



# **sixfoot**track marathon **2021**

## NEWSLETTER #3 MARCH 2021

Always please check [www.sixfoot.com](http://www.sixfoot.com) and our **facebook** page for all the latest details and updates.

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### **KEY RACE INFORMATION LINKS**

#### **PRE RACE INFORMATION**

- bib collection, reusable cup, bag drop – see new locations, not Carrington Hotel or Start Line

#### **GETTING TO THE START LINE**

- parking and shuttle buses

#### **START LINE**

- rolling start times

#### **ON THE COURSE**

- aid stations, hydration, cut-off times

#### **FINISH LINE**

- what's changed, buses from Caves House

#### **SPECTATORS**

- Unfortunately no spectators are allowed on buses or at the start or finish lines. Friends or family can collect runners at the finish but must remain in the car park area.
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# ARRIVE RACE LEAVE

## MISSED THE LAST NEWSLETTERS?

Please ensure you have read the past newsletters which contain important information about the race, particularly Newsletter 2 below.

### Newsletter #1 – Race Director Overview

### Newsletter #2 – Key Race Changes/ Sponsor offers/ Accommodation

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## WAVE ALLOCATIONS

In 2021 as part of our COVID safe plan we will have rolling starts across each wave. The only exception is the small first group of elite runners who will start at the same time but will be physically distanced. View your wave [HERE](#)

The wave allocations have been published for some time now. To assist on potential questions/requests here are the most common questions and answers:

**Q:** I want to move to a faster wave

**A:** The wave allocations have been calculated based upon your choice of your best qualifier through the entry process and the bibs have now also been printed. For all runners safety in descending Nellies Glen we will not permit later wave runners to start with earlier waves.

**Q:** I am injured/not enough training and want to run in a later wave

**A:** We will support this on the day as part of the rolling wave start approach. Simply adjust your times to access the car park and buses based upon the later wave guidelines.

**Q:** My friend/partner/training buddy and I want to run together

**A:** We will support this on the day by having the faster runner simply delay their start as above to move down to run with their friend.

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# PRE-RACE

## BIB COLLECTION

- Please note that the main and preferred option is to pick up your bib and reusable cup from the **Café2773**, next door to Blue Mountains Running Company shop, at [19 Ross Street, Glenbrook](#). This service will operate from **11:00am to 7:00pm on the Friday**. Runners may also leave a pre-labelled drop bag for transport to the finish. There will be NO BAG DROP at the Start Line in 2021
- The other option is to pick up your bib and cup on **Race Day at the Katoomba Christian Convention Car Park** before boarding the bus to the Race Start.
- **Note you cannot collect your bib at the Carrington Hotel or the start line this year.**
- Bring photo ID or if you have someone else collecting for you ensure they have a **signed authority**.
- Please fill in emergency and medical details on the back of your bib.

## BAG DROP

Please ensure that you drop your bag either when you collect your bib at Glenbrook on Friday or the Katoomba Christian Convention car park on Saturday morning. **There will be no bag drop at the start line.**

Tear your bag tag label off the bottom of your race bib and attach it directly to your bag which is ideally waterproof.

## STAYING AT JENOLAN CAVES HOUSE

If you are staying at Jenolan Caves House on Friday Night 12<sup>th</sup> March, Race Day buses depart for the start line at 5:00am sharp. **You MUST email your name and bib number to us at [info@sixfoot.com](mailto:info@sixfoot.com)** so we can ensure these bibs and reusable cups are set aside for collection when you board the bus.

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# RACE DAY

## PARKING AND SHUTTLE BUSES

Parking for all competitors will be at the Katoomba Christian Convention (KCC) car park, on the Oval (across from Scenic World) at 113 Cliff Drive, Katoomba. We advise that you arrive at the KCC car park at the following times.

Wave Number	Park at KCC from	Board buses to start line from	Access start line from	Rolling starts from	Rolling starts finish
1	6:00am	6:30am	6:50am	7:00am	7:10am
2	6:10am	6:35am	7:05am	7:10am	7:30am
3	6:30am	7:00am	7:25am	7:30am	7:50am
4	6:50am	7:15am	7:45am	7:50am	8:10am
5	7:20am	7:50am	8:05am	8:10am	8:30am

Please use the toilets at your accommodation or at the KCC car park as there will only be a handful of toilets at the start.

## WAVE 1 RUNNERS

If you are in Wave 1, please make sure you are at KCC by 6:15 at the latest, ready to board the bus at 6:30am.

## START LINE : IMPORTANT

Please note that no runner drop-offs at the start line, immediate access roads or the highway are permitted. Anyone caught doing this will be disqualified. **There is no bib collection or bag drop at the start line.**

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# ON THE COURSE

## TIMING/ BIBS

To ensure you record splits correctly (and that we know you are still on the track!) please ensure you do the following:

- The bib must be clearly visible on front of body, away from anything that might interfere with the tag i.e. fuel belts, heart rate monitors, hydration packs etc
- The bib must not be bent. The bib must be horizontal not vertical to register over a timing mat.
- Runners must ensure that they run over the timing mats, keeping to the centre where possible.
- The net time is taken from the time the tag is read at both the start and finish lines

## NUTRITION

- Six Foot Track Marathon is an arduous event and it might be very hot, very cold and/or wet so be prepared.
- Aid stations will provide water, Tailwind & (at some aid stations) Coke.
- **Food available at aid stations is limited to bananas** because of COVID so runners must plan for, and carry, any additional gels, bars, salt tabs, etc. that they need. **There are no other fruits, lollies or snacks** at aid stations.
- If you are feeling unwell during the race then seek assistance at any aid station.

## PLASTIC CUP FREE - RE-USABLE CUPS

Confirming there will be no plastic cups at the aid stations! When you collect your bib, you will be given a 200ml re-usable cup to carry on race day. In addition to the re-usable cup [or instead of] you can carry your own bladders, bottles or flasks.

Refill water and Tailwind will be available at each aid station in jugs that the volunteers can pour into your cup or bottle. Runners are responsible for their own hydration plan – DO NOT bypass the refill station to save time.



# SAFETY ON THE COURSE

## WALKING POLES ARE NOT ALLOWED

Given the nature of various parts of our course, for the safety of all entrants no walking poles are permitted to be used on race day on any part of the course.



## HEADPHONES AND SPEAKERS

Headphones may only be used after the Coxs River crossing. Use of headphones before the crossing is dangerous due to the more technical single track terrain and larger groups of runners at potentially different speeds. Speakers are not allowed to be used at all on race day. Runners who do opt to use headphones need to be especially alert along Black Range where they may encounter race support vehicles travelling in either direction.



Please take a moment to read all our [Race Rules](#)

## DNF/ EVACUATION (IF NEEDED)

Each year some runners will have to withdraw or be withdrawn on course before reaching the finish. You must surrender your bib if you withdraw or are withdrawn by a Sweeper or Race Official. You are not permitted to continue past the next aid station and may not re-join the race.

Getting you safely to an evacuation assembly area is our priority. However due to the remote location and challenging course logistics, this may take time. This year we will not be able to transfer you to the finish line, but our volunteers and medical staff will liaise with the Finish Line to get your runners bag and help keep your supporters up to date.

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## FINISH LINE

The finish line will look very different this year. Please see Newsletter #2 for the key changes.

Six Foot Track Marathon has an agreement with Jenolan Caves that there is **no BYO alcohol on the day**.

**Swimming in the Blue Lake** is prohibited by Jenolan Caves Reserve Trust.

Please note that Spectators are not allowed in the Finish Line area but can come to the Carpark to collect runners. No car park booking is required.

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### RACE DAY EMERGENCY CONTACT FOR URGENT USE ONLY

If there is an urgent need to contact Race Organisers on race day, a message can be relayed via the Blue Mountains RFS Operations Centre on (02) 4784 7473

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## SPONSOR OFFERS



Camelbak is offering Six Foot Marathon runners a 15% discount on Camelbak purchases on their website. Use code **6FOOTRUNNERS21** at <https://www.camelbak.com.au/>



Tailwind Nutrition Australia is again proud to be supporting athletes participating in the Six Foot Track Marathon for 2021. Tailwinds simple formula allows you to focus on your running without having to mess with gels, pills or chews – just pour shake and go, allowing all athletes to have the best nutrition resource available.

It's all you need, all day. Really.

Tailwind will be offering all entrants to 2021 Six Foot Track Marathon a 15% discount on all purchases at [www.tailwindnutrition.com.au](http://www.tailwindnutrition.com.au) .

Use Code TryTailwind for your discount.



FIND YOUR FIT  
IN THE MOUNTAINS

10% off storewide . Discount code: SIXFOOT.  
Discount applied at checkout  
Excludes sale items, watches & nutrition. Valid now  
until March 13, 2021  
<https://www.bluemtnsrunningco.com.au/>

Your trail, road & ultra running specialists. Located in Glenbrook, BMRC curates the best in running shoes, apparel, accessories & nutrition for you to achieve your goals.

Visit in store at Race Pack Pick-up on Friday 12 March (located next door to @cafe2773)



Jason Wheeler will be providing complimentary physiotherapy treatment, including massage and taping, prior to race day. Visit [www.firstchoicephysio.com.au](http://www.firstchoicephysio.com.au) to book your complimentary 15 minute session at his Lawson Clinic on Thursday 11th of March, or his Warrimoo Clinic on Friday 12th of March.

Due to COVID-19 restrictions Jason won't be at the finish line but you're welcome to get in touch with him after the race to sort out any sprains, strains, aches or pains.



Technical headwear for the mountains to the sea and all the trails in between. Dusty is Australian owned and designed. Their headwear has been tried and tested on trail, road, sand and wherever your adventures take you.

For more info and to get 15% off your purchase go to:  
<https://www.dustytrails.com.au/discount/6FT2021>

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# CANCELLATION POLICY

As organisers and runners ourselves we understand that during preparation for a race like the Six Foot Track Marathon that some entrants will be impacted by injury or other circumstances that mean they are not able to start on race day.

All details on the cancellation policy are on the website [here](#).

If you do need to cancel please read the cancellation policy first and then email [info@sixfoot.com](mailto:info@sixfoot.com) **before 5pm Wednesday March 10<sup>th</sup>** confirming you have read the policy and also to provide your Bank Details so we can process your eligible refund

- Account Name
- Account Number
- BSB Number

Also a reminder that entries are not transferable or able to be sold, any participants found to have done this will have their entry and result cancelled and both the original entrant and the person who runs under their name refused entry in future events.

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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.

**ARRIVE RACE LEAVE**