



**sixfoot** track  
marathon

# NEWSLETTER #1

January 2023

## 2023 SPONSORS

**We are delighted that our sponsors for the 2023 Six Foot Track Marathon are:**



Tailwind Nutrition Australia is very excited, and proud, to be able to support everyone again at the 2023 Six Foot Track Marathon.

Tailwind Nutrition is an all-in-one endurance fuel that will keep you energised and powering through your training leading up to 11 March and on race day! It contains all your calories, hydration, and electrolytes so you don't need to carry or consume anything else during your race.

Don't forget the golden rule though... nothing new on race day! So, grab yourself some Tailwind Nutrition Endurance Fuel and Recovery Mix from their online shop and give them a try.

Use the special sponsor code and save 15% on your order at [www.tailwindnutrition.com.au](http://www.tailwindnutrition.com.au)

Code: 6FOOT15%

Happy training, keep smiling and we look forward to seeing you race day!

If you need help with how to use Tailwind or have any questions at all, follow them on Facebook and Instagram for all the details.

#gotailwind #tailwindnutritionaustralia #tailwindnutritionaust

# CAMELBAK®

Camelbak is a world leader for hydration products and is the originator of hands free hydration with its iconic reservoir.

Backed by a lifetime guarantee and warranty.  
CamelBak always has your BAK.



With over 25 Six Foot Track Marathons between them, the Blue Mountains Running Co. team know what it takes to train and race this iconic event.

From trail running shoes and apparel to packs, hydration and nutrition, BMRC has everything you need to achieve your goals.

Visit our Glenbrook store or shop online today.

# HOKA

FLY HUMAN FLY™

HOKA empowers everyone to feel like they can fly. A bold approach to performance footwear and apparel. Each year it is a privilege to sponsor 6 Foot Track, a classic trail event. Visit [www.hoka.com/au](http://www.hoka.com/au) for all our new 2023 products to support you to the start line.

See you all at the Explorers Tree!  
#FlyHumanFly



**FIRST CHOICE**  
SPINAL & SPORTS  
**Physiotherapy**

Jason Wheeler from First Choice Spinal & Sports Physiotherapy will be providing complimentary physiotherapy assessments at his Warrimoo and Lawson clinics for the month of March. It's a great opportunity to learn exercises and strategies to help prevent injuries and improve your running performance.

Jason will also be available at race registration, providing complimentary assessments and last-minute treatment such as massage and taping. As a fellow Six Foot runner Jason knows what's needed to have a great race.

Assessments are limited to 15 minutes but you can add on extra time for a reasonable fee, and private health fund rebates can be claimed.

Call 0490 326 311 or email [info.firstchoicephysiotherapy@gmail.com](mailto:info.firstchoicephysiotherapy@gmail.com)  
to book your complimentary assessment.  
[www.firstchoicephysio.com.au](http://www.firstchoicephysio.com.au)

## RUN=FASTER

Hey Ladies!

If you've been searching for tights that do everything they're supposed to, find your perfect fit with RunFaster!

\* 7 lengths in high or mid waisted styles to suit all shapes, heights & sizes

\* 7 sizes XS-3XL (4-26)

\* 5 different materials designed to hug you in all the right places & perform during even the most intense workouts.

Designed in Australia and made in Brazil.

Tights, tops, sweats, bras & more from essential black and bold to bright and tight.

[www.runfastergear.com.au/](http://www.runfastergear.com.au/)

Enter SIXFOOT at checkout for 10% off.



Where less becomes more. Less weight, more distance. Less bulk, more comfort. Less shock, more performance. Designed to protect your feet and enhance your performance whilst running up and down hills and trails, Bridgedale's Trail Run range delivers incredible comfort wherever your run takes you.

[www.bridgedale.com](http://www.bridgedale.com)

Regularly check [www.sixfoot.com](http://www.sixfoot.com) and our facebook page for latest details and stay tuned for future Newsletters containing more detailed information on the changes that are outlined in this overview and more.

If you have any questions please email us at [info@sixfoot.com](mailto:info@sixfoot.com)

THANK YOU

Six Foot Track Marathon Race Committee  
[www.sixfoot.com](http://www.sixfoot.com)

Six Foot Track Marathon is a not for profit event, run by running volunteers for runners.

All profits from and donations collected by Six Foot Marathon are used to support the RFS Blue Mountains District.