



JULIA CREEK DIRT N DUST FESTIVAL



ATHLETE INFORMATION GUIDE

22ND APRIL 2023

ATHLETE CHECKLIST

We are very excited for the South 32 Outback Adventure Run. In order to make everything run as smooth as possible, we have provided the below check list for your convenience to make sure you are well prepared to have a great time in Julia Creek.

- Read the Athlete Information Guide in its entirety
- Familiarise yourself with the event schedule
- Ensure you have received your confirmation email- check all personal information is correct. Contact events@outerlimitsadventure.com.au if you are concerned details have changed
- Schedule your travel, ensuring you arrive in time for Athlete Check In
- Confirm your emergency contact is available on the day (and not racing) and provided details are correct
- Confirm your Medicare/Health Insurance details are current
- Check the weather forecast to ensure you bring all the relevant clothing and equipment
- Ensure you wear the appropriate attire, you will get wet and muddy! Shoes must be worn.
- You must pick up your race pack on Friday afternoon



Take it
TO THE OUTBACK

EVENT DETAILS

South 32 Outback Adventure Run

5km, 10km & 15km and Dusty Kids

Starting from the **Kev Bannah Oval** at the Julia Creek Combined Sporting Assoc. Building, corner Julia and Shaw Streets, The South 32 DnD Outback Adventure Run presented by Outer Limits Adventure Fitness will be the wildest outback course you have ever run! The course will incorporate outback-style obstacles to keep you laughing to the finish line. The obstacles are optional, we call them "challenge by choice", where you can climb, crawl over them, or if you want, run around them, but we encourage everyone to give it a go!

- There is a 5km Fun Run for kids (10-13), youth (14-18), beginners and those who may be a bit dusty from the night before. (The 5km run is non competitive)
- The 10km and 15km courses will be timed events for our more serious run athletes. (Timed events and cash prizes for Top 3 male and female runners)
- Dusty Kids Obstacle Challenge (6-9 years), an approx. 1km course (2 laps of the oval obstacles).

It takes about 45 mins per 5km lap.

EVENT SCHEDULE

Friday, 21st April

- 4.30pm** Race pack collection opens for South 32 Outback Adventure Run
- 5.30pm** Race pack collection closes

Saturday, 22nd April

- 7.15am** Race Briefing for all distances
- 7.30am** Race start for all distances
- 11.00am** Approximate conclusion of the event
- 10.30pm** Presentation at Kev Bannah Oval - once most runners are back

RACE PACK COLLECTION

When

Friday 21st April 4.30pm - 5.30pm

All race packs for the South 32 DND Adventure Run must be collected by 5.30pm Friday, 21st April. If you do not check in during these times you will not be able to race. Allow extra time when making travel arrangements as a precaution. Please let us know if you are unable to collect your race pack during those times.

Saturday 22nd April 6.00am-7.00am

All athletes must check in and attend the race briefing at the Event HQ at the Kev Bannah Oval. If you were unable to collect your race pack on Friday afternoon, this is the last chance to do so.

Where

The Race Pack collection on Friday afternoon is at the DND Central - 84 Burke Street.

The Late Race Pack Collection on Saturday is at the Run Event HQ at Kev Bannah Oval - Daren Ginns Centre, entry via Shaw Street.

What you will need

Competitor's name and proof of race registration.

Race Pack

Your race pack includes:

- Ankle timing chip
- Dirt n Dust shirt (sizes are up to availability)



Set a goal

RACE INFO

Timing

Your timing chip will be included in your race pack. The ankle chip must be worn on your **left ankle**. It must be unobstructed (no socks or other clothing items covering it). On race morning, you must wear your timing chip to enter the event. If you lose or forget your timing chip, please see the timing tent staff. If you do not start or pull out for any reason, you must notify the event director or an event official.



Presentation

The award ceremony will be held once all Top 3 male and female runners are finished.

Prizes

MALE

- 10Km - 1st-\$180, 2nd-\$120, 3rd-\$60
- 15Km - 1st-\$225, 2nd-\$150, 3rd-\$75

FEMALE

- 10Km - 1st-\$180, 2nd-\$120, 3rd-\$60
- 15Km - 1st-\$225, 2nd-\$150, 3rd-\$75



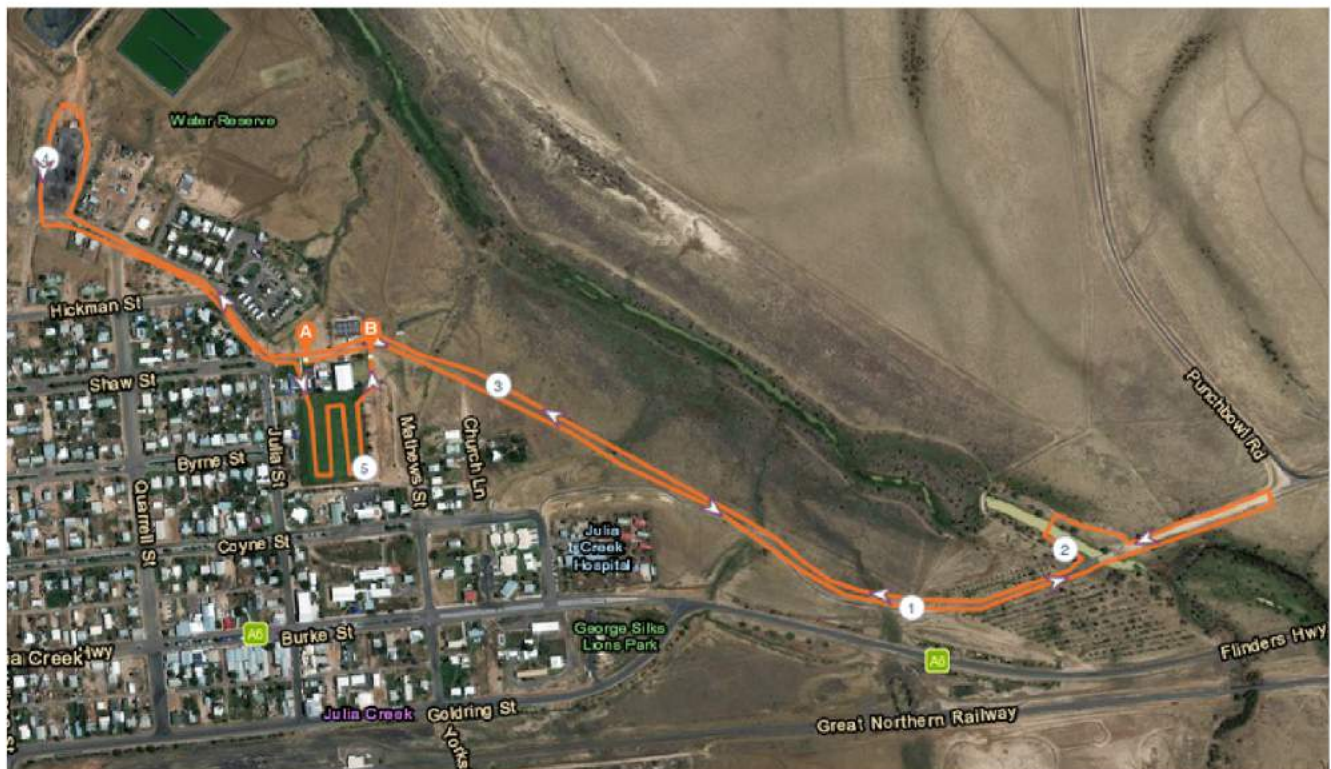
THE COURSE

South 32 Adventure Run

The South 32 Adventure Run course offers 3 options. First one is to have a bit of fun with a casual, non-competitive 5km run (obstacles are optional), second option is a 10km timed run or step it up to the 15km competitive event. For both the 10km and 15km the obstacles are mandatory and shall not be skipped.

The course takes you in and out of the outskirts of Julia Creek, there are plenty of country style obstacles, including hay bales, creek crossings, mud pits and plenty of others.

Ensure to pack a change of clothes for after as we promise you this will be dusty, dirty, muddy and a whole lot of fun!



*Course may be subject to change.



Let's get
DIRTY

General Race Rules

Competitors must:

- practice good sports conduct at all times
- Be responsible for their own safety and be considerate to the safety of others
- Be responsible for understanding and following the race rules
- Obey traffic regulations unless otherwise instructed by an event official
- Treat other competitors, officials, volunteers and spectators with respect and courtesy
- Avoid the use of abusive language
- Not use any equipment which may provide an unfair competitive advantage
- Not accept assistance from anyone other than an event official
- stay on the trail and do not take any short cuts. This may lead to disqualification from the race
- You may not run with a bare torso or without shoes on any part of the course

Adventure Run Etiquette

- Be mindful that the public spaces are open for other users outside of the race
- Do not leave any rubbish behind. What you bring in you must take out
- Keep left and give way to runners passing from behind
- Don't approach any wildlife you may come across on the course
- If you must wear your headphones, use only one earpiece, so you can hear other trail users around and hear the trail marshals instructions
- Stop and give assistance to other runners if needed. If another competitor falls and injures themselves, it is not an opportunity to pass them. Give assistance and ensure they are ok. Time considerations will always be given to the ones who stop and assist injured runners.



CONTACT US

Event Contact Details

Race Director

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