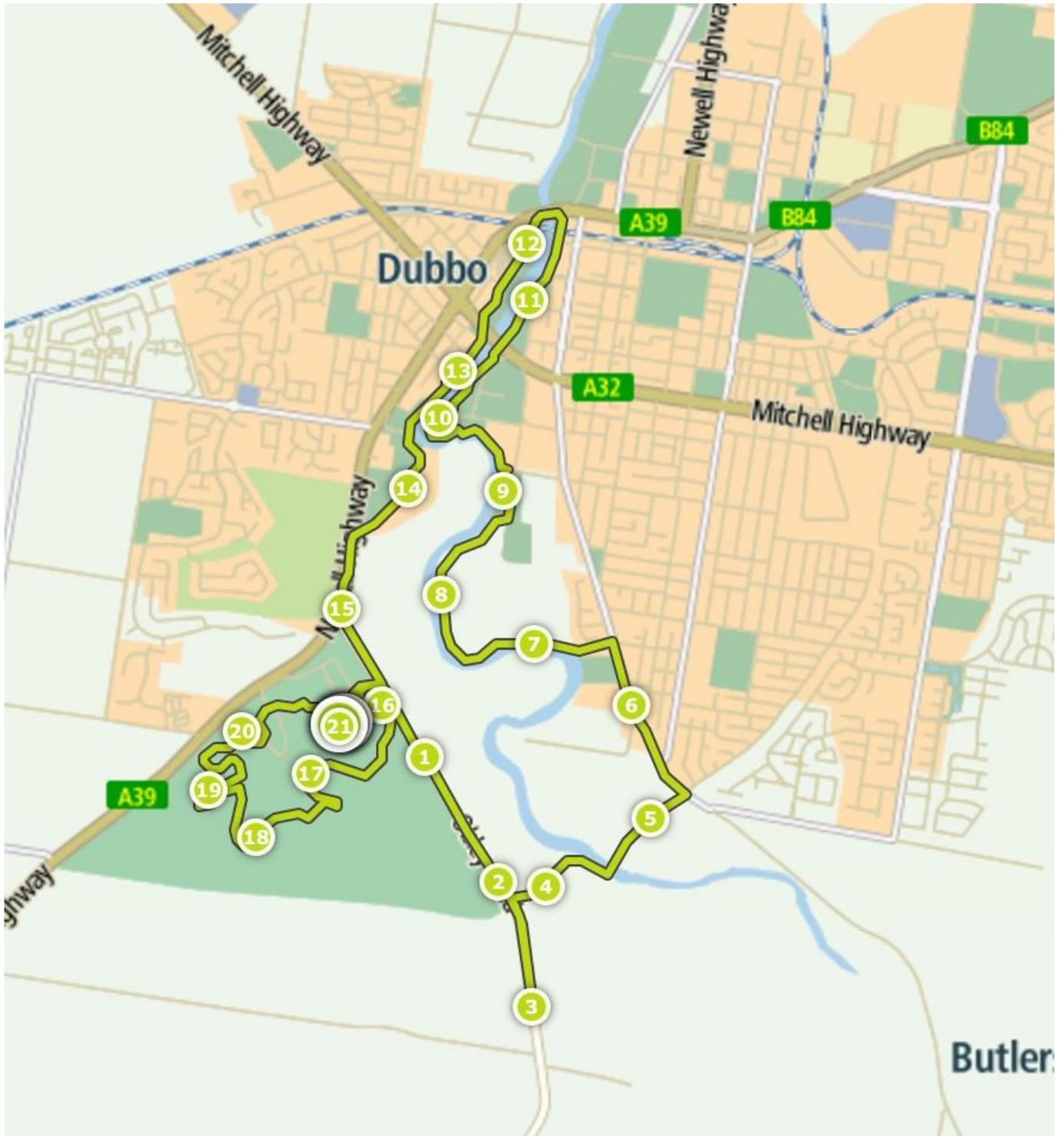
contact@dubbestampede.com.au



5.4 Cheetah Chase 10km Course



5.5 Zebra Zoom Half Marathon Course



5.6 Rhino Ramble Full Marathon Course

