

2007 Race Information Book



*Raising funds for the NSW
Rural Fire Service Blue
Mountains District
since 1984*



Six Foot Track Marathon 2007

Po Box R1227
Royal Exchange
Sydney
NSW 1225
Australia
www.sixfoot.com

8th December 2006

Fellow Six Foot Tracker,

It is now time, in the slide into holiday season, to turn thoughts to training up for the next Six Foot Track Marathon event to be held on **Saturday 10th March 2007, starting 8am**. If nothing else, this book can act as a goal to help motivate you to stay trim and in shape over the coming holiday period.

We have taken time to prepare this race information book to pass on as much information as possible, so that you will learn all about what is in store should you choose to accept the challenge. If you have competed in the event before, you will know what's in store and we will be pleased to have you back.

It is worthwhile pointing out that to ensure the longevity and success of the event, I have asked the other runners in my club, **The Sydney Striders**, to takeover the race organisation. After 6 years in the drivers seat we need to start preparing for me to start running the race again. I will still be race director for at least 2007 and 2008.

This year's event will follow the tried-and-true style of previous years – no course changes, and a well-organised and safe run for all. We will use the same system for race number pickups the day before the event at **The Edge Cinema, Katoomba**, starting arrangements at Catalina Park and the Explorers' Tree, and pre-race withdrawal procedure. So please take the time to read this book thoroughly.

We are now developing a small group of logistical experts that understand our event and we are pleased to welcome them back each year - Chip timing by **MultiSport Australia**, photos by **Marathon-Photos.com** and **High5** products during the race. Last year we introduced **Sydney Sports Med** into the lineup to provide massages at the finish of the event and our Tshirt and Cap designs are again by **Sarina Tomchin**, a previous race winner (see www.sarina.net). These have all been well received by runners, so we will continue with this arrangement again.

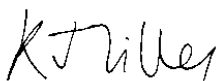
In particular we receive the **High5** products on the day for free, at great expense to the Australian High 5 distributor – therefore we encourage you to purchase some High 5 prior to race day as a gesture of support – this will also help prepare you for your race day efforts. This book lists the places where you can purchase High5, and a contact should you live outside the area.

Every year, many of the runners stay at the **Jenolan Caves Resort**, by the race finish line. Jenolan Caves have been great supporters of the event over the years, and this year they are again offering “Six Foot Track Packages” for the weekend of the race, which includes pre- and post-race buffets. We are encouraging runners to make this hotel their weekend base - please make every effort to join in the fun, and meet new friends and old. Each year the hotel is completely filled before race day, so get in quick ! Even if you choose not to stay at the hotel, feel free to join us for dinner either the night before or after the event.

The race is, of course, a fundraiser for the **NSW Rural Fire Service Blue Mountains District**, who not only do such a crucial job for the community at large, but also provide such vital assistance on the day manning our aid stations, and providing communications backup. We sincerely hope they have a quiet Christmas and New Year over the height of the summer bush fire season. We are again encouraging runners to seek optional donations (tax-deductible) to help with their funding.

It is now tradition that we also support “**The Six Foot Heritage Trust**”, the group that spends time and effort looking after the track that we love to run on so much. This money covers the cost of works to the track like fencing, route marking, water tanks and composting toilets. We are indeed lucky to have such a great route available to use year after year – showing our appreciation is the least we can do.

Finally, the rest of the race committee and myself, sincerely hope that you can join us again next March for the race, and wish you great joy over the Xmas period, and much success in your training.



Kevin Tiller
Race Director

As always – we appreciate and listen to your feedback – please use the address or website as above.

Important Information

START:	8.00 am Saturday 10 th March, 2007
COURSE:	From "The Explorers' Marked Tree" Katoomba along the original Six Foot Track to Caves House, Jenolan Caves. 100% off-road.
DISTANCE:	45.0km
TIME LIMIT:	7 hours 00 mins - also aid station cut-off times (see below)
AGE LIMIT:	Minimum of 18 years
ENTRY FEE:	\$85.00 if entered before 31st Jan 2007 \$95.00 if entered between 1st Feb and 28 th Feb 2007 \$130.00 if entered between 1st Mar and 8 th Mar 2007 \$140.00 if entered on 9th Mar 2007 (all proceeds to NSW Rural Fire Service Blue Mountains District)
CLOSING DATE:	Due to the logistics involved on the day, and preparation required, final numbers need to be confirmed early- see entry form for details. The last possible time to enter is 10pm Fri 9th March 2007 in person at The Edge Cinema, Katoomba only - There are no entries accepted on race day.
RACE WEBSITE:	See www.sixfoot.com for any amendments plus any late-breaking news and background information

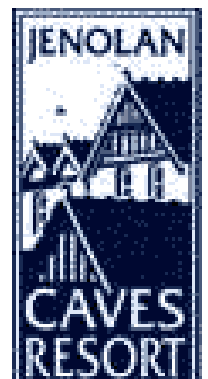


This event is proud to be supported by the NSW Rural Fire Service Blue Mountains District who provide many staff and logistical help, in return all proceeds of the event are passed back to them as a donation –\$31,000 for 2006

www.bluemountains.rfs.nsw.gov.au

Many thanks to Jenolan Caves Resort for donating holiday packages to race winners and for use of the hotel before & after the race

www.jenolancaves.com



www.travellingfit.com



www.marathon-photos.com



www.highfive.com.au



www.edgecinema.com.au



www.r4yl.com.au

Important !

- There will be no unofficial runners or entries on the day.
- This is a physically and mentally challenging arduous event and no responsibility will be taken for any accidents/injuries.
- The Race Committee may prevent any runner from starting - even after their entry has been accepted - or even during the event - if it is decided that the runner may be placing themselves or others at any risk whatsoever, or for any other reason.
- All runners signing the race entry and waiver will have read and understood these race rules and race information (which may be changed at any time).
- All runners shall obey directions from Race Officials, Police, Ambulance and Rural Fire Service personnel. Failure to adhere to these rules or directions on the day will result in the runner being barred from this race for LIFE.

Awards

Runners meeting the following criteria will receive an award :

Men's Section

FIRST	-	Blue Mountains Six Foot Track Perpetual Trophy
	-	Blue Mountains Six Foot Track Winner's Pottery Plate
	-	Weekend Package for two at Jenolan Caves House
SECOND	-	Custom Race Pottery
THIRD	-	Custom Race Pottery

Women's Section

FIRST	-	Blue Mountains Six Foot Track Perpetual Trophy
	-	Blue Mountains Six Foot Track Winner's Pottery Plate
	-	Weekend Package for two at Jenolan Caves House
SECOND	-	Custom Race Pottery
THIRD	-	Custom Race Pottery

Special

AUSTRALIAN TRAIL ULTRAMARATHON CHAMPIONSHIPS

- Top 3 Males/Females that are members of the Australian Ultra Runners Association

AGE GROUP AWARDS

- 1st Male/Female of each 10 year age group – Custom Race Pottery
- 2nd/3rd Male/Female of each 10 year age group – Prize

MOB RUN (club or team with 6 highest scoring runners) – Trophy courtesy of Sydney Striders

PARTNER PRIZE (fastest couple on the day) – Trophy courtesy of the Langsworths

JOHN OVERTON MEMORIAL FIRE-FIGHTER AWARD – Trophy awarded to the first fire-fighter to cross the line - regardless of whether full-time, professional or volunteer fire-fighter.

All

- Complete 6 Official Six Foot Tracks within cut-off - Buckle
- Complete 12 Official Six Foot Tracks within cut-off - Leather Belt for Buckle
- Complete 18 Official Six Foot Tracks within cut-off – Embroidered Jacket
- Complete 24 Official Six Foot Tracks within cut-off – Legend of the Track award
- All Official Finishers Within Cut-Off - Medallions and Finish Certificates
- All Finishers Outside Cut-Off – Certificate of achievement

Before The Race

ENTRY CRITERIA

The Race Committee reserve the right to reject any application of entry without explanation. Previous Six Foot Track runners who have completed the event within 7hr cut-off time will generally be accepted. All runners

who have not previously completed the Six Foot Track Marathon must provide proof of ability to finish within the cut-off time. The race is very demanding and we have had no serious incidents in the history of the event, and would prefer to keep it that way. If you check the number of people that fail to finish, it is a very low percentage each year and we think this is due to all runners being adequately prepared.

Some good examples of equivalent standard are :

- a) Any 42.2km road marathon in 4:00:00 or faster
- b) Any Ultramarathon (longer than 42.2km) finished within race cutoff time
- c) Any ironman-distance Triathlon within the cutoff time allowed
- d) Mt Wilson to Bilpin run in sub 4hrs 30mins
- e) Fitzroy Falls Firetrails Marathon in sub 5hrs 30mins
- f) Brindabella Classic in sub 7hrs 00mins
- g) Sydney Trailwalker in sub 24hrs
- h) Black Stump Bush run (33km) in sub 5hrs 45mins
- i) First half of Bogong to Hotham run (33km) in sub 7hrs

NOT QUITE OFFICIAL TRAINING RUNS

For runners without a qualifying performance, there are some off-road training runs being introduced for 2007 to give an opportunity to demonstrate ability. These are all very tough runs and runners should be self-sufficient in food/drink etc More details at www.sixfoot.com For previous Six Foot runners, these are an ideal opportunity to supplement your training so feel free to join us.

- o 2 Dec – Otford to Bundeena (29km, Royal National Park)
- o 1 Jan – Beyond the Black Stump (33km, Berowra)
- o 4 Feb – Megalong Valley (36km, Blue Mountains)

ENTRY LIMIT

Currently all suitably qualified runners that have their entry accepted can take part but the Race Committee reserve the right to "cap" the number of entries after consultation and negotiation with the various authorities, and to change this limit at any time. This will be on a first come first served basis.

POSTPONEMENT & CANCELLATION

Although it has never happened before, and every step will be taken to avert it this year, there maybe certain situations eg Bushfire crisis in the Blue Mountains, where the race needs to be postponed. In this situation, the race would be re-scheduled if possible. As much notice as possible will be given, but given the nature of such a crisis this may be no longer than 48hours. Should there be any reason why the race cannot proceed at all, and the event needs to be cancelled, all race entry fees will be returned except for \$10 that will be put towards costs already spent for the race. Clothing orders cannot be cancelled or refunded and clothing will be posted if the race is cancelled or postponed.

General note: the main bushfire season extends from October to April, but in this area of the Blue Mountains the critical danger time is December and January.

WEATHER

The average maximum in Katoomba for race day (10th March) is 27C, and the average minimum is 16C (this will be in the middle of the night). Expect approx 18C at race start. The race takes place mainly in valleys which are likely to reach Katoomba temps - the race has a tendency to be warm/hot, even at the start. Sunrise for race day is 6:54am and sunset is 7:25pm. (For overseas runners, March is at the tail-end of the Summer). This information from <http://uk.weather.com/weather/climatology/ASXX0269>

ELITE RUNNERS & PRIZE MONEY

All proceeds for the run go to the NSW Rural Fire Service Blue Mountains District, a very worthwhile cause, and all organisational costs are designed to provide a superior race experience for ALL runners, whilst still maximising the amount passed on to the NSW Rural Fire Service Blue Mountains District. Travel or accommodation expenses are not paid for ANY athlete, no matter how good (so please don't ask). Nor is any prize money paid out.

OVERSEAS RUNNERS

Every year we have a small portion of the field that consists of overseas runners, from all parts of the world. Some of these runners have travelled to Australia just to take part in this special event, whilst others have taken part whilst on vacation. We extend a very warm welcome to all overseas runners, however we must point out that we cannot assist you with visa advice, special invitations and/or assistance, or travel insurance advice. Due to complexities and costs of cashing cheques from overseas banks, we require that all entries from outside Australia are paid using a credit card. We have for arranged for a dedicated

travel agent to provide advice and make bookings, including any time spent in Sydney or elsewhere in Australia – please contact www.travellingfit.com



RUNNER DONATIONS

All the race volunteers give their time freely to the event, and all proceeds of the day are passed onto the NSW Rural Fire Service Blue Mountains District, so that they can continue to provide equipment and training for their volunteer staff (they are only part-funded by the various governments and rely on donations for the rest). The Blue Mountains has seen some very bad bushfire seasons the last few years. All the excellent aid stations, the start area and the finish area are set-up and managed by RFS volunteers on the day, as per tradition since the very earliest days of the event. In response to runners that have asked how they can help assist more, this year we will assist runners to seek donations from friends, family and work-mates, should they decide this is something they would like to do, with all donation monies to be passed to the RFS directly. The RFS have agreed that receipts will be sent to all donors (after the event, but well before the end of the tax year), so that tax can be claimed back. Some runners may use this as additional incentive to train for the event.

A donation form can be found towards the back of this information book, and additional copies can be downloaded from the race website.

As an added incentive, runners that are able to collect donations of more than \$100 by race day will receive a free race T-shirt and runners that collect donations of more than \$500 will receive a special (not for general sale) Ultra-marathon / Triathlon / Adventure top – it has short sleeves, 3 pockets at the back for gels, bars, keys etc, and a $\frac{3}{4}$ length zip on the front – very modern and made out of the best quality “coolmax” type material possible (would have a retail value of approx \$80).

SIX FOOT TRACK HERITAGE TRUST

Part of the aims of the Six Foot Track Heritage Trust, the official body that maintains and administers the track that we love to run on, is to educate all organised parties and events as to the unique flora and fauna and history of the area. Therefore, this year we have been requested to charge each runner a small surcharge (\$7) and in return you will be given a small brochure with your race number. We would still be very appreciative for any donations that you make to the Heritage Trust. This race is the largest donor to the organisation and in previous years we have funded composting toilets, new signage and campgrounds and water-tanks.

CONFIRMATION OF RACE ENTRIES

Race entries are confirmed via a regular posting of accepted entries to the race website and via email if you supply an email address on your entry. There is a provision if you send a stamped-addressed return envelope with your entry that we will let you know your entry has been accepted.

If you send a cheque that is dishonoured then you must pay the additional bank fees in full (approx \$7.50). This is also the case if for any reason an online entry has to be paid back eg not having a suitable qualifying event (approx \$9.50).

RACE MERCHANDISE (T-SHIRTS etc)

Six Foot Track Marathon T-Shirts, Singlets, & Caps will be available for purchase with your race entry to guarantee your size is available. There will be a limited amount of merchandise available for sale on the day. This will be on a first come first served basis. Once an item is sold out, there will be no further orders taken. Pre-ordered, pre-paid items can be picked up at the race number pick at The Edge Cinema, Katoomba on the Friday before the race, or at Jenolan Caves at the finish.

Race merchandise has been designed by Sarina Tomchin, a previous race winner. See her website www.sarina.net.



WITHDRAWALS BEFORE RACE DAY

If, after entering and being accepted for the race, a runner later finds they cannot run for whatever reason (including injury) then they have the following options open to them:

- **No show on the day** - forfeit entry fee and bus tickets. Merchandise order will be mailed out after the event if it is not sold to someone else on the day (if sold then you be given this portion as a refund).
- **Withdrawal after entries close on 1st March** – same as no show. The race has already factored you into all costs.

- **Withdrawal before 1st March** – If you notify the race committee before this date and have your request acknowledged by email, fax or phone then you have the option of a) finding a replacement runner before 1st March or b) having your entry fee, bus tickets and merchandise held over to 2008. You will have to complete an additional entry form in 2008 but the \$ value is held over.

Please note that all replacement runners must be suitably qualified to enter and successfully complete an entry form and have it submitted and acknowledged by email, fax or phone as per dates outlined on the entry form. Under NO circumstances must a runner start the event assuming the identity of another.

THE MOB RUN

The Mob Run is a club/team competition and has become a regular fixture at each annual Six Foot Track, and the winning team will be awarded a perpetual trophy, that will have their team name engraved.

Please note due to the complete dominance by Sydney Striders in the Mob Run every year they have conceded that the rules should be changed to give other teams a chance – teams will only have the top 6 scoring members counted. This means that large clubs can have members enter numerous teams, if they want, or one large team. It will also give smaller teams a chance to compete. Note that additional weighting for females still applies (*maybe an all female team can win ?*)

The "rules" are as follows :

1. Teams can be of any size, any description and made up of any type of runner. There are no limits. In fact the teams need not be formally recognised teams or clubs, just maybe the bunch of people you train with, as an example.
2. There is only one "Mob Run" award and it will be awarded to the overall team winner ie there is not a separate prize for males/females or age category teams.
3. There is no need for members of a team to enter together. When you submit your entry form, you state in the space provided which team you are part of. The race director will then track how many runners are participating under that team name.
4. No checks will be made on actual membership of clubs, we will base team membership purely on the runners entry form.
5. You can only have your run count for one team. If you are a member of more than one team, you have to choose which one to represent. If you still try to write more than one team name on the entry form, the first one written will count as the team selected.
6. Every runner who completes the run within the cut-off time will score for their team depending on how far up the field they finish. The first placed runner receives the same number of points as there were entrants. The 2nd placed runner receives 1 point less, and so on. If all runners finished the race within the cut-off, the last runner would score 1 point.
7. Runners that drop out or who miss the cut off score 0 points.
8. Sweepers are not allowed to be included in a team.
9. As the participation of females is so much less than males, their points will count double.
10. Only the top 6 scoring runners for your team will have their points counted and the team with the most points wins.
11. If you forgot to write your team name on your entry form, or want to change teams, then you can do so in writing (email, post or fax). You can change your mind up to the week of the event, but absolutely not on the day.

RACE NUMBER PICK-UP AT THE EDGE CINEMA, KATOOMBA

All runners should pick up their race number, timing chip, and pre-ordered merchandise at The Edge Cinema, Katoomba on Friday 9th March 2007 from 10am to 10pm, or get a friend to pick it up for them. This assists in reducing a last minute crush on race morning and will also be a good opportunity to visit our mini-expo, meet other runners and ask any last minute questions.

The Edge Cinema also has a gift shop, toilets, snack bar, Kids playground and is a perfect place to stop after driving from Sydney. It is located at 225 Great Western Highway, Katoomba, NSW 2780. The cinema is offering runners a "buy one get one free" deal to view The Edge Movie, a 40 minute film that runs 6 times per day about adventure and discovery in Australia's Blue Mountains Wilderness. 'The Edge' tells one of the great stories of humankind - the story of discovery and coming to terms with the ancient, complex and fragile world we live in. The Blue Mountains has a million hectares of impenetrable forest wilderness, right on the doorstep of Sydney. More details can be found at www.edgecinema.com.au or telephone (02) 4782-8900.

Start Details

The start is at the “Marked Tree” outside of Katoomba – and there is no space for parking AT ALL – DO NOT EVEN ATTEMPT TO DROP RUNNERS THERE. ALL RUNNERS PROCEED TO CATALINA PARK, KATOOMBA ON RACE MORNING FOR A FREE SHUTTLE BUS TO THE START.

GETTING TO THE START FROM JENOLAN CAVES

For guests staying at Caves House, there will be a bus that departs for Catalina Park, Katoomba at about 5:30am. These runners should not attempt to drive to the start as it is essential to reduce parking crush. Tickets for this bus can be bought with your race entry – it is marked Bus A – 6am Saturday - Caves House to Start line on the entry form.

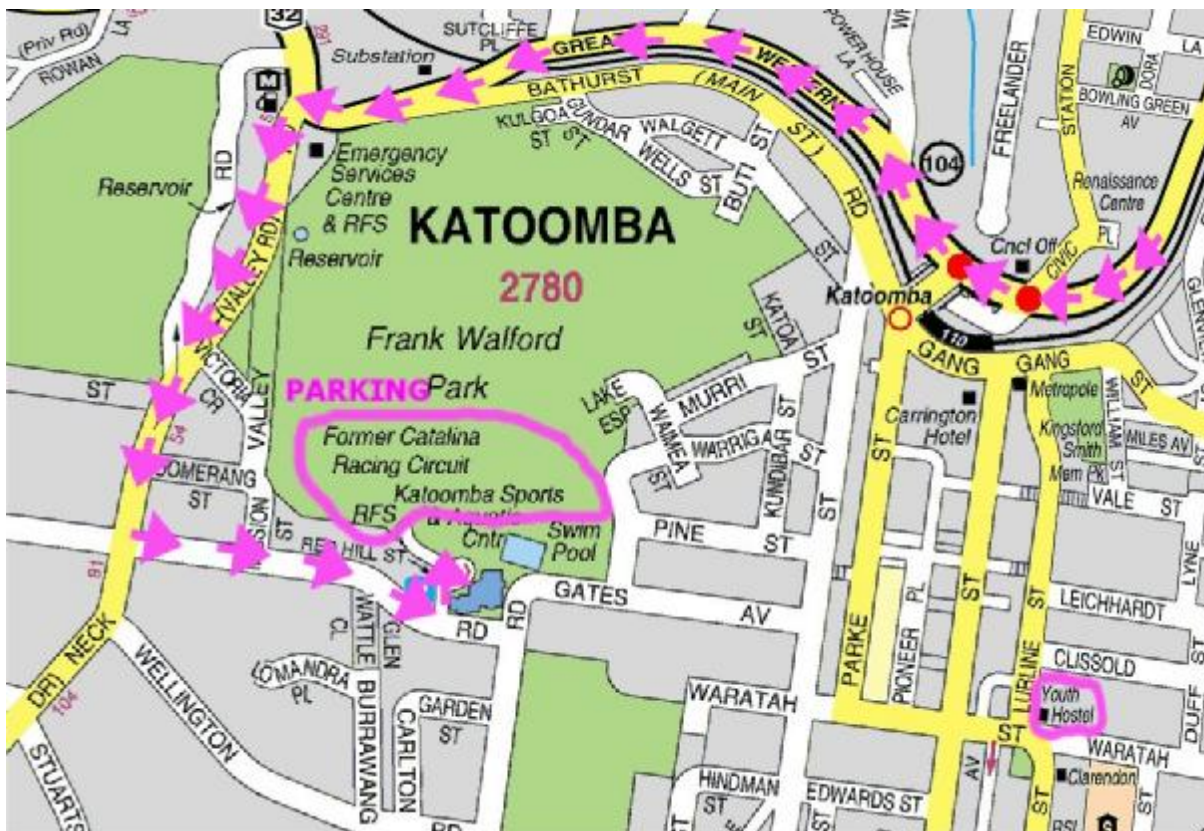
CAR PARKING FACILITIES

The only parking will be at Catalina Park, Katoomba. Turn off the Great Western Highway at the Bushfire Emergency Centre and follow Fire Service instructions to the parking. PLEASE use the toilets located there to reduce the crush at the start. Parking is FREE! and there will be Rural Fire Staff there all day to keep an eye to make sure vehicles are safe (although no responsibility taken if there are any issues). Catalina Park is a short walk from the Youth Hostel, other Hotels & Motels in the main part of Katoomba and of course Katoomba Railway Station.

RACE NUMBER PICKUP & PRE-RACE PROCESSING

On arrival at Catalina Park, you need to pick up your race number and Timing Chip from the registration desks if you did not do so on Friday the day before at the Edge Cinema, Katoomba. Do this immediately on arrival. Catalina Park will be “open” from 5:45am on race morning.

!! THERE ARE NO TIMING CHIPS AT THE START LINE – PICK UP AT CATALINA PARK !!



BAGGAGE AND CLOTHES

You should get changed into your race clothes, go to the toilet and put on sunscreen at Catalina Park and deposit your bag in the pile to be transported to the finish. Race day will be warm so you do not need any clothes at the start line. However we will also transport bags and clothes left at the start also, but space is very limited there and at a premium. We prefer you leave bags at Catalina Park.

GETTING TO THE START LINE

There will be a **FREE!** shuttle bus service to take runners, spectators, family/friends to the start line at the Explorer's Marked Tree from Catalina park. There are no tickets for this bus – it will take anyone. The first shuttle bus will leave Catalina Park approx 6:10am and will continue until all runners are at the start-line. Please allow runners in earlier waves to go straight to the front of the line. **Please turn up early to prevent delays. Please do not walk to the Marked Tree from Catalina Park, as the road is narrow, busy and dangerous.** At the start line feel free to have a traditional Billy Tea, Damper and Golden Syrup (Cocky's joy) that will be served by the Rural Fire Service – this is free for runners and spectators.

TOILETS

There will be toilets at both Catalina Park and at the start at the Marked Tree. Please try to use the toilets at Catalina Park to reduce the last minute crush. **The land around the start at the Marked Tree is private land – please do not use the bushes and trees.**

EARLY START

All male runners over 60 years old and females over 50 who would like to start early at 7am have this option (or they can still go with the rest of the field at the normal time). The intent of this is to give the older runners a boost by allowing them a crush free start and meaning that they will be running with the bulk of the field (6hr runners) at around the 7hr mark, and hopefully spurring them on to a sub-7hour finish. Many runners that started running the event in the 1980s are now reaching more older years and would still like to be part of the day. They must still complete the event within 7hour though to be eligible for medals, buckles, belts etc. Early starters will still be chip-timed and will place as per their running time. Runners wishing to take this option must indicate on their entry form, you cannot decide on the day.

WAVE STARTS

There will be four waves of runners starting at 8:00am, 8:05am, 8:20am and 8:35am to alleviate the bottleneck down Nellie's Glen. Although the entry form allows runners to select a wave, the final wave allocation will be determined by the race committee after the close of entries and their decision is final. Runners starting in waves 2, 3 and 4 will have their times adjusted accordingly.

Wave one will be composed of the fastest 100 runners based on times run in the Six Foot Track over the previous 3 years. There will be a favourable loading for females in wave one ie there will be a larger percentage of females in wave one than for the race as a whole. There will be the opportunity for exceedingly fast first-time Six Foot Track runners to start with the first wave if they send evidence of a sufficiently quick marathon time with their entry (generally sub 3hrs for males and sub 3:20 for females)

Waves two, three and four will consist of runners that have been seeded according to previous fastest Six Foot Track Marathon times (only last 3 years considered) or marathon times for the Six Foot Track "Virgins".

Runners that are just aiming to finish within the 7hr time limit should select to run in wave 4 on their entry form.

The allocation of runners to waves is complicated and we try our best to allocate as per preferences and special notes but we can never guarantee that your particular request can be met. We apologise in advance for any disappointment. **Please note all runners who pay to enter on 9th March at The Edge Cinema, Katoomba will be allocated to wave 4 only (because all other wave allocations will have been made already and it is too late to change).**

USE OF CHIP TIMING

Although there are start and finish mats used, it is still important that you start with the wave allocated. The time that counts in the official results and for meeting the 7hr cutoff is the "gun" time ie from when the gun goes at the start of your wave to when you cross the finish line. Your "net" time, from when YOU cross the start line to when you cross the finish line is for reference only. If "net" times were used, then it will only encourage runners to start when it suits them (last year a number of runners started at a range of different times).

RACE NUMBERS

No runner will be eligible for an award, medallion or certificate unless completing the course as provided in these rules and within the official time limit and wearing the official race number on his or her chest so the words "Six Foot Track Marathon" and the allotted race number can be seen throughout the duration of the event. No cutting or folding of the race number please. Rural Fire Service personnel will be logging your race numbers at the Aid Stations, they must have a clear view of your race number. Some runners choose to run

the race without a shirt, due to the heat – in this situation they must have the complete uncut race number pinned to the front of their shorts.

MEDICATION

Runners must write on the back of their race number if they are taking any medication and provide specific details. If on medication you will also be required to supply a certificate from your doctor stating your fitness to complete in this event.

After the Start

BUS RESERVATION TO JENOLAN CAVES FINISH AREA

Due to the extreme shortage of parking at Jenolan Caves, and extremely long waits to enter the Jenolan Valley, all spectators are encouraged to travel to and from Jenolan Caves by bus. The bus to Jenolan will depart approx 30 mins after the last wave starts the race. The trip takes approx 90 minutes, allowing plenty of time at the finish (90 minutes+) before the first runner arrives. Tickets can be purchased prior to the day with a runner's entry at \$10.00 per adult, \$5 per school-age child (infants free) each way. Some tickets may be available on the day to fill up buses, but bus numbers are estimated from tickets sales so on-the-day seats are not guaranteed. Tickets for this bus can be bought with your race entry – it is **Bus B – Start to Finish** whilst race in progress on the entry form.

THE COURSE

The course varies from narrow, rocky track near the start in Nellies Glen, to meadows, sandy gravel track, and dirt fire-trail road - of course with a number of hills (big and small) and rivers (big and small). Although it is called the **Six Foot Track Marathon** it is actually longer (45km) and it is quite a hard event due to the hills, and (often) heat on the day. As a rule of thumb, runners that are able to complete a standard road marathon (42.2km) in about 4 hours, will run approx 6hours at this race; maybe a bit faster if they are good on hills, and definitely slower if they are not so good on hills, or in the heat (as is often the case).

THE COX'S RIVER CROSSING

The Cox's river crossing is approx 15km into the run. The Six Foot Walking Track makes use of the "swing bridge" but the race does not use this – you will be **disqualified** if caught using the bridge. Runners continue along the bank to the official crossing point. There has never been a need for runners to swim across. It is a small river approx 10m across, with a sandy bottom (only the odd rock or boulder) and sandy banks. The water is usually between knee and thigh deep. There is always a rope across where runners are encouraged to wade across holding the rope with 1 or 2 hands. For the very water-averse it is possible to walk back upstream a few metres and cross without getting shoes wet at all by crossing on small rocks and boulders. However, it will take much longer this way and is more dangerous. Some runners take off socks and shoes and hold them over their heads to keep them dry, others plough straight thru and run on in wet socks and shoes. Some take a dry pair of socks and change into them. It all depends on the runner's preference. Note that there are a few streams further on that need to be crossed and again can give wet feet, although none of these are more than ankle deep at worst. *The actual depth varies from year to year, depending on rainfall.*

TOILETS ON COURSE

There are toilet facilities at the Cox's River (16km) and the Black Range Camping ground (36km).

THE OFFICIAL SWEEPERS

There will be 2 types of "sweeper":

The 7hour Sweepers: This year we will have 2 runners who will provide pacing to encourage runners to finish within the cut-off time – this will be especially useful for "virgin" runners who do not know what pace to run at. The 7 hour sweepers will be experienced Six Foot Track veterans. The first of the 7 hour sweepers will aim to reach the Pluviometer on 6hours 45mins pace and the second of the 7 hour sweepers will aim to reach the Pluviometer on 7 hours pace. Experience suggests that most runners who fail to make the cut-off push themselves too hard at the start of the race. If you are unsure about pacing and want the best chance at finishing the race in under 7 hours, we would encourage you to make sure that you don't get ahead of the first 7 hour sweeper before you reach the Pluviometer (and, of course, that you don't get behind the second 7 hour sweeper!). Both 7 hour sweepers will be introduced before the start of the race and will be carrying a broom throughout the race so that you can clearly identify them. If you want to run with the 7hour sweepers you need to elect to start in wave 4.

Back-of-the-pack Sweepers : The sweepers are a pair of runners that will mark the absolute back of the field to ensure that no-one gets lost and to indicate when aid stations can be dismantled. Running with the sweepers is likely to indicate that you will miss the various cut-off times. If you see a sweeper they will encourage you to keep going (and speed up), but they may also insist that you withdraw from the event. If a runner is hurt or otherwise incapacitated, one sweeper will stay with the runner whilst the other will go and secure Help.

All Sweepers have the right to withdraw any runner, at any time, who they feel is unlikely to complete the run within the cut-off period allowed (and their judgement is final). They may also decide to retire runners at ANY aid station if they feel that this is in the best interests of the runner and/or the race. In addition any runner that fails to meet the cut-off times below at certain locations will also be withdrawn by an official sweeper or other authorised race official. A runner who is withdrawn must remove the race number and timing chip and give them to the sweeper or other race official.

Some runners striving to fulfil personal goals may be tempted to disregard the Sweepers by continuing after having been officially retired. Due to the inherent dangers of travelling these mountain tracks in a fatigued state, this selfish luxury cannot be afforded and may result in the runner being barred from all future Six Foot Track Marathons. Aid Stations cannot be staffed indefinitely and tired runners cannot be left on their own in remote country.

As a reward for volunteering, the Sweepers are the only people that gain free entry to the race and will be official finishers even if their time is outside the official cut-off time (ie will count towards buckle, belt etc).

CUTOFF TIMES (APPROX)

Part of the history, tradition and challenge of The Six Foot Track Marathon is to complete the event within the cut-off timeframe of 7hrs 00mins – this is a difficult challenge and the main reason why there is an entry criteria into the event. There are intermediate cut-off limits for those runners that have made insufficient progress to make the time limit possible. There may be some latitude given with your time of arrival by the Sweepers who will make the final decision on whether you can continue, depending on how they think you are going. The Sweepers decision is final, and arguing can lead to disqualification from the race for LIFE.

Cox's River (15.5km)	2 hrs 10 mins
Pluviometer (26.0km)	4 hrs 10 mins
Caves Road (37.9km)	6 hrs 10 mins
Finish - Jenolan Caves (45.0km)	7 hrs 00 mins

WITHDRAWALS FROM THE EVENT

Runners wishing to withdraw from the event can do so at any aid station. You must hand in your race number and Timing Chip. Once you have withdrawn, and race number and chip removed, you cannot re-join the race. So have a rest, and a drink, sit-down and a think before you finally decide to stop or continue. In some instances, where you are ahead of the sweepers, it will be quicker to walk to the finish or jog a little – rather than wait until the aid station is dismantled. Check points will radio to the finish of your withdrawal. Runners who withdraw, or are withdrawn, will be transported from the next aid station to the finish.

LITTERING

Please do not litter this beautiful and unique track. Any drinking cups, gel wrappers, and fruit peel must be left at the Aid Stations, or in the bins and bags provided.

AID STATIONS

The NSW Rural Fire Service Blue Mountains District will be managing all the aid stations. They will supply the following :-

- a) Water – all aid stations
- b) High5 Electrolyte drink – all aid stations
- c) First Aid – all aid stations
- d) Bananas, watermelons - after Cox's River
- e) Coca Cola – after Pluviometer
- f) High5 gels and bars will also be available later in the race
- g) Vaseline
- h) Salt
- i) Sunscreen

SPECIAL NEEDS & PERSONAL REQUIREMENTS

As this is an endurance event, runners might need special or personal requirements in carbohydrate supplements or special drinks and elixirs. Runners will have to carry their own or rely on what is provided at the aid stations. There is no facility to place personal drinks along the course as the aid station crews depart to set-up well before runners have an opportunity to hand over any drinks (due to the long access routes to remote areas).

FIRST AID & HOSPITALS

Whilst every aid station has the facility to treat simple wounds and provide some first aid assistance; the race also has available staff from St John's Ambulance, the NSW Ambulance service and a M*A*S*H unit that can treat a greater range of medical conditions including stitches and saline drips. The race also has a 4wd-ambulance for mid-bush evacuations. It is very unfortunate that some runners may still have to be taken to a local public hospital for further treatment. Whilst in general, the race covers the cost of race day medical incidents, should there be a charge for hospital evacuation via ambulance or helicopter, this will be passed back onto the runner to pay. The race will provide an assistant that will accompany the runner to hospital until the runner is met by their team members, family or admitted to the hospital as a patient. Whilst the race has the required Public Liability Insurance this does not cover runners accidents and therefore all hospitalisation expenses, treatments, operations, transfers etc are at the runners expense. Should the runner need to take time off from work to recover from the race, this is at the runner's expense or a matter between the runner and their insurance company.

Finish Details

FINISH

If you finish at Caves House within the 7hr 00mins time limit, your time and place will be recorded and you be presented with your finishers medallion. If you finish outside the cut-off time, every effort will be taken to record your time and place, but there is no guarantee and certainly there is no medal. Race results will be listed on the race website www.sixfoot.com and eventually mailed to all after the event, along with a certificate for all finishers (finishers outside of the time limit are also sent a certificate of achievement).

RETURN OF TIMING CHIP

You need to ensure that after the race has completed that you return the chip to the official at the finish. You are responsible for the chip and will be requested to pay \$50 to cover the cost of any unreturned chips.

RACE MERCHANDISE (T-SHIRTS etc)

There may be a limited amount of Six Foot Track Marathon merchandise on sale at the finish - depending on how many are left after the start. First come first served. Pick-up of pre-ordered, pre-paid merchandise will also be available – last opportunity.

POST-RACE MASSAGE

There will a group of professional masseurs from Sydney Sports Med available at the finish of the run to give post-race massages. The cost will be \$20 per massage. First come first served. Should you have any further questions about massages please contact Marnie at www.sydney sportsmed.com.au



SHOWERS

Jenolan Caves House are very generous and let all runners have a free shower in the hotel, enter via the back door. Please bring your own towel and toiletries. Hot water usually lasts for a while, but always runs out eventually, so please be considerate of others. Expect to queue up, but it is fairly quick moving. If you forget your towel, these can be hired on the day from the hotel for approx \$5 incl free bottle of water. Runners staying at the hotel, can of course use their rooms.

AWARDS PRESENTATION

There is a post-race awards presentation at the entrance to Jenolan Caves House, right by the finish line. This is expected to start after the race cut-off at approx 4pm (The 7:00:00 hour finish for the last wave of runners is 3:35pm). The Awards presentation should not last more than 30 minutes. It is a long day and the organisers are aware people want to leave quickly, but credit needs to be given to the outstanding performers of the day so please let it start quickly.

REFRESHMENTS

The finish line will have as much water and High5 as a runner could require and a quantity of fruit. Caves House has a cafe/bistro and a pub where further refreshments can be purchased at the standard prices they charge. Jenolan Caves is a remote area and there are no other shops close by and so prices may be higher than you might pay at home. Make sure you take plenty of cash.

CAR PARKING FACILITIES AT JENOLAN CAVES

There will be signs and marshals directing you to parking in the designated parking spots. You should expect to pay for parking in public car parks if signs direct this (was \$5 per car in 2006). It is usual for there to be long delays entering the Jenolan Caves Valley, particularly for spectators who have stopped since the start to see the race. Parking is often completely filled and emergency parking is only available on the Oberon-side of the Valley. You are advised to catch the race spectator bus into and out of the Jenolan Caves area.

SIX FOOT TRACK BUS RESERVATION

A runner, and their family/friends can reserve a return trip from the finish at Jenolan Caves back to the car parking area at Katoomba for \$10.00 per adult, \$5 per school-age child (infants free). Tickets can be ordered with a runners entry. Some tickets may be available on the day to fill up buses, but bus numbers are estimated from tickets sales so on-the-day seats are not guaranteed. All buses will leave as soon after the awards presentation as possible. Tickets for this bus can be bought with your race entry – it is Post-race bus from Finish back to Start on the entry form.

JENOLAN CAVES BUS DEPARTURE TIME

The buses will leave after the awards presentation finishes and when they have filled - this is approx 4:30pm. Allow 90 mins to Katoomba - its a long way and buses are slow on the hills. The number of buses depends on the number of runners indicating they will travel by bus on their entry form. When the first bus is filled it will leave. Then when the next bus is filled, it will leave etc. The last bus usually leaves by 5:15pm.

Previous Winners

As recognition for all the previous winners of the race, and to give an idea of what targets to aim for, the previous winners are listed here:

Year	Male	Time	Female	Time
2006	Kaspar Sollberger	3:26:49	Emma Murray	3:37:27
2005	Daniel Green	3:28:40	Emma Murray	3:44:04
2004	Paul Arthur	3:29:48	Michelle Beattie	4:32:32
2003	Paul Arthur	3:32:05	Dawn Tiller	4:23:24
2002	Tim Sloan	3:28:17	Dawn Tiller	4:29:05
2001	Gary McGregor	3:52:46	Bianca Van Woesik	4:25:07
2000	Paul Arthur	3:25:08	Liz Short	4:34:45
1999	Stephen Ikin	3:43:45	Dawn Tiller	4:23:23
1998	Greg Love	3:39:42	Lynda Mckenzie-Hicks	4:26:10
1997	Andrew Kromar	3:38:06	Dawn Tiller	4:16:14
1996	Andrew Kromar	3:29:20	Louise O'Brien	4:57:51
1995	Greg Love	3:32:12	Dawn Tiller	4:10:51
1994	Gennardy Groshev	3:28:24	Jill Reich	4:59:51
1993	Malcolm Satchell	3:54:51	Dawn Tiller	4:31:47
1992	Greg Love	3:41:25	Mary Fien	4:59:58
1991	Don Wallace	3:24:44	Debbie Whitton	4:59:03
1990	Paul Woodhouse	3:41:31	Sarina Baker	4:35:27
1989	Steve Montague	3:33:06	Linda Thompson	4:19:28
1988	Steve Montague	3:35:42	Ngairie Bruce	4:57:47
1987	Matthew Cull	3:28:17	Yvonne Couper & Sue Hill	5:11:20
1986	Matthew Cull	3:44:56	Sue Dreverman	4:53:35
1985	Kevin Skelton	3:45:12	Helen Golebiowski	5:29:45
1984	Bob Marden	5:26:00	N/A	

Course Record is in **bold**

Age Group Records

As recognition for previous fast runners, and to give an idea of what targets to aim for, the age groups records for the race are listed here:

Age Group	Male	Time	Female	Time
Under 20	Creese Syred (1989)	3:58:26	Mary Fien (1992)	4:59:58
20-29	Don Wallace (1991)	3:24:44	Emma Murray (2006)	3:37:27
30-39	Paul Arthur (2000)	3:25:08	Suzanne Kelly (2005)	4:15:00
40-49	Greg Love (1995)	3:32:12	Suzanne Kelly (2006)	4:19:45
50-59	Trevor Jacobs (2005)	3:37:49	Lavinia Petrie (1998)	4:36:26
60-69	Alfred Bogenhuber (2003)	4:54:56	Suncha Raaschou (2006)	6:45:30
70-79	Ludwig Herpich (2006)	6:16:01	<i>Open For Claim</i>	

Race Merchandise

There is provision on the race entry form to purchase your race merchandise. This means that you will be guaranteed to obtain the items you want in the size and style you desire. If you don't pre-order, selection will be from whatever is left. Those items ordered and paid for will be available for pick up at The Edge Cinema, Katoomba on Friday 9th March 2007 (10am to 10pm) or at the race finish.

- T-shirts will cost \$40 and be available in the following: Men's style : XS, S, M, L, XL and Women's style: 8, 10, 12, 14. The T-shirt will be in high quality lightweight mesh "coolmax" type.
- Singlets will cost \$35 and be available in the following: Men's style : XS, S, M, L, XL and Women's style: 8, 10, 12, 14. Singlet will be in high quality lightweight mesh "coolmax" type, same design as per T-shirt.
- Caps will cost \$20 and be One size fits all and will be "lightweight" running style caps.



If you look at this info book from the website you will see the exact colours ! Race merchandise has been designed by Sarina Tomchin, a previous race winner who has generously donated the artwork and her time/effort to the race, this year and last year. See her website at www.sarina.net.



Frequent Runner Awards

The race prides itself on looking after those runners that return to race year after year. If you finish the race under the 7hour cutoff numerous times you will be eligible for these awards:

6 finishes – Pewter Six Foot Track Marathon Belt Buckle or brooch

12 finishes – Leather Six Foot Track Marathon Belt

18 finishes – Embroidered Six Foot Track Marathon Fleecy Jacket

24 finishes – Lifetime award :

- Permanent number eg first runner gets 1 for life (cotton number), 2nd to get to 24 gets #2 etc
- Award a large glass photo frame with a clean racenumber in the centre, and a personal history of all their runs listed, and as many photos of them running the event as we can get, this can then be hung on a wall at home etc as a permanent memento.
- Free race entry for life
- Choose wave allocation to start in for life

Marathon-Photos



The race has a built a relationship with Marathon-Photos since 2003 when we first used an official photographer at the start, finish and during the event and for the event certificates. Photos of the event are available on the marathon-photos website (www.marathon-photos.com) within just a couple of days of the race, and each runner will be sent proof photos with their certificate and results, so that they may purchase any of the photos taken on the day.



Quality photographic Enlargements in 6"x8" and 12"x8"

The Commemorative Mount, which features a 6"x8" photo mounted and laminated on A4.



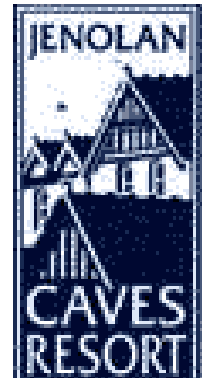
Commemorative Plaques, have the runner's name engraved on the plaque to personalise it. Our Deluxe Plaque has room for a finisher's medal.

Personalised Stats Mount Your photo and personal race details. The mount includes a course map and records your time, placing and average speed in a series graphs and diagrams.



Accommodation Information

Due to the superb attention to all runners, Jenolan Caves Resort will again be the official race hotel for the 2007 event. Please help support the event and arrange to stay at the resort – the resort will be completely filled by runners (we are only sorry that maximum occupancy is approx 370 runners, less than half the expected field – so make sure you book quickly).



Important points to remember :

1. Accommodation is first come, first served – so please be quick to avoid disappointment.
2. Book your room by calling the resort directly, not the race organisers, 24 hours per day: Call (02) 6359-3322 or for international callers +61-2-6359-3322 or email bookings@jenolancaveshouse.com.au
3. A deposit is payable when you call – the first night cost
4. The rest of the bill (minus deposit) is due when you checkout
5. Any cancellations must be made direct to the hotel to race day : before 22nd Feb deposit refunded less \$25 administration fee, 22nd Feb -1st Mar deposit lost, after 1st Mar – full rate charged
6. Accommodation can only be booked for 2 nights – Friday night (before the race) and Saturday night (after the race) – no one-night options are available.
7. Check-in opens 2pm Friday; checkout is 10am Sunday (unless you make alternate arrangements).
8. Runners sharing rooms will reduce the rate and allow more runners to stay
9. Runners can extend their stay for only 50% discount for a 3rd night – either Thursday or Sunday
10. Runners staying at the resort can take a bus to the start early on race morning – this can be booked on the race entry form – does not include meals.

Accommodation Available

Room Type	Sleeps	Rooms Available	2 night room cost	2 nights cost per person	Other notes
Grand Classic 2-room Suite	2	2	\$590	\$295	King bed, sitting room
Grand Classic Superior	2	1	\$450	\$225	King bed, Spa, walk-in
Grand Classic Room	2	9	\$410	\$205	King bed, ensuite
Classic Double Room	2	10	\$360	\$180	Queen bed, ensuite
Classic Family Room	4	2	\$400	\$100	Queen bed, bunks, ensuite
Traditional Double or Twin	2	12	\$200	\$100	Shared bathroom
Traditional Family	4	5	\$240	\$120	Shared bathroom
Mountain Lodge Room	2	30	\$270	\$135	Kitchenette, TV, Ensuite
Mountain Extra Pax	Max 2	-	-	\$60	Max 4 per room
Mountain 3 Room Cottage	9	2	\$675	\$75	Kitchenette, lounge, Ensuite
Gatehouse Quad	3	6	\$174	\$58	Shared bathroom & common room
Gatehouse 6-person Bunk	6	8	\$330	\$55	Shared bathroom & common room

Race Packages Available

Package	Details	Price
A	2 course pre-race buffet dinner FRI night Continental breakfast SAT morning (eat in or take on bus) 3 course special post-race buffet dinner SAT night Hot Country-style buffet breakfast SUN morning	\$99 per person
B	2 course pre-race buffet dinner FRI night (you can make arrangements to eat at the hotel with all the other runners, even if you are staying elsewhere)	\$22 per person
C	3 course special post-race buffet dinner SAT night (you can make arrangements to eat at the hotel with all the other runners, even if you are staying elsewhere)	\$45 per person

Extras:

- Race Buffets will include plenty of “runners fare” – pasta, salads as would be expected.
- Vegetarians/Vegans will be catered for, but other special dietary requirements should ring the resort to make arrangements

For more information see the Jenolan Caves Resort website at : www.jenolancaveshouse.com.au

More Caves House Info



Explorers Bar

Located on the first floor of Caves House, next to Chisolm's restaurant, The Explorers Bar is open on race weekend from 11am.

A wide range of local, premium and imported bottled beers, wines, spirits and our speciality cocktails are available. The Explorers Bar is a great place to relax or mingle with other guests.

Trails Bistro

Located on the ground floor, and open every day from 9am to early evening, Trails Bistro offers an extensive range of hot and cold food, coffee beer and wine.

Trail's Bistro seats up to 200 guests and is designed to offer quick light meals and refreshments to day visitors and resort guests. Trails is open for breakfast, lunch and dinner, 7 days a week.

Dishes from the Hot Food Counter include favourites such as fish, chicken and beef burgers; fish'n'chips, lasagne, and Chef's Daily Blackboard Specials. The Cold Counter will tempt you with sandwiches, focaccia, Turkish pide, salads, fruits, cakes and tortes.

Coffees, mugaccino, espresso, cappuccino and hot chocolates are all available as well as canned and bottled drinks, waters and juices.

Trails also provides a variety of draught, premium and imported beers, regional wines by the glass and a full range of spirits and liqueurs.

Other Activities

Of course there are other activities, than just watching the race – there are many popular bushwalks, as well as the World Famous Jenolan Caves right on your doorstep.



www.jenolancaves.org.au



For more information see the Jenolan Caves Resort website at : www.jenolancaveshouse.com.au

HIGH5

SPORTS NUTRITION

Proud nutritional sponsor of the

SIX FOOT TRACK

High 5 is the UK's leading producer of sports nutrition products. As a multi award winner in Europe for the best nutritional products year after year, they bring you a superior range of bars, drinks and gels to suit a wide variety of activities. High 5 products combine the latest research with the highest quality ingredients to bring you functional food that works and tastes great. All products are regularly race tested in the toughest competitions around the world.

Six Foot Track Training Tips

Tips	Using High5
Breakfast 800 - 1000 calories	Use 2 x High5 bars plus Energy Source with 500ml of water
Carbo Loading Start 3 days out with <ul style="list-style-type: none"> • 1st day – 750ml • 2nd day – 750ml x 2 • 3rd day – 750ml x 3 (750ml includes 5 scoops of High5 energy source) 	Carbo load using High5 economical neutral EnergySource or flavoured EnergySource. (Pref. Neutral flavor, less sweet)
During run <ul style="list-style-type: none"> • Consume 1 ltr/hr of fluid replacement drink plus • Consume approx. 300 calories or 65gm of carbohydrates/hr (typical for approx. 65kg athlete). • Consume caffeine, ie H5 gels or energy kick after 25-30km 	Fluid /carbo replacement using High5 Isotonic Electrolyte replacement drink or EnergySource. Carbo replacement using High5 EnergyBar and / or SportsBar and EnergyGel. (powder or sachet)
Recovery High5 Protein shake powder consumed within 30 minutes of exercise (available in milk or water mix flavours) or High5 Protein Bars. Energy kick will not be available on course. Orange isotonic fluid replacement will be supplied on the course. All products are available at Fastgear Australia contact details as below.	



EnergySource is a powdered high carbohydrate drink mix, designed for serious training and competition. Its unique blend of carbohydrates (glucose polymers) is high in energy, light on the stomach and rapidly absorbed. Setting the standards for high carbohydrate drinks, it is the choice of elite athletes.

EnergyGel has already been proven by leading athletes in some of the toughest races around the world. This next generation of gel acts amazingly quickly for long lasting energy. Optimum performance requires the maintenance of blood glucose as well as muscle and liver glycogen which is why its carbohydrate content has been specifically selected. Each lightweight sachet of **EnergyGel** contains a single shot of pure clean tasting carbohydrate energy. It is super smooth, doesn't "glue up" the mouth and easy on the stomach when you are racing hard. The mouth watering real fruit juice flavours are just fantastic!

EnergyGel bulk powder is made from the same award winning and race proven carbohydrate as ready-to-use EnergyGel sachets. Bulk powder offers cost effective solution for bigger users of gel.

High5 Isotonic is designed to provide the fastest possible fluid replacement and maximum possible delivery of carbohydrate energy when training or racing in hot conditions.

ProteinBar is designed for use immediately after exercise. It has a perfect balance of high quality protein, is low in fat (<8%) and tastes fantastic.

EnergyBar is low in fat (<2%), and formulated with a perfect balance of simple and complex carbohydrates from real fruit and grains. EnergyBar provides a quick and long lasting energy boost.

SportsBar is low in fat (<8%) and high in carbohydrates. Based on the same award winning technology as **EnergyBar**, with a thin chocolate coating, **SportsBar** brings new levels of taste to the performance bar market.

Protein Recovery is a powdered protein and carbohydrate drink mix that accelerates recovery. It contains the highest quality bio available. Whey protein to build muscle; combined with rapidly absorbed carbohydrates to re-energise tired muscles and fuel the body's recovery process; and glutamine to help boost the immune function.

Protein Pure Powder contains 100% whey protein with glutamine (no carbohydrate), designed specifically to boost muscle development.

High5 Joint Protection FASTS FORWARDS the body's repairing process. Sport can cause high rates of wear and tear on connective tissues (cartilage, tendons and ligaments). Joint and connective tissue can be damaged faster than it can be repaired, which can ultimately lead to injury. This is where **High5 Joint Protection** is essential. A natural product, it contains maximum strength micronutrients; the building blocks of strong cartilage, tendons and ligaments; and anti-inflammatories to help reduce swelling and inflammation.

OTHER HIGH5 ACCESSORIES

Energy Kick Pure mountain spring water with complex carbs, caffeine and guarana to give you that extra kick of energy when you most need it.

TrailBelt Bottle and utility belt for running, biking & hiking.

EnergyBelt Utility belt for endurance training and racing.

Protein Shaker

Available from Fastgear Australia
 Phone: 02 9365 0409
 Mobile: 0408 249 106
 Inquiries: fastgear@bigpond.com





High 5 Sport Drinks, gels, bars



In order to make the most of your run at the Six Foot Track Marathon, it is strongly recommended to try out some of the High 5 electrolyte drinks, gels and bars that will be available during the event. We are very much appreciative of runners that support our key race sponsors. Thank you.

On the day High 5 will provide:

- Isotonic Drink in Orange or Citrus
- Energy Gels in mixed flavours: Orange Citrus, Blackcurrent, Raspberry, Banana
- Energy Bars in mixed flavours: Citrus, Banana, Wild Berry & Coconut

High Five will also be available at the race check-in at The Edge Cinema, Katoomba on Friday 9th March 2007 for trial/purchase of items.

TO ORDER RING (02) 9365-0409 or 0408-249-106 or email fastgear@bigpond.com or see the website at : www.highfive.com.au

Item	Size	Flavours	SPECIAL Six Foot Price (Inc GST)
Energy Bar	65 Gms (25/Box) (NEW!)	Under 2% Fat Banana Non Choc Citrus, Coconut, Berry	\$68.00
Sports Bar	50 Gms (25/Box)	All Choc Coated : Caramel, Berry, Raisin, Banana, Orange	\$65.00
Protein Bar	50 Gms (25/Box)	All Choc Coated : Orange, Mocha, Ch Mint, Banana/Vanilla	\$68.00
Protein Recovery	1.0KG Drum	With Glutamine :Banana, Citrus, Chocolate, Berry, Vanilla	\$48.00
Protein Pure	800G Drum	Chocolate, Vanilla	\$58.00
Prot Rec Sachet	65g(18/Box)	Choc Or Van	\$50.00
Iso Electrolyte Drink	2.0kg Drum	Citrus, Orange, Berry	\$60.00
Iso Electrolyte Drink	60 Gms (20/Box) Sachets	Citrus, Berry, Orange	\$45.00
Iso Electrolyte Drink	650g Drum	Citrus, Berry, Orange	\$25.00
Energy Source Sachet	50 Gms (20/Box) Box/Sachet	Citrus, Berry, Orange, Tropical	\$40.00
Energy Source	600 Gms Drum	Citrus, Berry, Orange, Tropical	\$25.00
Energy Source	1.4 Kg Drum	Citrus, Berry, Orange, Tropical	\$45.00
Energy Source	2.0kg Eco Bag	Neutral	\$45.00
Energy Source	2.0kg Eco Bag	Citrus, Berry, Orange, Tropical	\$50.00
Energy Gel Sachet	26g 30/Box	Banana, Berry, Citrus, Orange, Blackcurrant	\$50.00
E Gel Sachets	Caffeine Versions	As Above	\$65.00
Energy Gel Powder	600g Drums	Orange, Citrus, Berry	\$25.00
Energy Gel Flask	On Disp Header, No Gel Incl		\$5.00
Protein Shaker			\$10.00
Joint Protection	120 Tabs		\$40.00
Co Enx Q10	30mg 100 Tabs		\$40.00
Goodie Bag(H5) Bento Box			\$35.00
High5 Energy Belt			\$25.00
Drinks Bottle	500ml & 750ml	Red, Clear	\$7, \$9

High 5 is also available at a large number of bike stores in the Sydney area:

Eastern
 Inner city cycles
 Woollys wheels
 Cheeky monkey
 Albion cycles
 Pedal pushers
 Run for your life
 Maroubra cycles

City
 Paddy Pallins
 Inner City Cycles
 Cheeky Monkey Cycles

North
 Bike addiction
 Le spit cyclery
 Broovale cycles
 Supreme cycles
 Renegade cycles
 St ives cycles
 Manly cycles

South
 Endeavor cycles
 Chain reaction
 Kiama cycles
 Spearmans cycles

West
 Bikezone penrith
 Ashfield cycles
 Abc cycles
 Blackmans cycles
 Bike barn parramtta
 Campbelltown bike barn
 Liverpool cycles
 Universe cycles

Volunteers – We Need YOU!

Like any other event that is put on by runners for runners, to help make the race weekend the great success that it has always been, there are a small number of people that are required to help over the weekend period. This race is a not-for-profit activity and relies on volunteers to be successful and maximise the donation to the NSW Rural Fire Service.

The Rural Fire Service provide manpower for the major items of the weekend, aid stations, start and finish area, communications and logistics etc, but with growing numbers of the past few years, we would be very grateful for some assistance in the following areas - and would be ideal for those runners that have previously competed in the event and would like to assist to ensure the race will be around for a new generation of Six Foot Trackers. For all volunteer positions we will provide a full briefing and adequate food & drink to sustain you during the day.

1) Friday 9th March 2007: **Race Check-in at The Edge Cinema, Katoomba**

We will have race number pickups and check-in open from 10am to 10pm. Tasks required are handing out race packs to runners, ticking names off list, handing out pre-ordered T-shirts, singlets etc. We plan to have 12 volunteers, meaning each volunteer works a one hour shift. This is quite a possible task for someone who is running in the race, and will allow the opportunity to meet other runners.

2) Saturday 10th March 2007: **Race Check-in at Catalina Park, Katoomba**

Race number pickups and check-in open from 6am to 8am. Tasks required are handing out race packs to runners, ticking names off list, handing out pre-ordered T-shirts, singlets etc. We plan to have 12 volunteers. This task is only possible for people not running in the race. Lifts to the start from Jenolan Caves and/or Katoomba supplied. Will even take people keen to just help for one hour from 6am-7am or 7am-8am.

3) Saturday 10th March 2007: **De-chipper at Jenolan Caves House (The Finish)**

As runners come across the finish line (11:30am to 4:00pm), volunteers are needed to remove the timing chips from runners' ankles as they cross the finish line, and toss the chips into a bucket. Runners are obviously hot and tired and often can't bend down to remove them by themselves. Ideally there will be 4 volunteers (approx one hour each). Peak time is 12:30pm to 3:00pm.

4) Saturday 10th March 2007: **Medals at Jenolan Caves House (The Finish)**

As runners come across the finish line (11:30am to 4:00pm), volunteers are needed to present medals to those that finish under 7 hours. We have medals on a ribbon - hang the ribbon around the runners neck. Ideally there will be 4 volunteers (approx one hour each). Peak time is 12:30pm to 3:00pm. After 3pm, it is important to remember that runners finishing after 7hrs 00mins do not receive a medal - this will depend on the colour of the runners race number. You can volunteer for any particular one hour period (or longer) or we can assign you a time-slot depending on who else has volunteered.

If you would like to volunteer for any position please contact the race committee via:
Post: Six Foot Track Marathon, PO BOX R1227, Royal Exchange, Sydney NSW, 1225
or **Email:** raceorganiser@sixfoot.com or **Fax:** (02) 8246-6351



2007 SIX FOOT TRACK MARATHON DONATIONS FORM

Please PRINT in your neatest and clearest handwriting.
Photocopy for your friends.

RUNNER NAME

CONTACT PHONE NUMBER

Please circle: home / work / mobile

Information for donors:

The runner above is planning to run the arduous Six Foot Track Marathon, Australia's largest 100% off-road Marathon on 10th March 2007. All the race volunteers give their time freely to the event, and all proceeds of the day are passed onto the NSW Rural Fire Service Blue Mountains District, so that they can continue to provide equipment and training for their volunteer staff (they are only part-funded by the various governments and rely on donations for the rest). The Blue Mountains has seen some very bad bushfire seasons the last few years. All the excellent aid stations, the start area and the finish area are set-up and managed by RFS volunteers on the day, as per tradition since the very earliest days of the event. Please help us raise as much money as we can for the NSW Rural Fire Service Blue Mountains District by donating some money to your runner, as part of their great efforts on race weekend. All donations greater than \$2 are tax deductible and we will send an official receipt after the race.

Information for runners:

Please try to obtain as many donors as possible – you can even donate to yourself. Ideally you should collect the money upfront before the event so that you can hand everything over on race day and you don't have to follow up or chase your donors. Donors are allowed to pay via credit card (Visa or Mastercard) or cheque (payable to "Six Foot Track Marathon"). If you prefer the donors can pay you cash or cheque and then you just send in one cheque for the full amount, or just pay for the whole lot on one credit card.

As an added incentive, runners that are able to collect donations of more than \$100 by race day will receive a free race Tshirt and runners that collect donations of more than \$500 will receive a special (not for general sale) Ultramarathon / Triathlon / Adventure top – it has short sleeves, 3 pockets at the back for gels, bars, keys etc, and a $\frac{3}{4}$ length zip on the front – very modern and made out of the best quality "coolmax" type material possible (approx retail value \$80).

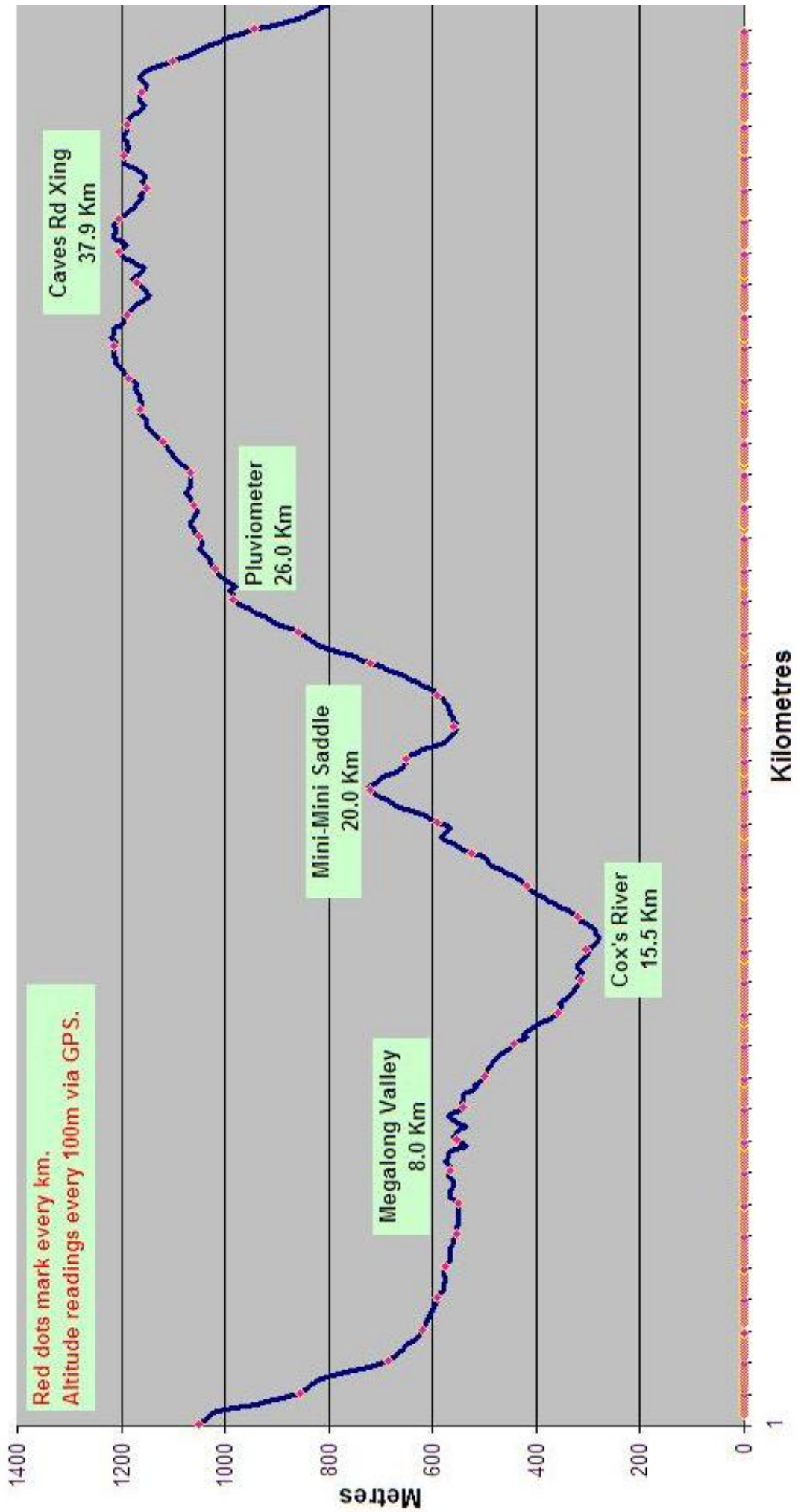
When you have completed collecting donors, then please send in to the address below before race day or hand in on race day. If you are raising more than \$500 and would like the special top please contact us as early as possible.

For further questions, please contact the organisers via email raceorganiser@sixfoot.com or post Six Foot Track Marathon, PO BOX R1227, Royal Exchange, Sydney NSW, 1225.

The race committee very greatly appreciates any funds raised. Thank you.

Six Foot Track Marathon 45km

Course Profile





Event put on by



Sydney Striders

www.sydneystriders.org.au



Six Foot Track Marathon
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PO BOX R1227
Royal Exchange
Sydney
NSW, 1225

www.sixfoot.com