

Six Foot Track Marathon

Runners Information Book

12th March 2011



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Important Information

Next Race: 8am, Saturday, 12th March 2011

Course: 100% off-road from the Explorers' Marked Tree, Katoomba, along the original Six Foot Track to Jenolan Caves. Katoomba is approx 100km West of Sydney, Australia.

Distance: 45.0 km

Time Limit: 7hrs 00mins with intermediate cut-offs

Age Limit: Minimum of 18 years on race day

Entry Fee: \$135 via website only (includes Technical Tshirt or Singlet)

Entry dates: Entries open 8th December 2010 and close whenever the limit of 850 entrants is reached - see website for updates.

Contact Details: www.sixfoot.com for any amendments plus any late-breaking news and background information

Need to know more ?

Pretty much all the important information is contained within this book, however you are advised to visit the race website at www.sixfoot.com for the very latest information (it does change). **Everything** is on the website - nothing is posted to runners. If you need to contact the race organisers then its best to use our email address : sixfoottrack@gmail.com

Race Rules

1. All runners signing the race entry and waiver must have read and understood the race rules and information contained within this book, which may be changed at any time up to the start of the event.
2. There will be no unofficial runners or new entries on the day. Under NO circumstances may a person start the event assuming the identity of another or without being properly entered.
3. Runners must start in their allocated wave or risk disqualification or time penalty.
4. This is a physically arduous and mentally challenging event and no responsibility will be taken for any accidents/injuries. (Runners are strongly advised to have their own insurance covering the costs of medical evacuation).
5. The Race Committee may prevent any runner from starting, even after their entry has been accepted, or retire a runner 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.
6. All runners shall obey directions from Race Officials, Police, Medical, Ambulance and Rural Fire Service personnel etc . Failure to adhere to these rules or directions on the day will result in the runner being barred from this race for LIFE.

Entry Criteria

1 - Minimum age of 18 years on race day **AND**

2 - You have finished the Six Foot Track Marathon race since 2000 (last 10 years) **OR** finished another qualifying race within the last 5 years (after 13-March-2005)

Some good examples of qualifying standard are :

- Any 42.2km marathon in 4:00:00 or faster
- Any Ultramarathon (longer than 42.2km) finished within race cutoff time
- Any Ironman-distance Triathlon within the cutoff time allowed
- Trailwalker in sub 24hrs
- Fitzroy Falls Firetrails Marathon in sub 5hrs 30mins
- Mt Wilson to Bilpin run (35km) in sub 4hrs 30mins
- First half of Bogong to Hotham run (33km) in sub 7hrs
- Beyond The Black Stump Bush run (33km) in sub 5hrs 45mins
- Megalong Mega run (36km) in sub 7hrs 00mins

The entry form will ask you to list one qualifying event, the date of the event, it's distance and the time you finished. The onus is on you to list an event with the results on the race website so we can check (or email us your certificate - if you have no proof then we may reject you). If you have multiple qualifying events, just pick your best effort and one that clearly makes the above criteria. If you do not have a qualifying time then list your best one, however it may not be accepted. Do not bother submitting a qualifying event for a run less than 30km.

If you are entering before you have a qualifier, you will be asked to tick the box that says "I don't have a qualifier yet but will supply one by Feb-2011" (or similar). Note if you do not provide a suitable qualifier your entry will not be accepted and you will forfeit a \$20 fee, so you need to be serious that you will be able to gain a qualifier. Sob Stories not accepted eg "I was going to run the xxx race but it was cancelled due to bushfires or I was sick that day. etc.

To make it easier to assess literally hundreds of runners, we have removed the option of allowing you to write a "begging letter" - as explained just submit your best qualifying effort. This will mean you have to take the time & effort to run in a suitable event.

The entry criteria is really a guide to help YOU, not for us to make the race "elite". The race is actually longer (at 45km) and hillier than a standard marathon, and its often hot on race day, so is not suitable for a person's first ever marathon. We want to discourage runners with no proven race history that might get into difficulties - we have had no fatalities in the history of the event, and would prefer to keep it that way !

Entry Limit

The number of entries is limited to a maximum of 850 by Dept of Lands. For the 2010 race the limit was reached in under 12 hours, and for the 2011 it filled within minutes. We will operate a waiting-list for runners to replace dropouts.

Entry procedure

We expect to completely filled our race quota of 850 runners, so we want to be very clear on the procedure to make it fairer for all. You need to keep an eye on the website in case things change and you will need to be very quick to enter. As always if you have any questions please contact us.

1. Entries open on 8-December-2010, cost will be a flat rate \$135 for all runners, online entry only (includes a technical Tshirt or singlet).
2. Runners enter & pay - need to meet the revised entry criteria or promise to do so by the early Feb-2011 (else their entry will be rejected).
3. When we get to our limit of 850 entrants, we will stop taking entries but continue taking details for runners and add them to our wait-list (wait-listed runners don't pay yet).
4. Runners accepted can drop out at any time "no questions asked" for a full refund minus a \$20 admin fee and activenet service fee (4.5%) until 31st-Jan-2011. From 1st-Feb-2011 to Sunday 27th-Feb-2011 the admin fee raises to \$40 plus service fee. Drop outs after this get no refund (we will have allowed for the usual drop-outs in last two weeks and we intend to start on our race limit and try to satisfy as many runners as possible). This refund policy can be restructured at any time with due notification to suit the withdrawal/promotion process, i.e. a waiver to penalty was given until 31st-Dec-2010.
5. Runners who still don't have a verified qualifier by 18th jan 2011, get removed from the entry list and have their entry refunded minus a \$20 admin fee (ie they need to have been serious when they entered that they would get a qualifier).
6. As runners drop out and free up spaces, we will periodically make the places available to the wait-listed runners. We are still working with the online rego people but think we will email the complete wait-list with how many spare spots there are and then first to pay get in - note not necessarily in order of list - all these runners will need to be qualified.
7. Same process applies for international runners - same rules and same fees.
8. Same process applies for runners allowed free entry ie they still need to enter in time - they can just use the special code to get the free entry : -previouswinner for previous male and female winners -1984runner for those runners who entered the very first Six Foot Track Marathon in 1984 -lifetimelegend for those runners who have completed 24 Six Foots under the race cutoff. If anyone uses the special code who is not meant to then we will refuse their entry for this year. Be warned.

Postponement or Cancellation

Although it has never happened before, there might certain situations, such as bushfire or flood, where the race must be postponed. In this situation, the race would be re-scheduled **if possible**. As much advance notice of deferral as possible will be given but the nature the crisis **might allow no more than 12hours**. If there is any reason why the race is cancelled, all race entry fees will be put towards costs already spent for the race, plus a small dividend for the RFS. The balance will be distributed to the entrants. Clothing orders cannot be cancelled or refunded and clothing will be posted if the race is cancelled or postponed.

The main NSW bushfire season extends from October to April but in this area of the Blue Mountains the critical danger period is during December and January. The RFS logistics are such that a minor fire in the Blue Mountains region should not affect their staffing of the race, but a major fire, or fire on the course would clearly affect the race.

Flash Flooding is quite possible of the Cox's River (ie very quick to rise and then fall again). Using the bridge to cross is not an option as it is limited to one person at a time and even assuming 1-2mins per person would still take more than 12hours to get the complete race across. A revised start and/or finish location is not logistically possible given the numbers of runners, remote locations and short timeframes.

Race Day Weather

The average maximum in Katoomba for race day is 27°C, and the average minimum is 16°C. Expect approx 18°C at race start. The race takes place mainly in valleys and has a tendency to be warm to hot, even at the start. Sunrise for race day is 6:53 am and sunset is 7:15 pm. (For overseas runners, March is at the tail-end of the Australian summer). This information is sourced from : uk.weather.com

Elite Runners & Prize Money

Net profit for the run goes to the NSW Rural Fire Service Blue Mountains District, a very worthwhile cause. Costs are kept to a minimum whilst still providing a superior race experience for ALL runners, 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.

International Runners

Every year we have a small portion of the field that consists of international 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.

International runners can enter online as per any other runner.

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 <http://www.travellingfit.com>

Runner Donations to RFS

All event volunteers give their time freely and donations to the NSW Rural Fire Service Blue Mountains District (RFS) enable them to continue to provide equipment and training for their volunteers. 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 they have done since the earliest days of the event.

Runners can be sponsored by friends, family and work-mates to raise additional funds for the RFS. Donations of \$2 or more are tax deductible. Some runners may use this as additional incentive to train for the event. We will be using the services of <http://www.everydayhero.com.au/event/sixfoottrackmarathon2011> to manage the collection of donations and distribution of receipts.

Runners who collect donations of more than \$100 by race day will receive a free race T-shirt and runners who collect donations of more than \$500 will receive a special ultramarathon/ triathlon/ cycling/ adventure top (short sleeves, 3 back pockets, 3/4 length front zip and made out of the best quality "Coolmax" type material possible). Value \$90. **(Note: where we sell out of items then we will provide a replacement, but not necessarily to the same value.)**

For 2011, any runner that raises more than \$1000 will receive a guaranteed spot in the 2012 race (note: not transferable to another runner, and it is the spot that is guaranteed - but you still have to pay the entry fee).

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

Six Foot Track Heritage Trust

The Six Foot Track Heritage Trust is the official body that maintains and administers the track that we love to run on. They strive to educate all organised parties and events about the unique flora, fauna and history of the area. This race is the largest donor to this organisation and in previous years we have funded composting toilets, new signage, campgrounds and water-tanks. Donations can be made on the race entry form and runners are encouraged to donate to this worthwhile organisation.

Confirmation of Race Entries

Online entries are accepted provisionally ie your entry could be rejected at any point all the way up until race day with a refund for any reason. Race entries are confirmed via a regular listing of confirmed entries on the Six Foot Track Marathon website.

Pre-race withdrawals from the event

If, after entering and being accepted for the race, a runner finds he/she cannot run for whatever reason (including injury) then they should notify the race committee so that other runners on the waitlist have an opportunity to run.

You can have your entry fee, bus tickets and merchandise refunded minus an administration fee.

Refunds for withdrawals will be given less an escalating penalty in the following way. On or before 31st January -\$20, on or before 28th February -\$40, after 28th February –no refund. There will also be no replacements from waitlist after this and the entry list will be confirmed.

Mob Run & Teams Competition

The Mob Run is a club competition held at each annual Six Foot Track and the winning club will be awarded a perpetual trophy based on the aggregate score of every club member that finished on the day.

Teams will have the top 6 scoring members counted for the Teams Competition. Clubs can enter numerous teams or one large team. Each runner may be a member of only one team.

The rules are:

1. Teams can be of any size, any description and made up of any type of runner. Teams need not be formally recognised teams or clubs, for example, as informal as the people you train with.
2. There is no need for members of a team to lodge entries 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. If you write your club name in the 'Team Name' field on the entry form then you will be entered in the club team.
3. 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. The last runner to finish within the race cut-off time scores 1 point.
4. Runners who withdraw from the event or who miss the cut-off score no points.
5. Sweepers are not allowed to be included in a team.
6. As the number of females participating is so much fewer than males, their points count double.
7. There is only one Mob Run award and it is awarded to the fastest club (gender adjusted). There is not a separate prize for male, female or age category teams.
8. The first 6 top-scoring runners for your team will have their points counted for the Team Competition and the team with the most points wins.
9. 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) before 1st March.

Race Number Pick up at Carrington Hotel, Katoomba

Runners are requested pick up their race number, timing chip and pre-paid merchandise at The Carrington Hotel, Katoomba Street, Katoomba on Friday 11th March 2011 **from 2pm to 8pm** or get a friend to pick it up for them. This reduces the last minute crush on race morning and will also be a good opportunity to meet other runners and ask any last minute questions.

The Carrington Hotel is located in Katoomba Street, the main street of Katoomba, which is a perfect place to stop after driving from Sydney. Information about the hotel and other activities can be found at <http://www.thecarrington.com.au> or telephone (02) 4782-1111.

Start Details

The start is at the "Explorers' Marked Tree" outside of Katoomba. There is no parking at the start. Please do not park on the Great Western Highway or attempt to drop runners at the start - this area will be barricaded off in again and we have requested the Police to patrol and ticket cars - the Great Western Highway is very dangerous to park on.

All runners and spectators are asked to proceed to the Park'n'ride, Katoomba (see map) on race morning for a FREE SHUTTLE BUS to the start.

Bus from Jenolan Caves to the start (Pre-race bus)

Bus transport to the start line for runners/family & friends who stay at Caves House departs Jenolan Caves for Katoomba at 5:30 am. Bus Company aim to have buses arriving at 5am for 5.30am departure. Tickets are **not** available on the day. Tickets for this bus can be bought via

the online entry form (Bus A -Caves House to Start line). This bus will NOT reach the start in time for the Early Start (07:00 am) so entrants for the Early Start should travel by private car to the Park'n'ride and catch the shuttle bus to the start.

Park'n'Ride - Car Parking & Race Number Pickup

Race day car parking and race number/timing-chip collection is at the Park'n'ride location close to the Skyway in Katoomba. This is opposite the Skyway on Cliff drive. It is the runner/supporter's responsibility to make sure they know the directions to get here. Parking is FREE and Rural Fire Service staff will stay all day to add a layer of security for vehicles parked at Park'n'ride (although no responsibility taken if there are any issues). The route from the Great Western Highway will be signposted and marshals will direct traffic to the Skyway if you are driving from Sydney.

A shuttle bus will pick up runners/pedestrians from the corner of Parke St and Waratah St. It will drive south down Parke St and pick up runners waiting to take them to the start (those with race number & timing-chip) or to the Park'n'ride (those still to collect race number & timing-chip). This service is for runners staying at the Youth Hostel (YHA) and hotels / motels in the Katoomba CBD, or arriving by train at Katoomba Railway Station.

If your race number and timing-chip were not collected on Friday from The Carrington Hotel, you must pick up your race number and timing-chip at the race registration desk at the Park'n'ride. **Race numbers and timing-chips will be issued from 06:00 am and finish at 08:00 am on race morning.**

NOTE: THERE ARE NO RACE NUMBERS OR TIMING-CHIPS AT THE START LINE -YOU MUST HAVE YOUR RACE NUMBER AND TIMING CHIP BEFORE GOING TO THE START

Toilets

There will be toilets at both Park'n'ride and adjacent to the start. Please use the toilets at Park'n'ride to reduce the last minute crush at the start. The land around the start at the Explorers Marked Tree and start is private land, not a community toilet – please do not use the area around bushes and trees as toilets.

Baggage & Clothes

You should get changed into your race clothes, go to the toilet and put on sunscreen at Park'n'ride then deposit your clothes bag with the RFS volunteers to be transported to the finish. Race day is usually warm so you usually do not need additional clothing at the start line unless it is cold or wet. We will also transport bags and clothes left at the start but space at the start is very limited so we prefer you leave your bag at Park'n'ride.

Getting to the start line from Park'nRide

Please turn up early to prevent delays (allow at least 30 minutes to queue/travel by shuttle bus to the start). There are free shuttle buses to take runners, spectators, family and friends from Park'n'ride to the start line at the Explorers' Marked Tree. No ticket is needed for this bus. The first shuttle bus will leave Park'n'ride approximately 6:10am and will continue until all runners

are at the start-line. There is a second shuttle-bus that will collect runners and spectators at designated stops on Katoomba Street and transport them to the start.

At the start line feel free to have a cup of tea/coffee, damper and Golden Syrup (cocky's joy) that will be provided and served by the RFS volunteers – this is free for runners and spectators.

Note: Spectators can get a lift back to to the Park'n'Ride on the shuttle bus after the last wave of runners (approx 15mins later, 8.45am-9am). This is also free.

Wave Starts

The start line is approx 10m or a little wider, but within 10m of the start it narrows to about 2 metres wide (6 feet - enough for two horses to pass each other - which is why the track is named Six Foot Track). The track goes steeply downhill and is very rocky. About 400m further on it becomes a single track staircase for about 800m, causing everyone to come to a grinding halt and go slowly down the staircase. There is some delay here and often dangerous behaviour by a minority of runners. The wave starts are an attempt to minimise anguish and maximise safety for all runners. Due to use of chip timing all runners still receive their exact start to finish time and race times are adjusted for the runners to the first wave.

The wave start times and allocation of runners has been fine-tuned over the years such that last year it was pretty much perfect - no bottlenecks for each wave and fairly clear running all the way :

- Early Wave: 07:00
- Wave 1: 08:00
- Wave 2: 08:05
- Wave 3: 08:20
- Wave4: 08:35

Male runners over 60 years old and females over 50 years who wish to start at 7 am must select the Early Start option on the entry form, you cannot decide on the day. This gives the senior runners a crush free start and means that they will be nearing the finish around the same time as runners in later waves, hopefully spurring the seniors on to a sub 7-hour finish. All runners must still complete the event within 7 hours to be eligible for an award, however they generally have until 8 hours before they attract the attention of the sweeper. Early starters will place as per their running time. Runners in the Early Start will be issued a race number with grey colouring.

Cut-off times for waves in 2011

- Wave 1: faster than 4:29:50 (Males) 4:54:10 (Females)
- Wave 2: faster than 5:20:27
- Wave 3: faster than 5:54:58

How we calculate which wave you are in

For some reason a lot of people invest a lot of time in building a case for starting in one wave instead of another, and we want to make the process as clear as possible (and reduce exceptions to a minimum).

Here is the methodology:

Everyone is allocated a time based on their running history:

- Previous 6FT runners get the best time from the last 5 years
- If they have not run the race in the last five years, but have in the last 10, we take the best time adjusted up by 2% for each year over 5.
- If no 6FT history then we take the qualifying race time and multiply it by a certain factor. The factors were:
 1. Any 42.2km road marathon in 4:20:00 or faster x 1.5
 2. Yurrebilla (56km) in 8:45:00 or faster x 0.8
 3. Mt Wilson to Bilpin (35km) in 4:05:00 or faster x 1.72
 4. Fitzroy Falls Firetrails Marathon (42.2km) in 5:00 x 1.4
 5. Overseas Ultra under race cutoff x manual
 6. Glenbrook Trail 34km in 4:15:00 or faster x 1.65
 7. Two Bays (28km) in 3:50:00 or faster x 1.83
 8. Mt Mee Trail Marathon (42km) in 5:15 or faster x 1.33
 9. Any Ironman-distance Triathlon run-leg in 5:00 x 1.4
 10. Coastal Classic (29km) in 4:15:00 or faster x 1.5
 11. Glenbrook Trail Marathon (42km) in 5:15:00 x 1.33
 12. Deep Space Marathon (44km) in 5:30:00 or faster x 1.27
 13. Bogong to Hotham run (33km) in 7:00:00 or faster x 1
 14. Six Inch Trail (46km) in 6:00:00 or faster x 1.17
 15. Wildhorse Criterium 32km in 4:00:00 or faster x 1.75
- The overseas ultras were looked at on a case-by-case basis. (Most of them were Comrades)
- All people who requested an early wave and qualify are allocated there
- We then allocate all the 23+ finishers to their preferred wave
- We then order everyone else in terms of the time
- The top 20 women who requested the fastest wave are then put in W1
- The remaining spots in all waves are then given in order of time making sure that no-one is allocated to a wave before the one they requested. (ie if the runner requested “wave 3 or later” they will not be placed in wave 2, even if they qualified). This is the provisional wave allocation
- We then go through everyone who asked to run together with someone else. These people are put together in the latest wave of anyone in the group
- We then back-fill any opening in the higher waves due to people dropping down
- The Race Director runs his eyes over everything to make sure all potential winners etc are in wave 1. Minor adjustments here.
- Bibs allocated
- Final wave starts list published

Use of Timing Chip

Although there are start and finish timing mats used, you must start with the wave allocated. The time that counts in the official results and for meeting the 7-hour cut-off is the time from when the gun goes at the start of your wave to when you cross the finish line. Your “chip” time, from when you cross the start line to when you cross the finish line, is for reference only. Runners that start in the wrong wave may be disqualified or given a time penalty by the race director and may be ineligible for prizes.

Race Numbers

A runner will not be eligible for an award, medallion, certificate or other prize unless completing the course as provided in these rules, within the official time limit and wearing the official race number, attached to the front of their clothes, preferably 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. Please do not cut or fold the race number. Runners who choose to run the race without a shirt must have the complete uncut race number pinned to the front of their shorts. Rural Fire Service personnel log race numbers at aid stations for the safety of runners and they must have a clear view of every race number.

Medication

Runners who are taking prescribed medication must provide details on the back of their race number. You should consult your doctor for an assessment of your fitness to complete in this event.

Car Parking Facilities at Jenolan Caves

Due to the extreme shortage of parking at Jenolan Caves, and extremely long delays to enter the Jenolan Valley, all spectators are encouraged to travel to and from Jenolan Caves by bus. The bus to Jenolan Caves departs the start approximately 15 minutes after the last wave starts the race. The trip takes about 90 minutes with plenty of time at the finish before the first runner arrives. Tickets should be purchased prior to the day (Bus B – Start to Jenolan Caves) via the race website. Tickets are \$10 per adult, \$5 per child (infants free) each way. Tickets might be available on the day but bus charter is calculated from tickets sales so on-the-day seats are not guaranteed.

After the last wave has started, those family/friends that have bus tickets to Jenolan Caves - wait for further instructions. The spectator bus will leave approx 9am. The Jenolan Caves Reserves Trust usually give a free caves pass to the Nettle Cave for all people on the spectator bus - this is a 1hr self-guided tour (ie can start at any time) that is suitable for children. Normal cost \$17.

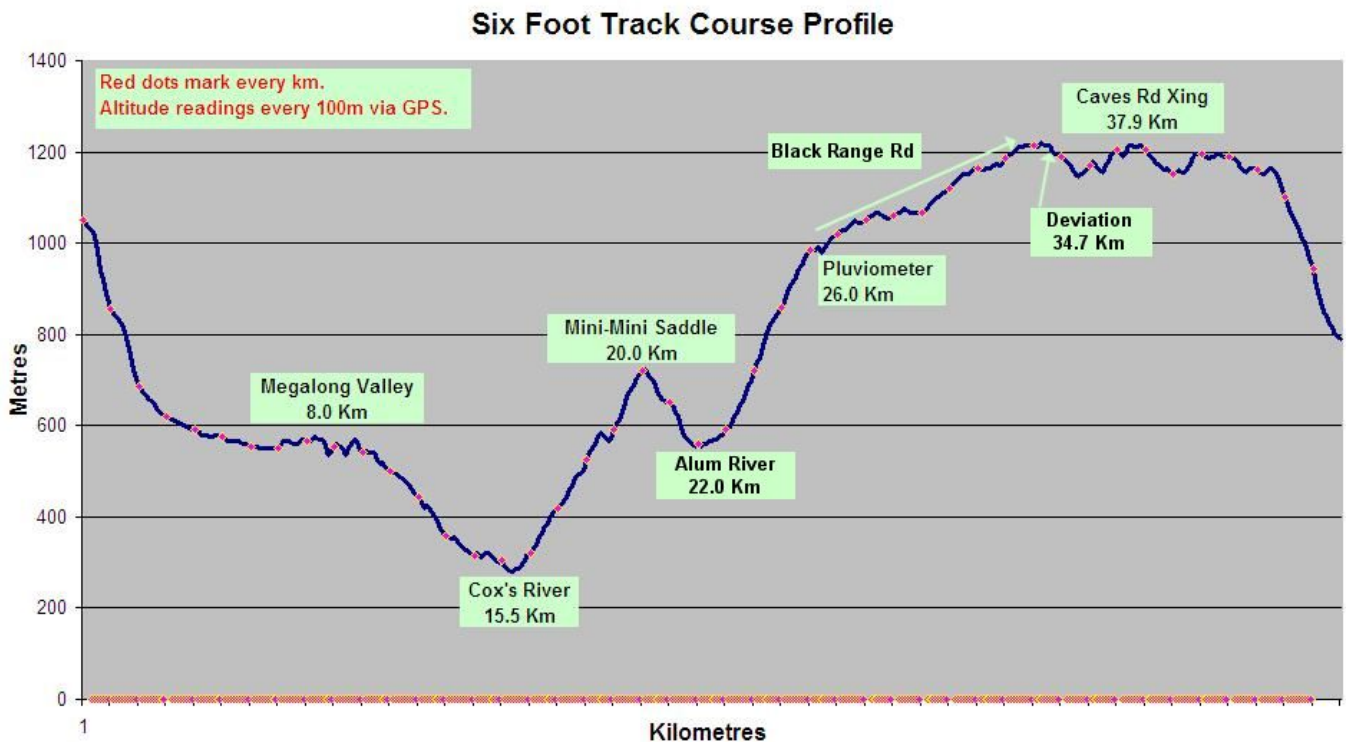
If you must drive a vehicle to Jenolan Caves, be aware that it is usual for there to be long delays entering the Jenolan Caves Valley via the main road. It is recommended that people drive via the Duckmaloi Road and share cars wherever possible to reduce congestion at Jenolan Caves. Although this route is longer, you can avoid the traffic jam entering the valley.

Parking at Jenolan Caves is permitted only in the designated car parks and a charge for parking applies. Parking is often completely filled and emergency parking is only available on the Oberon-side of the Valley. There will be signs and marshals directing you to the designated parking spots.

The Race

The Six Foot Track varies from narrow, rocky track near the start in Nellie's Glen, to meadows, sandy gravel track, and dirt fire-trail 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 45 km and is 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 (42.2 km) in about 4 hours will take about 6 hours for this race -a bit faster if they are good on hills and definitely slower if they are not so good on hills or in the heat.

Course Map



The Cox's River Crossing

The Cox's River crossing is approx 15.5 km into the run. The Six Foot Walking Track crosses the river using the suspension bridge but the race does not use this and you will be disqualified if caught using the bridge. Runners must continue along the bank to the official crossing point. It is a small river approx 10m across, with a coarse sandy bottom (only the odd rock or boulder) and sandy banks. The water is usually between knee and thigh deep. There has never been a need for runners to swim across. There is a rope at the crossing point and runners are encouraged to wade across holding the rope with 1 or 2 hands.

Runners should not attempt to walk back upstream a few metres and cross on the rocks and boulders. This takes longer and can be dangerous. Some runners take off socks and shoes and hold them over their heads to keep shoes dry, others plough straight through and run on in wet socks and shoes. Some take a dry pair of socks and change into them. It depends on your preference. Note there are up to five more streams on the course that need to be crossed and will result in wet feet although none is, usually, more than calf deep. The water depth and temperature varies from year to year, depending on rainfall.

Toilets on the course

There are one or more toilets at the following locations - please try to use these instead of using the bushes:

- Start (okm)
- Megalong Road Crossing (8km)
- Cox's River crossing (15.5 km)
- Black Range Camping ground & Deviation (36 km)
- Caves Rd Crossing (37.9km)

- Jenolan Caves Cottages (40km)
- Finish (45km)

Official Pacers & Sweepers

In 2011 there will be five pacers and two sweepers. Pacers are there to pace entrants to the finish, sweepers to declare the course clear and closed.

Pacers

Running at the back of the Early Start group and each Wave will be a Pacer running at exactly 7-hour pace. They will wear a flag and sign showing the wave they are pacing. To get a medal and an official finish, you must finish in front of the pacer for your Wave. Pacers will run the ideal pace for an exact 7hour finish. This is useful for "virgin" runners who do not know what pace to run at. The 7-hour pacers are experienced Six Foot Track veterans. Experience suggests that most runners who fail to make the cutoff push 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 encourage you to ensure that you do not catch the pacer from the wave before you but stay in front your wave's pacer. Pacers will be introduced before each wave start. The flag and sign will make them highly visible.

Sweepers

The two "Sweepers" are there to clean up the field. If you meet the sweepers on course your race is done. The two sweepers are right at the back, well behind the last 7-hour pacer. You won't miss them – they will be carrying brooms. If they get to you it is a condition of your entry to the race that you retire gracefully at the next drink station. Their job is to ensure that nobody gets lost and to indicate when aid stations can be closed and dismantled. Running with the sweepers means you will miss the various cutoff times. If you see a sweeper they will encourage you to get going, but they may also insist that you withdraw from the event, which you will do with grace and humility. If a runner is hurt or otherwise incapacitated, one sweeper will stay with the runner while the other will go and arrange help.

Pacing Guide

Many first-time Six Foot Track Marathon runners are unsure how fast they need to run to achieve their intended finish time. To answer this query accurately is impossible because of the number of variables but there are 'rough guides' to the pace you need to maintain to meet a 5hour, 6-hour or 7-hour finish. The figures below are a rough guide only. You should not think the race is in the bag if you are ahead of time nor feel defeated if you are behind the time shown in the table because your pace can be affected by how you are feeling (and this will change during the event), by the weather and the condition of the track.

None of the above changes the fact that it is critical to your chances of success in completing the distance that you remain hydrated and do not completely deplete your stores of energy. Make use of the aid stations to rehydrate and refuel.

First-time runners should speak to experienced runners before race day and at the start to obtain advice but each person must run their own race based on environmental considerations and your own fitness, skills and experience. This pacing guide is just that: a guide.

Forced retirements

All sweepers and pacers have the authority 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 an 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 specified below will be withdrawn by an official sweeper or other authorised race official. A runner who is withdrawn must remove the race number and surrender the timing chip to the sweeper or other race official.

Some runners striving to fulfil personal goals may be tempted to disregard the sweeper by continuing after having been officially retired. Remember that in entering the race you have agreed to follow official directions, and if required, retire gracefully. Aid Stations will be dismantled as soon as the sweepers have passed and tired runners cannot be left on their own in remote country. Due to the inherent dangers of travelling these mountain tracks in a fatigued state, this selfish luxury cannot be afforded and will result in the runner being barred from all future Six Foot Track Marathons and associated events.

As a reward for volunteering, the Sweepers and Pacers are the only people that gain free entry to the race and will be recorded as official finishers even if their time is outside the official cut-off time. Their run will count towards awards.

Cut Off Times

Part of the history, tradition and challenge of The Six Foot Track Marathon is to complete the event within the maximum allowable time of 7hrs 00mins. This is a difficult challenge and the main reason why there are strict entry criteria for the event. There are intermediate cut-off limits for those runners that have made insufficient progress to make the time limit possible. Sweepers will make the final decision on whether you can continue, depending on how they think you are going. The Sweeper's decision is final and arguing can lead to permanent disqualification from the race.

- Cut-off 1: Cox's River crossing (15.5 km) 2 hrs 10 mins
- Cut-off 2: Pluviometer (26.0 km) 4 hrs 10 mins
- Cut-off 3: Caves Road crossing (37.9 km) 6 hrs 10 mins
- Cut-off 4: Finish at Jenolan Caves (45.0 km) 7 hrs 00 mins

Withdrawal from the race

Runners can withdraw from the event any aid station. However, once you have withdrawn you cannot rejoin the race. So have a rest, a drink, a sit-down and a think before you finally decide to withdraw. To officially withdraw, you must remove your race number and surrender the timing chip to a race official. 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 (after the Sweepers pass through). The aid station will radio details of your withdrawal to the finish. Runners who withdraw, or are withdrawn, will be transported from the next aid station to the finish as transport becomes available.

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 Brigades manage all 17 aid stations (approx every 2.6km). They have the following available at various quantities:

- Water – all aid stations
- High5 Electrolyte drink – all aid stations
- First Aid – all aid stations
- Bananas, watermelons -after Cox's River
- Coca Cola – after Pluviometer
- High5 gels and bars -available towards the serious end of the race
- Vaseline
- Salt
- Sunscreen

Please note that not everything is available at every aid station, distances between aid stations vary and the quantities of items vary at each aid station - see this detailed spreadsheet for complete details:

<http://www.sixfoot.com/docs/aid.xls>

Also by the time you come past an aid station, other runners may have taken more than their fair share, so we cannot guarantee availability of everything listed on the spreadsheet. If this causes you any concern then **you need to carry your own supplies.**

High5 Performance Nutrition & Drinks

High5 electrolytes and energy gels have supported the Six Foot Track Marathon for many years with drinks and energy at our aid stations. As well as providing high performance energy needs, they are agents for a wide range of clothing and equipment for running, cycling and triathlon.

For 2010 the race has been advised that the drink will be Citrus Energy Source. The gel is usually EnergyGel and the Bar is usually a mix of SportsBar and EnergyBar. You can receive a free sample pack from the [fastgear website](#).

You should try some of the product range before race day to confirm it is agreeable to your system. Check the website at fastgear.com.au or visit Shop 2, 10 Campbell Parade, Bondi Beach (or tel: 0408 249 106 / fax: 02 9365 7291) and also at 141 York St, Sydney (Opposite the QVB building) but the website lists [all the other dealers in Australia](#).

For product details, check out highfive.co.uk

Special Needs & Personal Refreshments

As this is an endurance event, runners might need special or personal refreshments in carbohydrate supplements or special drinks and foods. Runners have to carry their own or rely on what is provided by friends along the route or at aid stations. There is no facility to place

personal drinks along the course as due to the logistics involved (one fire crew per aid station) the supplies are distributed the previous Wednesday.

First Aid & Hospitals

Every aid station has the facility to provide minor first aid assistance. The race also has available staff from St John's Ambulance, the NSW Ambulance Service and paramedic staff who can treat a greater range of medical conditions including sutures/stitches and saline drips. The race has a 4wd-ambulance for evacuations. However some runners may still need to be taken to a public hospital for further treatment. Whilst, in general, the race covers the cost of race day medical incidents, charges for hospital evacuation via ambulance or helicopter will be the financial responsibility of the runner. The race will provide an assistant that will accompany the runner to hospital until the runner is met by their team members or family, or admitted to the hospital as a patient. The event has the required Public Liability Insurance but 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

If you finish at Jenolan Caves within the 7hr 00mins time limit, your time and place will be recorded and you be presented with your finisher's 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 there is no medal for completing the distance if the allowable time is exceeded. Race results will be listed on the race website.

Return of timing chip

At the race finish you must return the timing chip to the official. You are responsible for the timing chip and will be requested to pay \$50 to cover the cost of an unreturned or lost chip.

Refreshments

At the finish line will be water, High5 drink and a quantity of fruit. Jenolan Caves Resort has a cafe/bistro and a bar 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 bring some money for a drink or something to eat.

Baggage Collection

Please collect your clothing bag as soon as possible after you arrive at the finish. The bag collection area will be signposted. If you do not collect your bag after the event, we will collect it and if possible contact you. If we cannot determine who it belongs to, the items will be donated to charity.

Shower

Jenolan Caves Resort very generously permit all runners to have a shower in the hotel annex, usually for a nominal fee. Please bring your own towel and toiletries and take away your running clothes and rubbish. Shower water is cold for the vast majority of runners as it is a rural area with a small hot water tank. Please keep your shower short and be considerate of runners arriving later. They have run the same distance and feel just as fatigued. Expect a queue. If you forget your towel, one can be hired on the day from the hotel for small fee. Runners staying at the hotel can, of course, use their rooms.

Post-Race Merchandise Pickup

There might be a limited amount of Six Foot Track Marathon merchandise on sale at the finish depending on how much stock is left. Pre-ordered, pre-paid merchandise will also be available for collection. This is your last opportunity to pick up your race merchandise - any left behind on race day **will not** be posted to entrants.

Post-race Massage

There will be professional masseurs at the finish of the run to give post-race massages. The cost will be \$25 for a 15min massage. Should you have any further questions about massages please contact Kara by email to kara@mymassageclinic.com.au or see here website at mymassageclinic.com.au

Award Presentations

The Race Committee is aware that it is a long and exhausting day and that people want to leave quickly but recognition must to be given to outstanding performers on the day so we ask that you remain for the presentation of awards. The cut-off for the last wave of runners is 3:35 pm and the award presentations, at the main entrance to Jenolan Caves Resort, will start about 4 pm and take about 30 minutes.

Runners in this year's event that meet the following criteria will receive an award:

Male Section

FIRST PLACE

- Six Foot Track Marathon Perpetual Trophy
- Six Foot Track Marathon Winner's Pottery Plate
- Weekend Package for two at Jenolan Caves House

SECOND PLACE -Custom Race Pottery

THIRD PLACE -Custom Race Pottery

Female Section

FIRST PLACE

- Six Foot Track Marathon Perpetual Trophy
- Six Foot Track Marathon Winner's Pottery Plate
- Weekend Package for two at Jenolan Caves House

SECOND PLACE -Custom Race Pottery

THIRD PLACE -Custom Race Pottery

Other Sections

AUSTRALIAN TRAIL ULTRAMARATHON CHAMPIONSHIPS

Top 3 Males/Females who are residents of the Australia

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– Highest point-score for club runners (based on all runners on the day) -Perpetual Trophy, courtesy of Sydney Striders

TEAMS COMPETITION -highest scoring runners (best 6 males and best 6 females) in a team – medals donated by Sydney Marathon Clinic

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

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

All Runners

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

Bus From Jenolan Caves back to Katoomba (After-race bus)

Runners, family and friends can reserve a bus trip from the finish at Jenolan Caves back to the Park'n'ride car-parking area at Katoomba for \$10 per adult, \$5 per child (infants free). Tickets can be ordered on the entry form on the www.sixfoot.com website. It is strongly recommended that tickets for Bus C -Jenolan Caves to Katoomba' be pre-purchased. Bus bookings are estimated from pre-ordered ticket sales up to 6th March. Bus tickets for this bus are unlikely to be available at the Carrington Hotel or on-the-day but people ask every year. Buses leave soon after the award presentations.

Allow 90 mins bus travel time to Katoomba. It is a long way and buses are slow on the hills. When the first bus is filled it will leave. Then when the next bus is filled, it will leave and so on. The last bus usually leaves by 5:15pm.

Race Merchandise

Six Foot Track Marathon T-shirts, singlets and caps are available for purchase with your race entry to guarantee your size is available. You can re-visit the race website to "top up" your order until the week before the race if you forgot to order when you entered.

Items ordered and paid for will be available for pick up at The Carrington Hotel, Katoomba on Friday or on Saturday at the race finish. If you do not pre-order, selection will be only from whatever items and sizes are left.

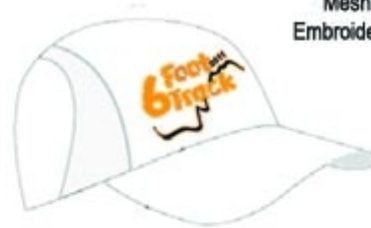
T-shirts and Running Singlets Both the t-shirt and running singlet are made from high quality lightweight mesh "Coolmax" type material and are available in men's style (sizes XS, S, M, L, XL, XXL) and women's style (sizes 8, 10, 12, 14).

Caps One size fits all and caps are white lightweight running style caps.

Adventure running top - This top is designed for running ie no elasticated sleeves or waist and is made from quality moisture-wicking material that will feature short sleeves, 3 rear pockets and $\frac{3}{4}$ length front zip.

6 Foot Track Merchandise 2011

Run Cap
Microfibre Cap
Mesh Inserts
Embroidery on front



Run Top

Lightweight breathable Cooldry
featuring mesh underarm panels.



Singlets

Mens and Ladies
Lightweight breathable Cooldry

NEW



**Multipurpose
Headwear**

Made in the Buff
style, this stretchy,
anti bacterial sleeve
has many purposes
and can be worn as a
bandana, head scarf,
neck gaitor, beanie or
more...



Adventure Top

3 Rear Pockets with
Elastic
Hidden 3/4 Zip
Cool Dry, Lightweight
and breathable
(no elastic in waist or arms)



Race Statistics

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	Lastname	Firstname	Time	Lastname	Firstname	Time
2010	Matthews	Alex	3:20:58	Middleton	Colleen	4:03:19
2009	Artup	Ben	3:15:25	Haverd	Vanessa	3:58:00
2008	Keem	Barry	3:23:13	Haverd	Vanessa	4:00:30
2007	Fattorini	Tony	3:24:11	Bespalov	Isobel	4:11:30
2006	Sollberger	Kaspar	3:26:49	Murray	Emma	3:37:27
2005	Green	Daniel	3:28:40	Murray	Emma	3:44:04
2004	Arthur	Paul	3:29:48	Beattie	Michelle	4:32:32
2003	Arthur	Paul	3:32:05	Tiller	Dawn	4:23:23
2002	Sloan	Tim	3:28:17	Tiller	Dawn	4:29:05
2001	Mcgregor	Gary	3:52:46	Van Woesik	Bianca	4:25:07
2000	Arthur	Paul	3:25:08	Short	Liz	4:34:45
1999	Ikin	Stephen	3:43:45	Tiller	Dawn	4:23:23
1998	Love	Greg	3:39:42	McKenzie-Hicks	Lynda	4:26:10
1997	Kromar	Andrew	3:38:06	Tiller	Dawn	4:16:14
1996	Kromar	Andrew	3:29:20	O'Brien	Louise	4:57:51
1995	Love	Greg	3:32:12	Tiller	Dawn	4:10:51
1994	Groshev	Gennardy	3:28:24	Reich	Jill	4:59:51
1993	Satchell	Malcolm	3:54:51	Tiller	Dawn	4:31:47
1992	Love	Greg	3:41:25	Fien	Mary	4:59:58
1991	Wallace	Don	3:24:44	Whitton	Debbie	4:59:03
1990	Woodhouse	Paul	3:41:31	Baker	Sarina	4:35:27
1989	Montague	Steve	3:33:06	Thompson	Linda	4:19:28
1988	Montague	Steve	3:35:42	Bruce	Ngairé	4:57:47
1987	Cull	Matthew	3:28:17	} Couper	Yvonne	5:11:20
				} Hill	Sue	5:11:20
1986	Cull	Matthew	3:44:56	Dreverman	Sue	4:53:35
1985	Skelton	Kevin	3:45:12	Golebiowski	Helen	5:29:45
1984	Marden	Bob	5:26:00	N/A		

Current male and female course records are in highlighted in yellow.

Age Group Records

As recognition for previous fast runners, 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	Alex Matthews (2010)	3:20:58	Emma Murray (2006)	3:37:27
30-39	Ben Artup (2009)	3:15:25	Vanessa Haverd (2009)	3:58:00
40-49	Don Wallace (2009)	3:27:11	Jackie Fairweather (2009)	4:02:40
50-59	Trevor Jacobs (2005)	3:37:49	Lavinia Petrie (1998)	4:36:26
60-69	Peter Fitzpatrick (2009)	4:41:36	Carol Baird (2010)	5:04:10
70-79	John McGovern (2009)	5:38:03	nil	

Six Foot Track Legends of the Track

The following competitors have completed 24 Six Foot Track Marathons under the race cutoff and have been awarded the title of Legend of the Track.

This achievement means that the runner is awarded :

- A permanent race number eg first legend gets number 1 for life (cotton number), 2nd legend gets #2 etc
- A large glass photo frame with a clean race number in the centre with a personal history of all their runs listed and as many photos of them running the event as we can get.
- Free race entry for life.
- The option to choose wave allocation to start in for each future running of the race.

Current Legends are:

- 1 Max Bogenhuber (Sutherland Shire)
- 2 Dominic Boidin (Blue Mountains)

Race Day Photos

The race has partnered with Super Sport Images to be the official photographer at the start, finish and during the event and for the event certificates. Photos of the event will be available on their website (<http://www.supersportimages.com/>) within just a couple of days of the race, for runners to purchase.



Super Sport Images also provide our race certificates, personalised-videos, Commemorative Plaques, Personalised Stats Mounts, Quality photographic Enlargements, Commemorative Mounts, laminated etc.

An archive of race day photos will still be maintained at <http://www.marathon-photos.com>

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.

Friday 11th March 2011

Race Check-in at The Carrington Hotel, Katoomba

- We will have race number pickups and check-in open from **2pm to 8pm**. 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.

Saturday 12th March 2011

Race Check-in at Park'n'Ride, Katoomba

- Race number pickups and check-in open from 6 am to 8 am. 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.

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 runner's ankle as he/she crosses 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 12:30 pm to 3:00 pm.

Medals at Jenolan Caves House (The Finish)

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

Baggage Collection

- Runners will be exhausted after progressing through the finish chute but should proceed quickly to the baggage collection area and collect their clothing bags. The bags should be arranged in race number order to assist with identification and collection.

If you would like to volunteer for any position please contact the race committee via email to sixfoottrack@gmail.com

Spectating the race

okm - The Start

Spectating at the start is easy and exciting. Note that you will see the runners dash off into the bush and over the cliff into the valley below, so you don't see a lot, but the atmosphere is worth it. The smart spectator will walk down the track a little and find a tucked away spot and watch the runners come towards them and go past, but not where it becomes narrow.

8km - Megalong Valley

You need a car to get to this location. Drive from Katoomba to Blackheath, and follow the Megalong Valley Road to almost the every end. It is a mega-long road indeed. If you are slow to leave the start area you will miss the front-runners, as they have been running downhill and are all excited. Your drive is very much the long way round. Expect the first runners through here approx 30mins into the run, and the slowest about 1hr 20mins. Unless you are desperate to see your runner, you can give the Megalong Valley a miss. The runners cross the road (there is no thru traffic here). They leap over a stile, cross the road, leap another stile, and are gone. There is an aid station here, but as its early in the run, many runners don't stop here, or if they do, its not for long. You should not attempt to walk along the track in either direction, as it becomes narrow and you will obstruct the runners.

After the Megalong Valley, you can't easily see your runner for a **long** time, so a stop at Blackheath for coffee & breakfast is pretty much mandatory. The Six Foot Track Lodge on the Coxs River always has spectators, but you will have to organise to stay there. People can hire the Lodge (28 beds) for before/after the race. Contact email: uttravel@optusnet.com.au or phone (02) 9810-3695.

37.9km - Black Range

The next spot to view runners is along the Black Range. The route crosses Caves Road, and at this junction there is a small amount of parking (always follow instructions from Rural Fire Service Staff who man the aid station here). The location is close to where the road drops down to Jenolan Caves - it should be easy to see as there will be RFS and other vehicles parked on the left, and hopefully someone to stop the traffic as runners come thru. Expect the first runners through here approx 2hrs 45mins into the run, and the slowest about 6hrs. All runners are totally stuffed when they get here - it is not far to the finish. Some will be lying on the ground cramping or vomiting. Feel free to walk back along the course to see runners or take photos. But do not cross the road, as the track is very narrow on that side.

The adventurous can take their mountain-bikes and ride back along the course all the way to the Cox's River (that's almost 20km one way!) The track is 4WD-able the whole way and so there should be enough room for runners and bikes (but don't plan to take a 4WD along there on race day!) - always **please** make sure you give runners lots of room, especially if they are in small groups. They may be fatigued and not know what the hell they are doing !! The smart and knowledgeable mountain-biker will actually park their car a few km back towards Katoomba at the junction of Caves Rd with Black Range Rd (a dirt road - where the course used to cross Caves Rd) as it is only a short cycle back to meet the course and you will miss all the very steep hills and its an easier pedal.

45km - The Finish

Spectating at the finish is easy. You will experience the joys and sadness of this great event just by hanging around at Caves House. It is possible to walk back along the track to the top of the nearby hills and watch runners come past, but please try to do this before the bulk of the runners come through, as the path is narrow with steep drops!

Caves House Accommodation Information

Due to the superb attention to all runners, Jenolan Caves House will again be the official race accommodation for the Six Foot Track Marathon. Please help support the event and arrange to stay at the resort. Caves House 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). Call 1300 763 311 opt-1 (International +61 2 6359 3222) or email enquiries@jenolancaves.net.

Room details & packages available at <http://www.sixfoot.com/docs/caveshouse2010.pdf> or visit Jenolan Caves website at Visit the Jenolan Caves website at <http://www.jenolancaves.org.au/>

Important points to remember :

- Accommodation is first come, first served – so please be quick to avoid disappointment.
- Book your room by calling the resort directly, not the race organisers, 24 hours per day.
- A deposit is payable when you call – the first night cost.
- The rest of the bill (minus deposit) is due when you checkout.
- Any cancellations must be made direct to the hotel and might be subject to cancellation fee, forfeit of deposit or liability for full charge (speak to Jenolan Caves House for details).
- 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.
- Check-in opens 2pm Friday; checkout is 10am Sunday (unless you make alternate arrangements).
- Runners sharing rooms will reduce the rate and allow more runners to stay
- Runners can extend their stay for only 50% discount for a 3rd night – either Thursday or Sunday
- 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 – but note it does not include breakfast.

Visit Jenolan Caves

Of course there are lots of other activities in the Jenolan valley while you wait for the runners to arrive. There are many popular bushwalks, as well as the world famous Jenolan Caves right on your doorstep.

As a special offer (valid for race day only) the Jenolan Caves Reserve Trust invites passengers on the Six Foot Track Marathon Bus-B (from the race start at Explorers' Marked Tree, Katoomba to Jenolan Caves) to visit the caves while they wait for runners to arrive. Each Bus-B passenger is entitled to a free pass to Nettle Cave, which is suitable for children, where they can take a self-guided tour (start any time you choose). The normal ticket cost is \$17. Just show your Six Foot Track Marathon bus ticket (Bus B) to the Jenolan Caves office. This offer is to reward those marathon supporters who assisted in easing traffic congestion in the Jenolan Caves area by travelling on the Six Foot Track Marathon bus. (This offer is valid on race day only and is limited to passengers on Bus-B who produce a valid Six Foot Track Marathon Bus-B ticket to Jenolan Caves Reserve staff)

Visit the Jenolan Caves website at <http://www.jenolancaves.org.au>

