



**SATURDAY 7<sup>th</sup>  
SEPTEMBER 2019**

**PARTICIPANT BOOKLET**

*Dwellingup*  
**100** 



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All participants should save the below numbers in their phone in case of emergency out on course. Please call either Bob or Ash if you or a participant is in an emergency situation which requires medical assistance.

**Emergency Contact Number 1: Bob = 0414 714 593**

**Emergency Contact Number 2: Ash = 0409 916 553**

# WELCOME MESSAGE FROM MDWA CEO

Participants, locals and fundraisers on behalf of our community, it's exciting to welcome you all to the Dwellingup100 for 2019.

This is your event and your time to shine. With only a few days till race day, we certainly hope you've done the prep and miles out on the bush tracks and are fuelled and ready to go on Saturday 7th September. Not too many venues are as beautiful as Dwellingup and while race morning might be super chilly for the first few hours, there is plenty of fun that will warm you up and keep you entertained and smiling all day long.

This year Muscular Dystrophy WA (MDWA) stepped up our role to manage the whole event. It's been a tough feat for a little charity who exists to support our community, but with the unwavering support of Tony Tucknott and his course building crew; the Shire of Murray as event owners; and The Event Team as contractors to deliver the logistics; we are so excited for race day.

And of course this event just wouldn't be possible without our sponsors and also all the volunteers out on course ensuring that you are safe and fuelled throughout the day.

As one of our key annual fundraising activities, the commitment that our dedicated fundraisers and their givers show us is incredible. Once again, the contribution has been amazing this year and we are excited to announce the winner of the brand new Toyota Corolla.

Since 2010 we have been the charity partner of this event. The fund raising over those years has made a significant contribution to our community and the services we provide. It's so important to us that it's the reason we took on the event management this year.

We are a small organisation trying to make a big impact and we support around 800 WA families, providing counselling, CoughAssist™ machines, NDIS support, social programs and advocacy. It's care that's just as (if not more) important than research and medical support and it's what we call *Support for Life*.

So whether you're on your bike in one of the mountain bike events, jogging up a storm in the Mighty Jarrah Trail Run, or supporting your family and friends on the sidelines, be sure to stop and soak up the beauty of Dwellingup, the camaraderie of those around you and know that in many ways you are contributing to something bigger than an event. You are helping to make a difference for those living with muscular dystrophy.

Be safe, have fun and wishing you all the very best of luck!

**Hayley Lethlean and the Team at MDWA**



**BRING  
PEOPLE  
TOGETHER**

**SUPPORT  
THROUGH  
THE GOOD  
& THE BAD**

**INVEST IN  
DREAMS &  
AMBITIONS**

**EDUCATE &  
INFORM**

**ARE A  
VOICE WHEN  
IT'S NEEDED**

**OFFER  
ADVICE &  
HELP WITH  
PLANNING**

*Through...*

**ADVOCACY  
COUNSELLING  
NDIS SUPPORT  
EMPOWER GRANTS  
RESEARCH  
SOCIAL PROGRAMS  
EQUIPMENT**



# WELCOME MESSAGE FROM TONY TUCKNOTT

You know, a lot of people complain about their local shire, their local government, or the Department of Biodiversity, Conservation and Attractions (DBCA). But I can tell you that working with Dean Unsworth, the CEO from the Shire of Murray, Allan Madgwick, Senior Ranger and particularly, Rod Annear from DBCA, has been an absolute pleasure and they couldn't be more helpful.

These 3 guys need a lot of praise and thanks for what has happened in Dwellingup as far as MTB trails, the pump track and staging events like the Dwellingup 100, Mighty Jarrah Trail Run (MJTR), and the XTERRA Australian Championships to be held in November. I certainly appreciate their help and support and without them, none of this would happen. Thank you guys.

Another person who needs a massive amount of thanks is Jeff Phillips from the Southern Hills mountain bike group. Jeff, a small group of friends and some Dwellingup locals have done an amazing job on the trail maintenance preparing the trails for this year's edition of the D100.

Dan Helm, also known as "Handsome Dan" has been instrumental in the event over the last number of years as well. His help, advice, company and humour have been fantastic and greatly appreciated.

The Dwellingup 100 has always been a major fund-raising event for Muscular Dystrophy WA (MDWA) but this year is a little different. They are now so much more than just the charity partner of the D100, they have taken on the financial risk and management of the event, which is awesome.

I also need to thank Dave Morton (this will be his eleventh event), Mark and Jenny Wardle (Rock and Roll MTB), Wayne Marshal, Dave Wilson Jnr, Clive Jones, Jimmy Lobegieger, Jason Auld and Brett Mackintosh for their help with the trail maintenance and course work for the event.

One of the great things about the Dwellingup 100 is that the courses change every year to keep things fresh and interesting for the you, the riders. We have put some awesome courses together for this year's event including the new trails in the Murray Valley area for the 70 and 100 kms riders. We sincerely hope you enjoy the trails and the event.

Finally, I would like to thank Stewart Scott from Clip Media Motion for the fantastic job he does with the videos for the D100 and MJTR. He is passionate about the event, passionate about MDWA and he is a true mountain biker at heart..... although his 7 year old son is almost faster than him on a mountain bike already.

**Tony Tucknott, Event Founder & Course Designer**

# WELCOME MESSAGE FROM TOURISM WA

The McGowan Government is a proud sponsor of the Dwellingup 100 through its Regional Events Scheme.

The scheme was devised as a way for the Government to support smaller and emerging events in regional Western Australia to boost tourism, increase community vibrancy and participation, and develop regional areas.

The Regional Events Scheme plays an important role in positioning Western Australia as an exciting destination to visit and a great place to live by showcasing and promoting a region's unique and diverse attractions.

Sixty-eight regional events across the State have been funded through the 2019–20 Regional Events Scheme. This year's round includes the Regional Aboriginal Events Scheme with a funding pool of \$150,000 exclusively allocated to events delivering Aboriginal activities and experiences.

Tourism is a key part of the Government's plan to diversify the economy, create jobs and develop business opportunities, especially in regional Western Australia.

Events play an important role in this plan, with the Government sponsoring a range of sporting, cultural, arts and culinary events across the State, through Tourism WA, to attract more visitors, encourage them to stay longer, disperse further and do more while they are here.

We hope everyone enjoys the event and takes the time to explore the Peel region.

**Hon Paul Papalia CSC MLA, Minister for Tourism**

**and**

**Hon Alannah MacTiernan MLC, Minister for Regional Development**



# Experience the PEEL REGION



@ExtraordinaryWesternAustralia



@WesternAustralia  
#justanotherdayinWA

**WESTERN  
AUSTRALIA**

DWELLINGUP  
PHOTO BY ANNA BECK

# WELCOME MESSAGE FROM SHIRE OF MURRAY

The Dwellingup community and Shire of Murray thank all participants, family and friends for supporting the 2019 Dwellingup 100, Western Australia's premiere one day 100km mountain bike and trail running event.

Dwellingup is fast becoming a key Western Australian trails town, now boasting a skate park and pump track, central features offering an enjoyable, productive outlet for enthusiasts and supporting town trails activity. The pump track especially offers a fit-for-purpose warm up facility for competitive and non-competitive bike trail users and supports mountain biking and trails events such as the Dwellingup 100.

Riders and spectators of the 2020 event will also enjoy access to a trails and visitor centre, with works well underway transforming the current information centre through the addition of 400m<sup>2</sup> of building to incorporate the trails component of visitor servicing. The expanded facility will include trails retail, improved ablution facilities with additional basins, hot showers, lockers and toilets, laundromat and bike hire and purchase and repair shop.

Other enhancements include a café and improved parking, pathways, exterior lighting, signage and landscaping to connect precinct components including Hotham Valley Tourist Railway and the skate park and pump track. Works are expected to conclude in February.

A number of trails infrastructure development projects are also underway including the Murray Valley Mountain Bike Trails Network and Dwellingup Adventure Trails, which among other improvements will see to the addition of at least 38km of mountain bike trails, additional canoe access points along the Murray River and Captain Fawcett 4WD Track upgrades. Dwellingup 100 also sees the start of the inaugural Dwellingup Mountain Bike Month, which boasts several events catering for all ages and abilities and highlights Dwellingup's top attractions. For further information visit [DwellingupMTBMonth](#) Facebook page.

I acknowledge the commitment and dedication of Tony Tucknott who has worked tirelessly for years, including this year to ensure the continuation of the Dwellingup 100. I also acknowledge the Dwellingup community for embracing the annual event and mountain bike and broader trails community as well as event organisers and volunteers for ensuring the successful delivery of the 2019 event. I hope you enjoy your time in Dwellingup riding, running, skating, spectating and relaxing in the event's first pop-up food zone proudly serviced by local providers.

As you explore Dwellingup over the course of the race weekend the vibrancy and passion of the business owners and community members will enliven your desire to return to the growing adventure town. Best of luck to all participants and we look forward to welcoming you back to Dwellingup soon.

**Councillor David Bolt, Shire President, Shire of Murray**



# Dwellingup is Transforming

## Trails Development

Works funded by the Federal Government's Building Better Regions Fund, the Department of Biodiversity, Conservation and Attractions and the Shire of Murray



38km of quality mountain bike trails in Dwellingup and Murray Valley Realignment of the Munda Biddi Trail



\$4.5 million Dwellingup National Trails Centre project, Skate Park and Pump Track



80m suspension bridge from Baden Powell Reserve to the Murray South MTB circuit



Upgrades to Captain Fawcett 4WD track and Lane Poole Reserve road



Pop up cafe and hire facilities at Baden Powell Reserve



Island Pool canoe access points along the Murray River

[murray.wa.gov.au/dwellingup-trails-development](http://murray.wa.gov.au/dwellingup-trails-development)

# REGISTRATION

Registration is where all participants will collect their participant packs, which contains your race bib with timing chip attached and information from event sponsors.

Bike plate collection for **DWELLINGUP 100 MOUNTAIN BIKERS** will take place at the following times:

**Friday 6th September 5-7pm, Blue Wren Cafe, Dwellingup**

or

**Saturday 7th September 6-8am Dwellingup Oval pavilion**

Run bib collection for **MIGHTY JARRAH TRAIL RUNNERS** will take place at the following times:

**Friday 6th September 5-7pm, Blue Wren Cafe, Dwellingup**

or

**Saturday 7th September 9:30-10:15am Dwellingup Oval pavilion**

Please note: Bike plate and run bib collections cannot happen outside of the above advertised times. Please make travel arrangements to ensure you can attend during the open times. **Late registrations subject to availability will be available during the above advertised times.**

To register please bring a copy of the eTicket (either hard copy or on your smartphone) which you will receive by 5pm on Thursday 5th September.

## Dwellingup100 Event Categories

| <u>100km</u> | <u>70km</u> | <u>40km</u> | <u>14km</u> |
|--------------|-------------|-------------|-------------|
| Open         | U/19        | U/23        | U/13        |
| 18-29        | 19-29       | 23-39       | U/15        |
| 30-39        | 30-39       | 40+         | U/17        |
| 40-49        | 40-49       |             | 17+         |
| 50-59        | 50-59       |             |             |
| 60+          | 60+         |             |             |

## Mighty Jarrah Trail Run Event Categories

| <u>21km</u> | <u>10km</u> | <u>6km</u> |
|-------------|-------------|------------|
| 16-19       | 15-19       | 8-15       |
| 20-39       | 20-39       | 16-19      |
| 40-49       | 40-49       | 20-39      |
| 50-59       | 50-59       | 40-49      |
| 60+         | 60+         | 50-59      |
|             |             | 60+        |

# PARKING

Parking will be open from 6am – 8.30am. Access in and out after these times will require patience and consideration of those on the course. You will be directed by the parking attendants.

Parking will be available around the boundary of the football field for a gold coin donation. Please follow instructions of the Murray Districts Carriage Driving Club parking attendants as there is plenty of parking for everyone. Parking area indicated by blue line – entry is off Moore Street (green arrow). **There is strictly no parking in the red area.**



## Please Note:

- Do not block in other cars when parking.
- Do not park on driveway that surrounds oval.
- Be alert when reversing out of parking area.
- Even though you have finished, other participants may still be finishing; make sure you look both ways before exiting the parking area.

**Participants arriving after 8.30am:** due to 8.30am start of the Dwellingup 100, parking will not be available on the oval once the event has begun.

Overflow parking will be available at Dwellingup Primary School, 10 Newton St, Dwellingup WA.

# EVENT SCHEDULE

|                |  |                       |
|----------------|--|-----------------------|
| 6am            | Onsite parking opens   | Football Oval         |
| 6am – 8am      | Registration D100 MTB  | Football Pavilion     |
| 8.10am         | Rider briefing then athlete self seed  | Start Line            |
| 8.15am         | 14km MTB race start  | Start Line            |
| 8.30am         | 100km & 70km MTB race start  | Start Line            |
| 8.40am         | 40km MTB race start  | Start Line            |
| 8.40am*        | 14km MTB winner across the line  | Finish Line           |
| 9.30 – 10.15am | Registration – Mighty Jarrah Trail Run   | Football Pavilion     |
| 10am*          | 40km MTB winner across the line  | Finish Line           |
| 10.15am        | Almighty Half Marathon participants marshalled to start line   | Start Line            |
| 10.30am        | Almighty Half Marathon race start  | Start Line            |
| 10.35am        | Mighty 10km & Mini 6km participants marshalled to start line   | Start Line            |
| 10.40am        | Mighty 10km race start   | Start Line            |
| 10.50am        | Mini 6km race start  | Start Line            |
| 10.55am        | Doggie Dash 6km race start   | Start Line            |
| 11.15am*       | 40km MTB winner across the line  | Finish Line           |
| 11.20am*       | Mini 6km Trail Run winner across line  | Finish Line           |
| 12pm*          | Almighty Half 21km Train Run winner across line  | Finish Line           |
| 12.01pm        | Cut off – no riders are to leave the oval for the NW loop (100km & 70km riders)                      |                       |
| 12.30pm*       | 100km MTB winner across the line   | Finish Line           |
| 1.15pm         | Presentations: 14km and 40km Mountain Bike and Mighty Jarrah Trail Run all distances                 | Basketball court      |
| 1pm            | Cut off – trail runners must pass through aid stations location by this time                         | On Course Aid Station |
| 2.20pm         | Cut off – any 100km riders exiting Turner Hill will need to head straight back to the oval           | Turner Hill           |
| 3.30pm         | Last 70km rider across the line  | Finish Line           |
| 3.45pm         | Presentations: 100km & 70km riders   | Basketball court      |
| 4.30pm         | Cut off – any rider through the Marrinup entry after this time will turn right & be cut short by 5km | Marrinup              |
| 4.30pm         | Official course closing time   | Finish Line           |
| 5.30pm         | Last 100km rider across the line – course closed   | Finish Line           |

\* Times of winners crossing the line are approximate

# BRIEFING & START TIMES

Dwellingup 100 Mountain bikers will need to be at the start line **20mins prior** to their scheduled start time listed below for official proceedings and event briefing. Following the briefing, participants will be called to the start line for self-seeding.

## Event

### *DWELLINGUP 100 MOUNTAIN BIKE START TIMES*

|              |        |
|--------------|--------|
| 14km         | 8:15am |
| 100km & 70km | 8:30am |
| 40km         | 8:40am |

### *MIGHTY JARRAH TRAIL RUN START TIMES*

|                 |         |
|-----------------|---------|
| Almighty 21km   | 10:30am |
| Mighty 10km     | 10:45am |
| Mini 6km        | 10:50am |
| Doggie Dash 6km | 10:55am |

# SELF-SEEDING

Starting order is based on an honest self-seeding arrangement.

For each of these events please position yourself in the field on the start line where you honestly think your riding/running ability and fitness places you. If you are a front runner and intend to race the event, start at the front. If you just want to participate to finish the course, place yourself further towards the back of the bunch. Please be patient with other participants when it comes to the single track and dirt roads, these events are not won in the first kilometre.

# AID STATIONS / FEED ZONE

## Dwellingup 100km & 70km Mountain Bike

There are 3 feed zones available on the Dwellingup 100km and 70km courses. Please note only ONE of these aid stations is manned. The other two are self service.

### Feed Zone - Aid Station 1:

Main self-serve station at the DWELLINGUP OVAL (approx. 34km point)

### Feed Zone - Aid Station 2:

Manned station (approx. 68km mark of the D100 and the 47km mark for the 70km riders)

### Feed Zone - Aid Station 3:

Manned recovery station at the finish line

# AID STATIONS / FEED ZONE CONTINUED

## Mighty Jarrah Trail Run

There will be no on-course aid stations for the Mighty 10km or the Mini/Doggie Dash 6km – participants must carry sufficient supplies to ensure they get back to the Dwellingup Football Oval.

There is only one official aid station/feed zone for the Almighty 21km course. Participants will pass this twice at approximately the 8.5km and 12km mark. The aid station is located at the start and finish of the turnaround loop which includes the Big Bertha steep climb. Water and electrolytes will be provided at this aid station.

Please note that this is a stop and refill your own water bottle station, not a run through location.

## CUT-OFF TIMES

Mandatory course cut off times apply to the **70km and the 100km mountain bike event**. Please see below cut-off times and locations.

### Cut-off point 1 (34km):

No riders are to leave the football oval for the NW loop after 12noon

### Cut-off point 2 (58.5km):

Any riders exiting Turner Hill after 2:20pm will need to ride back to town on the road

### Cut-off point 3 (79.5km):

Any rider through Marrinup entry after 4:30pm will turn right and be short reduced by 5 kms

### Course closes at 5:30pm

The following mandatory course cut off time applies only to the **21km Almighty Jarrah Trail Run**.

### Cut off point 1 (8.5km):

All participants must pass through the aid station location by 1.00pm. Participants who miss this cut-off point will be directed to by-pass the 4km loop linking back up to the aid station – this includes by-passing the Big Bertha steep climb.

### Course closes at 4:30pm

## DROP OUT PROCEDURE

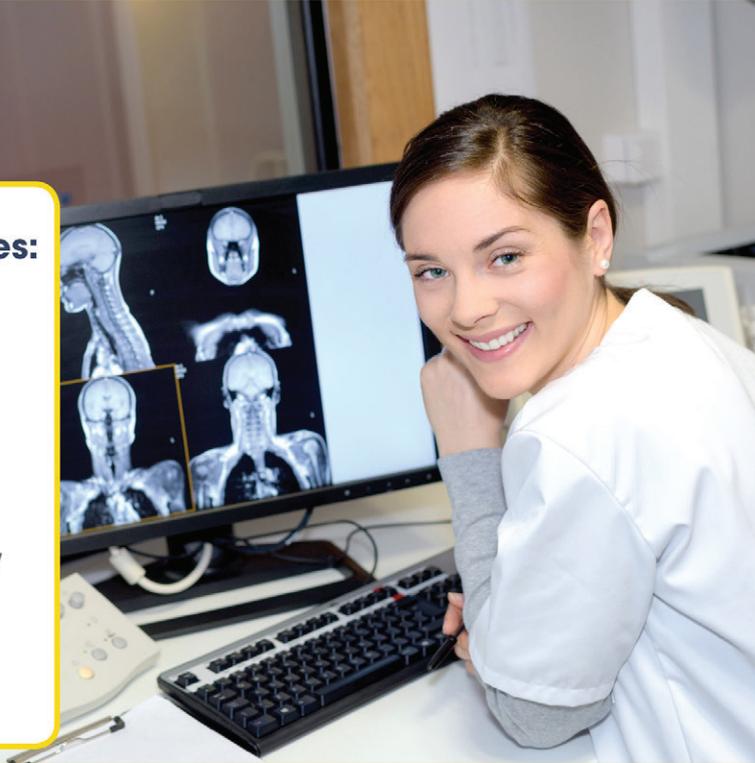
If in the unfortunate circumstance you are unable to finish the event, or you choose to not race after collecting your registration bib, please ensure you notify our timing staff. This is crucial for accounting for all participants out on course and is a matter of safety. The timing van will be located at the event site. Please have your name and race number checked by the staff.

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**Peel Health Campus:** 110 Lakes Road, Mandurah  
**Peel Specialist Centre:** Suite 5A, Minilya Parkway, Mandurah

# EVENT VILLAGE

## **Post-Race Massage**

Sports & Remedial Massage Therapists Arthur Galletly will be providing a post-race rub-down to those participants who need it for a fee of \$20 for 15 minutes, so bring your wallet.

## **Dwellingup Primary P&C**

The Dwellingup Primary P&C will be holding a sausage sizzle, including bacon and egg rolls for brekkie.

## **Dwellingup Country Women's Association**

Participants and spectators can purchase a warm cup of soup for only a gold coin donation. All proceeds will go towards the Dwellingup Country Women's Association.

## **Food Vendors and Event Exhibitors**

There will be a number of food vendors available on the basketball court and in the expo area. Food vendors include a variety of hearty meals, snacks and even a coffee van so don't forget to bring some spare money for those pre and post-race cravings. There will also be a range of exhibitors present at the event so don't forget to check out the items they have on display and maybe even pick up some goodies to take home!

## **The Handle Bar**

Thanks to the Shire of Murray who will be putting on a marquee with a licenced area and food offerings for you to buy during the day. Sit back and relax as you watch the participants take on the Dwellingup 100 and Mighty Jarrah Trail Run from the Handle Bar facilities - it's prime viewing, with the finish line directly in front of it. Presentations will take place in the Handle Bar throughout the day so make sure you stick around to congratulate the winners.

## **Shower Facilities**

Showers and toilets are located at the Dwellingup History and Visitor Centre.

We ask all competitors to please be respectful of the facilities and clean up after yourself. There will also be portable toilets located around the football oval with two accessible toilets on the basketball court.

# DWELLINGUP 100 RACE RULES

The Dwellingup 100 event is sanctioned by Mountain Bike Australia (MTBA) and therefore follows the rules and regulations of this governing body. It is each rider's sole responsibility to be aware of and understand the rules and regulations of MTBA before participating in this event.

The additional rules and regulations outlined below have been determined by Event Organisers and Officials to ensure that the integrity of the event is not compromised and that the safety of participants is not jeopardised.

Please make sure that you familiarise yourself with these rules. Any questions you may have or clarification you may need, please speak to an event official before you begin your ride.

- Participants must start and finish the complete and full course on a nonmotorised bicycle. E-Bikes are prohibited in this race. All bikes must be a traditional mountain bike. NO CX bikes or MTB's with drop bars are allowed.
- It is the participant's responsibility to ensure they follow the correct course (identified by course markers and course marshals giving directions). Any participant who is found taking shortcuts or using any unfair means of obtaining an advantage over other participants will face disqualification.
- All participants must wear an Australian Standard bike helmet at all times.
- All participants are recommended to carry the following equipment:
  - basic tool and repair kit
  - basic first aid kit
  - mobile phone
  - 1 x tube if you run tubeless tyres (2 tubes if you run tubed tyres)
  - 2 x tyre levers
  - pump and CO2 cartridges and connector
  - \$5 dollar note to use as a tyre patch if you cut your tyre (or to buy coffee)
  - a good multi tool
  - chain breaker
  - joiner link
  - rear derailleur "hanger" and new grub screws (make sure you have an Allen key to fit the grub screws) to suit "your" bike
  - 6 cable ties
  - piece of rag
  - extra small bottle of chain lube
- Participants who withdraw or pull out of the event at any time must notify the nearest course marshal, who has phone communication, of your withdrawal from the event as soon as practical.
- Race numbers must be displayed on the handle bars at all times.
- Participants may not push, pull, or tow another rider unless in an emergency situation.
- Western Australian Road Rules apply at all times when riding on roads, tracks or trails.
- Only registered participants, event marshals and officials may ride on the course.
- Failure to abide by Road Rules may result in disqualification from the event.
- Race Organisers reserve the right to alter the format of the event in the interest of participant safety if deemed necessary due to prevailing weather conditions.
- NB: it is part of our conditions of approval is that Race Organisers must cancel the race in extreme weather conditions.
- If Race Organisers decide to cancel or call off the event after it has started, once notified, it is the responsibility of the rider to make their way back to the event village.

# MIGHTY JARRAH TRAIL RUN RACE RULES

It is each runner's sole responsibility to be aware of and understand the rules and regulations before participating in this event.

The rules and regulations outlined below have been determined by Event Organisers and Officials to ensure that the integrity of the event is not compromised and that the safety of participants is not jeopardised.

Please make sure that you familiarise yourself with these rules. Any questions you may have or clarification you may need, please speak to an event official before you begin your run.

1. Complete the marked course on foot under your own power.
2. Stay on the marked course, short cuts are not permitted. If you get lost, return to the last course marker.
3. Practice good sports conduct at all times.
4. Be responsible for your own safety, the safety of your own equipment and be considerate of the safety of others.
5. Treat other competitors, officials, volunteers and spectators with respect and courtesy.
6. Littering is prohibited. Any competitor seen littering on course will be disqualified.
7. Do not bring dogs onto the course (unless participating in the Doggie Dash event).
8. Do not use performance enhancing drugs, in accordance with The World Anti-Doping Code. Refer to the list of prohibited substances and methods under the Australian Sports Anti-Doping Authority.
9. Withdraw immediately from the event if deemed by the event medical personnel that you appear to present a danger to the health or welfare of either yourself or another person.
10. Do not wear, use or carry items deemed to be a hazard to self or others e.g. trekking poles, a hard cast, jewellery or glass/metal containers.
11. Ensure your race number bib is visible at all times. It must be worn on the front either on the chest or on a race belt around the waist.
12. Do not cut, fold or change your race number in any way as that will damage the timing chip.
13. Start in the group that appears on your race number corresponding to the distance you have entered. A competitor starting in a group that is different to that of their race number without notifying the event organisers will be disqualified.



**YOUR MORNINGS WITH**

**GUNNERS AND ALI**

**6AM-10AM WEEKDAYS**

# COURSE DESCRIPTION

## Dwellingup 100 MTB Race Course Descriptions

The D14 riders are first to leave at 8.15am, the 70 and 100 start at 8.30 and the 40km starts at 8.40am.

The 14 and 40km riders head out Dell Park Rd to start their races. Please keep left and do not cross the white lines as the roads are NOT closed. This is for your own safety and we want to see you at the finish.

The 14km course does not compromise on enjoyment factor, our designers have compiled a course that will be sure to put a smile on your dial and have you coming back for more! This course goes through the Lolly Gobbler trail and is great for those new to mountain biking or who just want to get out there and give it a go.

The 40km trail is also aimed at the novice rider but for those who want more of a challenge. The course takes you through a great single track called the Gold Rush and is a heap of fun. It's a good and challenging course with about 610 metres of climbing throughout.

### Southern Loop:

To start the 70 and 100km races we will be heading south on Nanga Rd and deep into Lane Pool Reserve.

The southern loop is short, steep and spectacular. It may only be 34 kms long, but has over 800 metres of climbing in it. However, you will be rewarded for all the climbing with some beautiful views, river crossings and awesome descents.

The really big thing to keep in mind about the southern loop is that you need to do 2 laps of the new Murray Valley downhill trails. Your first descent will take in the green downhill trail called Year 1. This will be a nice warm up for your second lap which will take you down the blue DH trail called Boom Boom.

Please make sure YOU think about these two laps and two descents. There will be timing mats to make sure you have done the two laps as well..... And if you happen to podium, the lap times will be double checked. Obviously, the course will be well marked, so you should just have to follow the arrows and signs.

### Northern Loop

The 70 and 100km riders will then head north west of Dwellingup. The 70's doing another 36 kms and the 100's doing another 58 kms including 12 kms of single track around the Turner Hill XC circuit.

For the 100km riders, the really big thing to remember about the northern loop is what to do around Turner Hill. Firstly, there is 2-way mountain bike traffic on Kesners Rd in and out of Turner Hill, so please keep left along here.

Secondly, when you get to the intersection of Kesners Rd and North Spur Rd after you have done a lap of Turner Hill, you need to turn RIGHT and cross the road at the Munda Bididi Trail. Do NOT turn left onto North Spur Rd at the end of Kesners Rd and Turner Hill, or you will be going the wrong way.

There is a well-placed feed zone for everyone at the entrance of "The Block" at the top of Deer Rd, this will have water and some goodies at it to keep you going before you tackle the last 25kms of the course.

We hope you have an awesome day.

# COURSE DESCRIPTION

## Mighty Jarrah Trail Run Course Descriptions

### Almighty 21km Half Marathon

Dwellingup is an Aboriginal name for "place nearby water"...the Almighty 21 runners will experience a lot of water as the course takes them through the picturesque Lane Pool Reserve with its flowing rivers, rock pools and scenic waterfalls, it has testing steep hill climbs and slippery descents. There is a total of 520 meters of elevation throughout this trail. The course has been carefully designed to showcase the very best of the region with forests, hills and valleys and the legendary Bibbulmun Track.

### Mighty 10km

The Mighty 10 takes trail runners out of Dwellingup Town and into the undulating bushland of the Nanga Forest. The ten kilometres has a challenging mix of road, fire trail and single track as part of the course. There is a total of 170 meters of elevation throughout this trail. It's often said that trail running is all about the experience, the Mighty 10 typifies this as it provides runners with that close connection to nature.

### Mini 6km

A 6km event for youngsters, novices and those seeking a more gentle challenge. With only 75 meters of elevation throughout, this course starts and finishes amongst the action and atmosphere on Dwellingup Oval. Mini 6 runners get to experience some of the delights of the region as they loop on the fire trail and tracks around the town.

### Doggie Dash

The newest addition to the Mighty Jarrah Trail Run, the Doggie Dash, will follow the same path as the Mini 6km. All two-legged and four-legged Doggie Dash competitors will follow behind the Mini 6km runners, experiencing the same picturesque fire trails and tracks of Dwellingup.



FACILITATRIX

**Available Session:**  
10 - 11 October 2019

**Location:** Dome Cafe  
21 Cale Street, Midland

**Parking:** Paid parking is available

**Time:** Both days will be from 10:00am- 4:30pm

**Cost:** \$200 + GST per person. 10% off for bookings of 3 or more, or for anyone who registers before the 30 August 2019.

**NDIS funded places available:**

Under NDIS line item 15\_038\_0117\_1\_3 Training for Parents and Carers - enquiries to enquiries@facilitatrix.com.au

**RSVP:** please email enquiries@facilitatrix.com.au by 27 September 2019

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# Mental Health First Aid

Mental Health First Aid (MHFA) is an award-winning program developed in Australia, and now run in more than 20 countries across the globe. The program teaches people how to support those experiencing depression, anxiety, psychosis, substance use disorders and other associated crises. The skills learnt are applicable at home, in the workplace and the broader community.

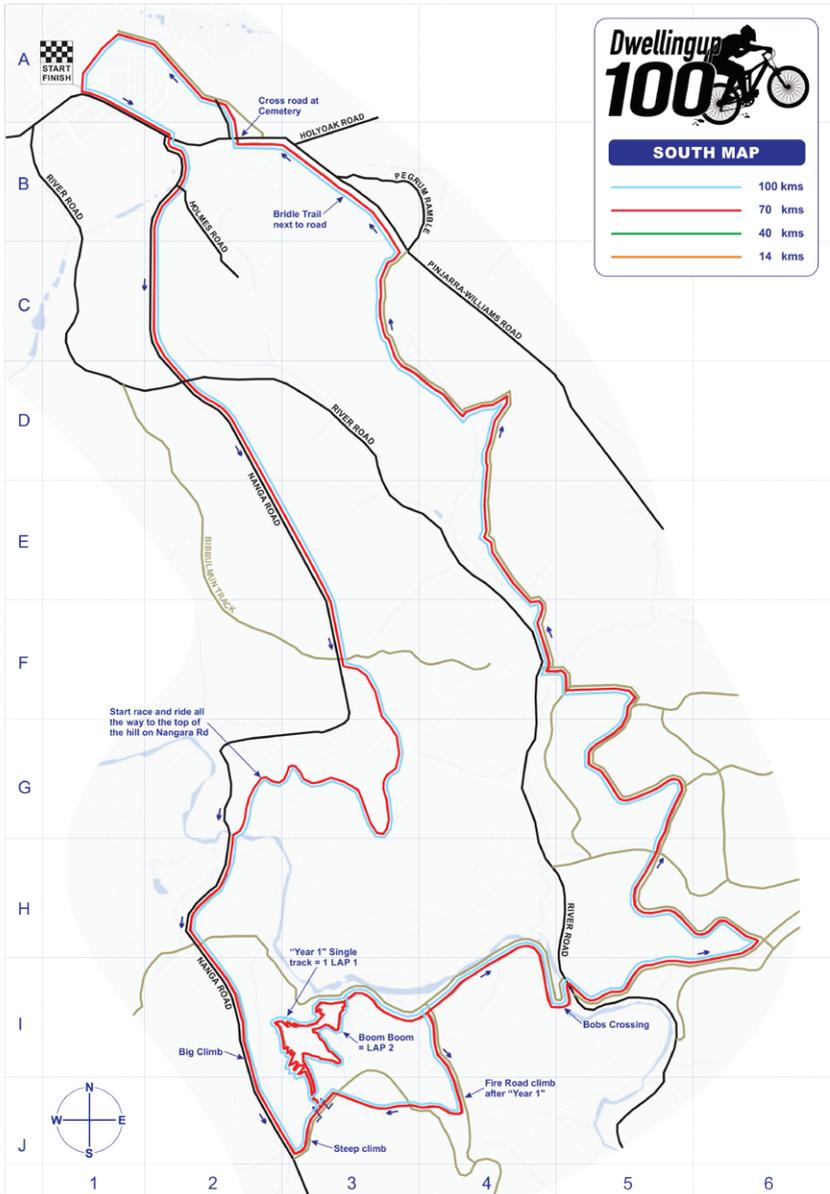
This is a two day training program covering topics such as:

- Recognising the signs and symptoms of mental health issues
- Possible risk factors relating to mental health issues
- Evidenced-based medical, psychological and alternative treatments for mental health issues
- How to give appropriate initial help and support to someone experiencing mental health issues
- How to take appropriate action in crisis situations, for example suicidal behaviour, panic attacks, overdoses or psychotic behaviour

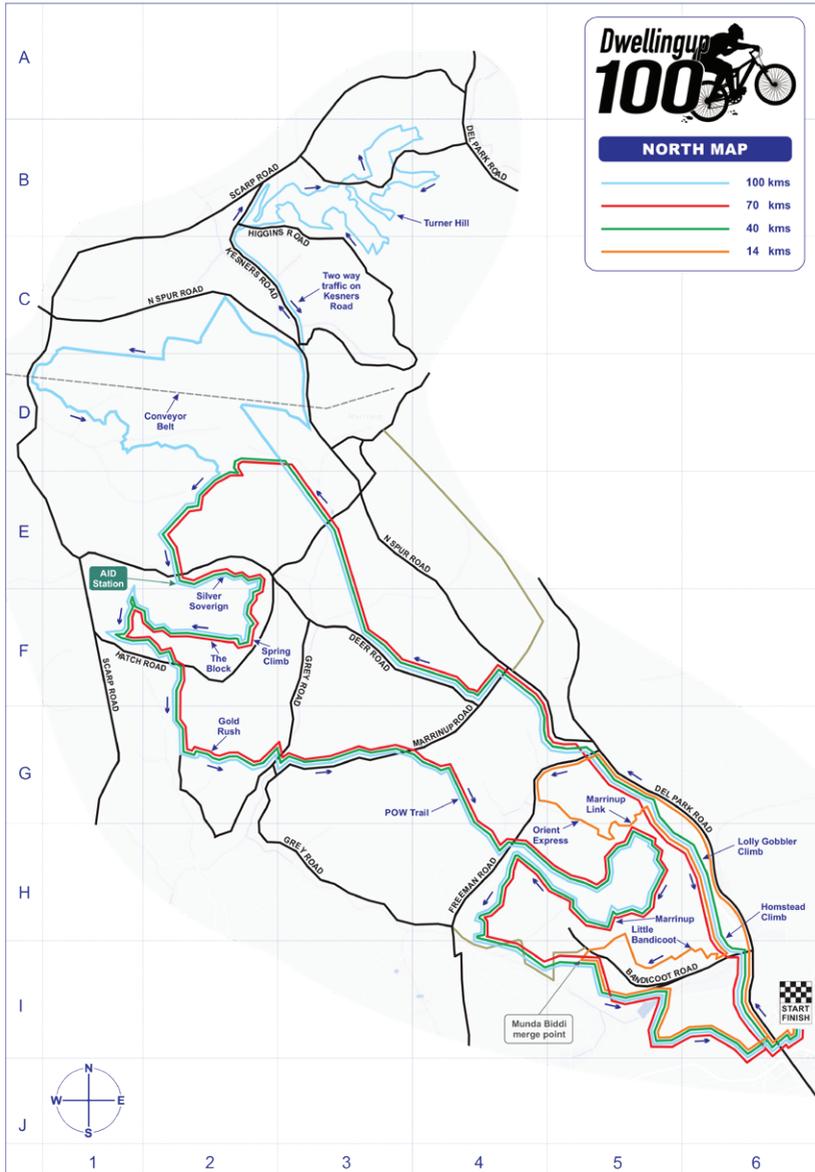


**MENTAL  
HEALTH  
FIRST AID**  
Australia

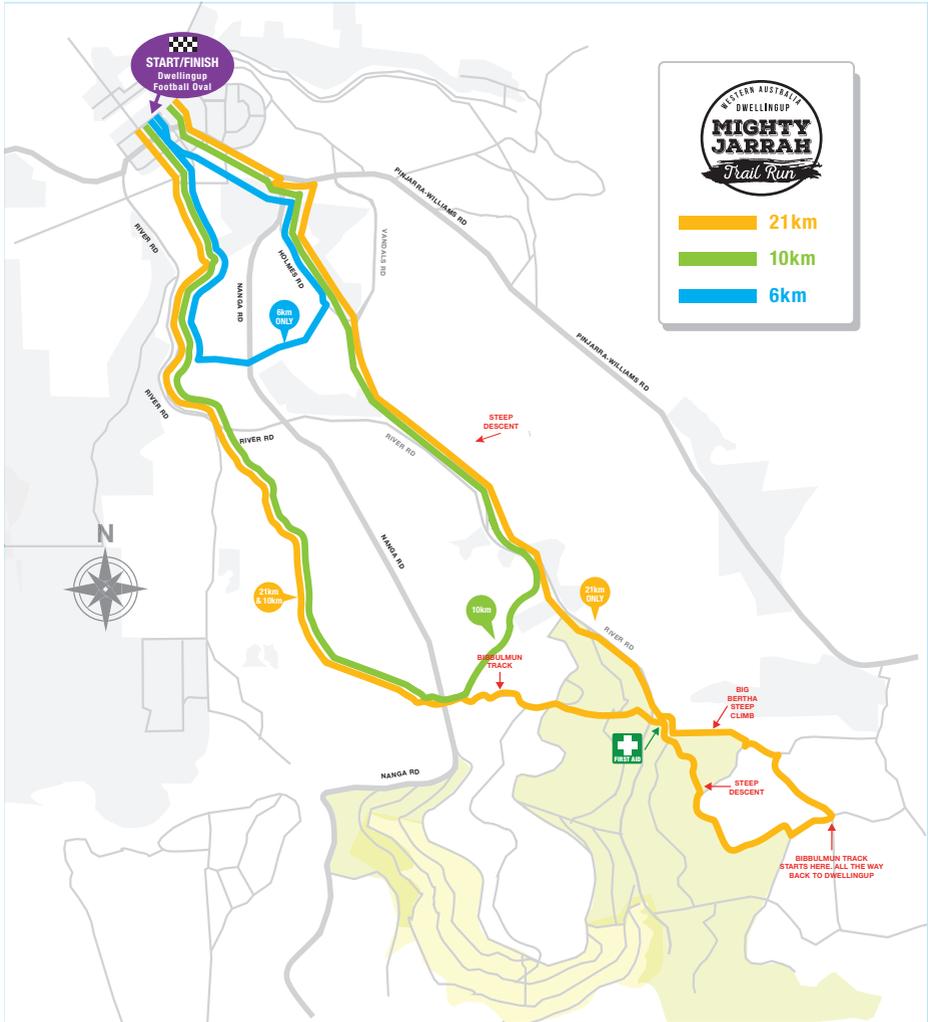
# DWELLINGUP 100 MTB SOUTHERN LOOP



# DWELLINGUP 100 MTB NORTHERN LOOP



# MIGHTY JARRAH TRAIL RUN COURSE MAP





### **Tread Lightly and Leave No Trace**

Leave No Trace Australia promotes and inspires responsible travel and recreation through education, research and partnerships. Leave No Trace is Australia's national minimal impact program.

Use the 7 Leave No Trace principles to ensure your trails experience has a minimal impact on the environment and other trail users.

1. Plan Ahead and Prepare
2. Travel and Camp on Durable Surfaces
3. Dispose of Waste Properly
4. Leave What You Find
5. Minimise Campfire Impacts
6. Respect Wildlife
7. Be Considerate of Your Hosts and Other Visitors

For more information please see <http://trailswa.com.au/environment/>

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