



2025 Run Bibbulmun Track Stage Race – Competitor Welcome Pack

Thank you for entering the new Run Bibbulmun Track Stage Race taking place this November in beautiful Denmark, WA. Many people *dream* about doing something as wild and epic as this, but only a select few take the plunge. So WELL DONE. You're already in rarefied air.

As the event is now ~5 months away, we wanted to check-in with you and share a **Welcome Pack** of resources (below) to help you prepare for this adventure of a lifetime!

Run Bibbulmun has been designed to not only challenge your limits, but take you on an unforgettable journey *through one of Australia's most spectacular landscapes. Oh, and you'll do it* with a group of positive, like-minded runners from all corners of the nation!

From Ange and the team at Rapid Ascent



RUN BIBBULMUN WELCOME PACK

EVENT SCHEDULE (Key Times)

Thursday 13th November – we recommend you arrive in Denmark no later than 3:00pm on this date.

- 2:00 – 6:00pm Competitor Registration - Denmark Football Club
- 6:00pm Competitor Briefing - Denmark Football Club

Friday 14th November

- 7:30am Karri Long course race START – 35km
- 8:30am Tingle Short course race start – 17km

Saturday 15th November

- 7:30am Karri Long course race START – 33km
- 8:30am Tingle Short course race START – 24km
- 6:00pm Event dinner and presentation - Boston Brewing Company - [Book your spot now!](#)

Sunday 16th November

- 7:30am Karri Long course race START – 39km
- 8:30am Tingle Short course race START – 21km
- 1:30pm Final race presentations at the Finish Line (McLean Park Denmark)

The final day is designed so those coming from Perth can drive home afterwards

View Full Detailed Schedule on the event website [Here >>](#)

COMPETITOR SERVICES (Key Reminders)

Accommodation

The event is based out of Denmark WA and we encourage everyone to stay in or close to the township for the duration of the event.

NOT YET BOOKED? Visit the [ACCOMMODATION](#) page on our website for an update on best options in the Demark area.

WANT 10% OFF ACCOMM? Check out our partner hotels:
the Denmark Hotel and the Denmark Waterfront Lodge – both offering 10% off!

Bus Transfers

Each stage starts and finishes at different locations. A bus has been coordinated to help with competitor logistics that you can book onto if you need a ride.

Refresh your memory of how this works with the [website details HERE >>](#).

Alternatively, you can be self-sufficient with a car shuffle, or if you're travelling with a supporter they can transport you. However, the easiest option is of course the Bus Transfers 😊

[Add BUS TRANSFERS to your Order HERE \\$69 >>](#)

Book your dinner tickets – Saturday 15 Nov

A great feature of this event is the **mid event dinner on Saturday night** held at the Boston Brewery. We encourage all runners (and any non-running supporters) to buy a ticket so you can meet up with other runners, share your stories after 2 days of running and be part of this massive social session.

LIMITED TICKETS! Tickets are limited to just 220 people (due to venue capacity) so we encourage you to book a ticket sooner rather than later!

Tickets are \$65 (kids \$30)

[Add DINNER TICKETS to your Order HERE \\$65 >>](#)



TRAINING

Hanny Allston's FREE Training Plan

Preparation for this event is absolutely vital so we strongly encourage all attendees to follow a good training plan and commit some time and effort to preparing.

Hanny Allston of Find your Feet has prepared a **FREE** training plan originally prepared for our Run Larapinta event, however is a great insight into how to prepare for multi-day stage runs, aka, this one – Run Bibbulmun!

- Hanny's FREE training plan – [DOWNLOAD HERE >>](#)
- Use the following discount code to access it for free: **RUNLARAPINTARACE**

Unite with others via the Facebook Group

If you haven't already done so, please join the dedicated [Facebook Group HERE](#):

This is a great place to connect with others before, during and after your event; ask questions about the stage run that others can help answer; share your tips and ideas; compare experiences and get to know one another before your race takes place (and stay in touch afterwards).

MERCHANDISE / FIRST AID GEAR AND ITEMS

Add some official event merchandise or first-aid gear to your entry/order! All merchandise **must be pre-ordered by 12 September** (we only order what is needed)

- \$40 – 2025 Official Event Technical T-Shirt
- \$49 – Long-sleeve Technical Running Top - Run Bibbulmun branded
- \$35 – Race Cap – Run Bibbulmun branded
- \$30 – 2024 Official Event T-shirt
- \$85 – 2024 Official Event Hoodie
- \$10 – Snake Bandage
- *Medical Kits, Headtorches, Dinner Tickets, Bus Transfers and more...*

[VIEW AND ORDER MERCH HERE >>](#)



EQUIPMENT AND MANDATORY GEAR

It's good to get organised with your equipment early so there are no surprises closer to the event. In particular, we encourage you to be prepared for all conditions, from sunshine to wind and rain and train with your equipment in the lead up so it's familiar.

All runners, single stage or 3-stage, will have their mandatory gear checked off at the event.

- **View the list of Mandatory Gear items – [HERE >>](#)**
- **View our list of additional, recommended items – [HERE >>](#)**

COURSE FAMILIARISATION

We know we are still months out from the November event, however it's a good idea to start getting familiar with the course descriptions and maps for each stage.

Closer to the event we'll provide FREE Map Apps that you can download to your phone in preparation.

For now, check out the Stage and Elevation Maps, and detailed Course Descriptions on our website:

- Karri Long Course Maps/Descriptions [HERE >>](#)
- Tingle Short Course Maps/Descriptions [HERE >>](#)



JEWEL IN THE TRIPLE CROWN

Rapid Ascent conduct three of Australia's largest, and most noteworthy ultra running events. To complete the long course alternative at each event is a considerable accomplishment and we've labelled this as the 'Ultra Running Triple-Crown'

The Run Bibbulmun Track Stage Race is the 'next level' in this award, named the **Jewel in the Triple Crown!** (Add the Jewel PIN – pictured – to your Patagonia Jacket!) Read more about what this means on the [website here](#).



If you are a *current* Triple Crown inductee, then you are *now* eligible for the Jewel in the Triple Crown! Please email Marcel info@rapidascent.com.au to notify her of this pending achievement.

Current Triple Crown Inductees List [HERE >>](#) – can you add your name to the list?

THANK YOU...

...again for your entry into the 2025 Run Bibbulmun Track Stage Race. We hope your training is running along nicely and you're as excited about the event as we are. If you have any questions, then contact us at any time via events@rapidascent.com.au or (03) 5261 5511.

The Rapid Ascent Team.

OFFICIAL SPONSOR AND RETAIL PARTNER OF THE RUN BIBBULMUN TRACK STAGE RACE

TRIBE & TRAIL
FOR THE GEAR YOU NEED

rapid ASCENT
Adventure Event Management

RUN BIBBULMUN TRACK STAGE RACE

235 Railway Parade Maylands | www.tribeandtrail.com.au

Logos for sponsors: BioLite, Kailash, T8, CAMELBA, and others.



Event Withdrawals

Please let us know if you can no longer participate and need to withdraw your entry within 23 days of the event. Refund policy [HERE](#). Contact Ange events@rapidascent.com.au or 03 5261 5511