



## Competitor Welcome Pack 2026

Thank you for entering the Run Bibbulmun Track Stage Race taking place this October 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 ~4 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 the team at Rapid Ascent*



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### EVENT SCHEDULE (Key Times)

**Thursday 22<sup>nd</sup> October** – 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 23<sup>rd</sup> October**

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

**Saturday 24<sup>th</sup> October**

- 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 25<sup>th</sup> October**

- 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 (Optional)

Each stage starts and finishes at different locations. An optional bus transfer service is coordinated to help with competitor logistics. **MUST be pre-booked if keen...!**

- THEPROCESS: runners drive own car (or car pool) to the stage finish line, then the bus picks you up and takes you to the start line. You do the race and then your car is waiting for you at the finish line already!.
- 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 the Bus Transfers:  
[Add BUS TRANSFERS to your Order HERE \\$69 >>](#)

### Mid event dinner at the Boston Brewery: Book your tickets – Saturday 24 October

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 \$55 (kids \$25)**

[Add DINNER TICKETS to your Order HERE \\$55 >>](#)



## TRAINING

### Hanny Allston's FREE Training Plan

Preparation for this event is 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 this discount code to access it for FREE: **RUNLARAPINTARACE**

### Unite with others via the Facebook Group

We welcome you to 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).

Please also share images and updates via Instagram using the **#runbibbulmun** hash tag, and follow us on our [Rapid Ascent Ultra Running Events Facebook page](#) and [Instagram](#).

## 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 30 August** (we only order what is needed)

- \$40 – 2026 Official Event Technical T-Shirt
- \$49 – Long-sleeve Technical Running Top - Run Bibbulmun branded
- \$35 – Race Cap – Run Bibbulmun branded
- \$20 – Head Buff – Run Bibbulmun branded
- \$35 – Trail Gaiters – Run Bibbulmun branded
- \$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 >>](#)**

If you need to buy any gear then we strongly encourage you to visit our superb event sponsors and retail partners: **Tribe and Trail**. Located at 1st Floor - First Floor, 207 Oxford Street, Leederville, WA 6007. They are WA's first and only dedicated trail running store.



## COURSE FAMILIARISATION

We know we are still months out from the October 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 links to the FREE Map Apps so you can download to your phone and watch 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](mailto: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?



## THE ASCENT COLLECTIVE

Announced in late 2025, the NEW Ascent Collective award brings together runners who’ve completed all five of Rapid Ascent ultra runs of any distance option, including the NEW RUN TASMANIA STAGE RACE as well.

United by grit, adventure and a love of wild places, this is the pinnacle of the Rapid Ascent journey.

- Read more [HERE >>](#)



## TESTIMONIALS

*“Brilliant event. A group of us came over from NSW to celebrate my 50th! Course was spectacular...wild flowers and all the beaches. Event staff and volunteers so friendly and encouraging! You need to do it at least once... I will be back!” – Annie, 2025 participant*

*“I absolutely loved it. I have never experienced a stage race before. The staff were outstanding, the communication brilliant, course comradery sensational and the views were breathtaking.” – Kirsten, 2025 participant.*

## THANK YOU...

...again for your entry into the 2026 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](mailto:events@rapidascent.com.au) or (03) 5261 5511.

The Rapid Ascent Team.



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### 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 [events@rapidascent.com.au](mailto:events@rapidascent.com.au) or 03 5261 5511