



sixfoot track
marathon

2022

NEWSLETTER #2

february 2022

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BIB COLLECTION

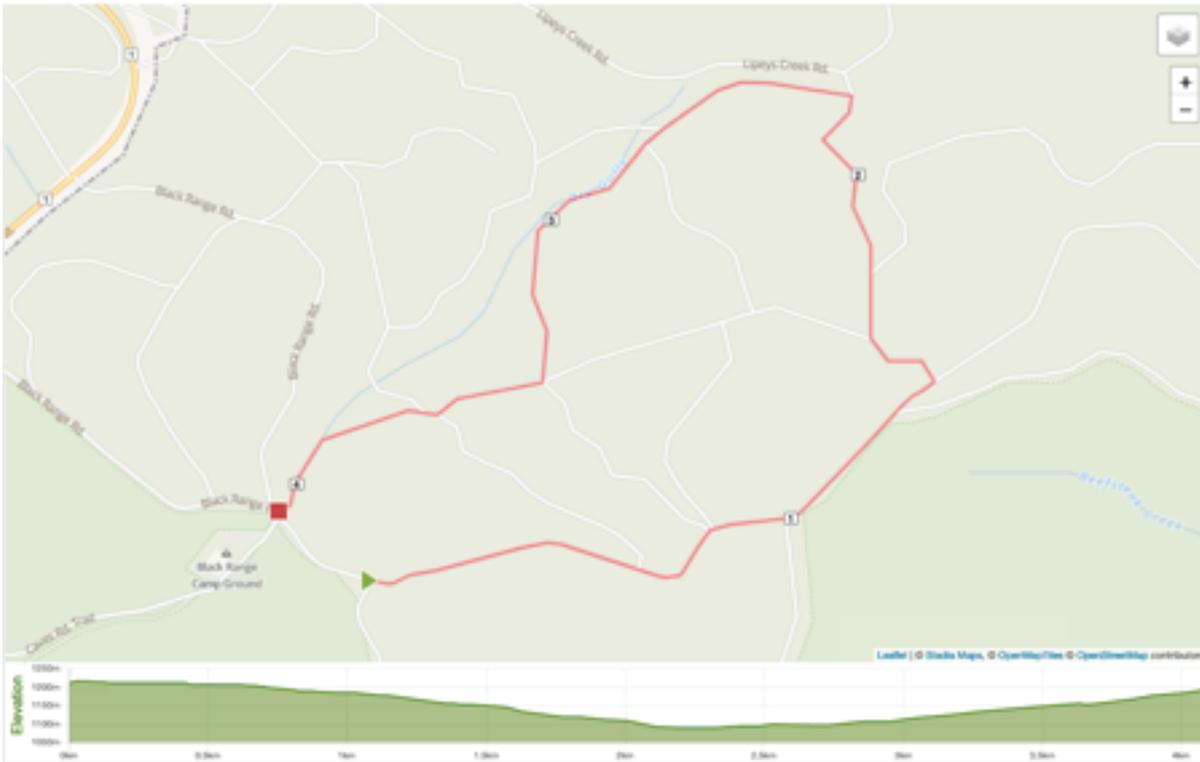
Just a quick note that bib collection for this year will be the same as last year at Cafe2773 next to the Blue Mountains Running Company shop at 19 Ross Street, Glenbrook. Thanks to Shane and Belinda Simpson.

More specific race information details will be coming soon.

NEW FINISH AND COURSE WITH ELEVATION



NEW 4KM LOOP



AID STATIONS

With training (hopefully) in full swing, it's important that you consider and practise how you will fuel and stay hydrated on race day. We have now updated our website with a list of aid station locations along the new course route. Please remember to bring your own cup/bottle to use during the event as we do not use disposable cups at aid stations.

More on aid stations here - <https://www.sixfoot.com/aid-stations>

START LINE PROCESS

Due to the alternate location of the finish line this year, we are not using Jenolan Caves House and therefore will not be providing any transport from Jenolan Caves House to the start line on race morning.

The best way to get to the start line is to park at KCC oval and catch the start line bus from there. To avoid overcrowding of the start line area, you will not be able to catch a bus too early before your official wave start.

For 2022 we will be using a rolling start process again. We have prepared a schedule of key times for key locations based upon your wave allocation. You need to plan your morning around these times allocated to your wave as to minimise the number of runners present at the start to comply with the Six Foot Track Marathon Covid-19 Safe Plan and NSW government regulations. No spectators are allowed at the start line.

More information on start line logistics here - <https://www.sixfoot.com/2022-getting-to-the-start-line>

WAVE ALLOCATION

Wave allocations have been made based upon the qualifying event and time submitted during the entry process. The website currently has a draft allocation, and your wave may change based upon entry cancellations.

If you would like to run with a friend/group we can move you down a wave but not up, so please email info@sixfoot.com with your request. Bib numbers will be allocated closer to race day.

Draft wave allocations - <https://www.sixfoot.com/2022-waves>

SWEEPERS

Sweepers for the 2022 Six Foot Track Marathon are:

1. Jane Trumper
2. Peter Trumper
3. Nick Barlow
4. Skipp (Phoenix) Humphreys

Sweepers are designated race officials and may at any time, using their experience and discretion ask a runner to withdraw at an aid station if they believe that runner will be unable to complete the course within set limits. This is to ensure our volunteer aid stations are able to be packed down and cleared within confirmed timeframes. Some runners may still complete the course after the time limit of 7:00 hours but before the sweepers, **but this will not count as an official finish.**

SPECTATORS

Spectators will be allowed to attend the finish line this year where there will be food and drink available for purchase, along with music and a kids playground.

Access will only be permitted via the designated race spectator buses running from Katoomba (from KCC car park or in front of the Carrington Hotel). Buses will pick up spectators starting at KCC between 8:00-10:45 am then the Carrington Hotel to finish line.

Buses will depart the finish line back to Katoomba from 12:00 midday once there is a bus full of passengers.

Exact times for the spectator buses going to the finish line will be published in the next newsletter, and on our website.

CANCELLATION PROCESS

If you can no longer run in the 2022 event and need to cancel your entry, please head to the website for terms and conditions and how to do this. <https://www.sixfoot.com/2022-cancellation-process>

* Please note – entries cannot be transferred or sold to others.

SPONSORS

We are delighted that our sponsors for the 2022 marathon are:



Tailwind Nutrition Australia is very excited, and proud, to be able to support everyone again at the 2022 Six Foot Track Marathon.

The 2022 edition will be a very special one, as it will be our “buckle” year for sponsorship and support. We have loved sharing the importance of correct race day nutrition and recovery as well as seeing our wonderful community achieving their personal goals on a regular basis through the knowledge gained.

Happy training, keep smiling and we look forward to seeing you both at the start and finish lines!

#gotailwind #tailwindisallyouneedallday #itsvegan #tailwindnutritionaustralia
<https://www.tailwindnutrition.com.au/>



Visit the Blue Mountains Running Co., your trail, road & ultra running specialists. Located in Glenbrook, at the foot of the World Heritage Listed Blue Mountains, BMRC curates the best in running shoes, apparel, accessories & nutrition for you to achieve your goals.

Visit us in store or online today.

SPONSORS



Every year that HOKA has had the privilege of sponsoring 6 Foot Track, the message has been simple. "Thank you for supporting this classic race... and you have to try these shoes". This year, until mid-March our trail range in Australia will still be limited by supply delays. Please visit www.hokaoneone.com.au to sign up for our newsletter about inbound models and chances at huge apparel and footwear prizes all year, and we'll see you all at the Explorer's Tree.



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.



Don't put up with niggles or pain.
Come see The Body Mechanic physios. They specialise in helping runners achieve their personal best.

The Body Mechanic is run by Six Foot Track Marathon veteran Mark Green. Mark has finished top four at the Six Foot Track Marathon on six occasions, which means that he, and his physio team, have a thorough understanding of the demands and stresses that you put your body under when running and training for ultra distance events. If you are looking for any help to manage your training, niggles, rehab any current injuries, or prevent any future injuries, these are your guys.

Book today to get help with your running. The team is in high demand so don't delay.

SPONSORS



FIRST CHOICE SPINAL & SPORTS **Physiotherapy**

Jason Wheeler will be providing complimentary physiotherapy treatment, including massage and taping, for the entire month of March.

Jason has 16 years' experience as a physiotherapist, including working at the Commonwealth Games and volunteering at Six Foot Track since 2013. As a fellow long-distance runner he knows what's needed to have a great race. Visit www.firstchoicephysio.com.au to book your complimentary 15 minute session at either of his clinics at Lawson and Warrimoo, a Telehealth session, or at race registration.

Jason provides expert care for a wide range of work and sports injuries. He has a particular interest in knee injuries since falling off a cliff and undergoing a number of surgeries, including a major knee reconstruction. 2022 will mark his return to running in the Six Foot Track Marathon.

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)
- 4 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.

<https://runfastergear.com.au/>

Enter: SIXFOOT at checkout for 10% off

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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 socks deliver incredible comfort wherever your run takes you.

<https://www.seatosummitdistribution.com.au/bridgedale-trail-run-ultralight-t2-merino-sport-low.html>

Regularly check 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

THANK YOU

Six Foot Track Marathon Race Committee
www.sixfoot.com

CLICK HERE FOR SIX FOOT TRACK MARATHON RACE
PARTNERS, SPONSORS AND SUPPORTERS

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.