



sixfoot track
marathon

NEWSLETTER #3

February 2023

Welcome to the 3rd edition of the 2023 Six Foot Track Marathon Newsletter.

In this newsletter you will find details about:

- Volunteers needed
- Bib collection
- Wave allocation
- Map of the new course and aid station locations
- Map and elevation of the new added 4 km loop
- Aid stations
- Start line process
- Buses
- Spectators
- Finish line
- Sweepers
- Cancellation process
- Covid safe event
- Sponsors
- Trail Gaiters announcement
- Training on the Course

VOLUNTEERS NEEDED

Thank you to all the wonderful people who have offered to volunteer this year. Your help is very much appreciated. We are still on the lookout for people for the following roles:

- Social Media on race day
- Truck driver
- RFS Liaison on the day – Stationed in the RFS base, for this role you would need a good knowledge of the race.

Please email: volunteers@sixfoot.com if you are able to volunteer in one of these important roles.

BIB COLLECTION

Just a quick note that bib collection for this year will be at Café2773, next door to the Blue Mountains Running Company shop, at 19 Ross Street, Glenbrook. This service will operate from 11:00am to 7:00pm on Friday 10 March 2023. Many thanks to Shane and Belinda Simpson for hosting.

The other option is to pick up your bib on Race Day at the Katoomba Christian Convention Car Park before boarding the bus to the Race Start.

Please remember to bring photo ID or if you have someone else collecting for you ensure they have a signed authority form.

You can find more information here:

<https://www.sixfoot.com/2023-registration-bib-collection>

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.

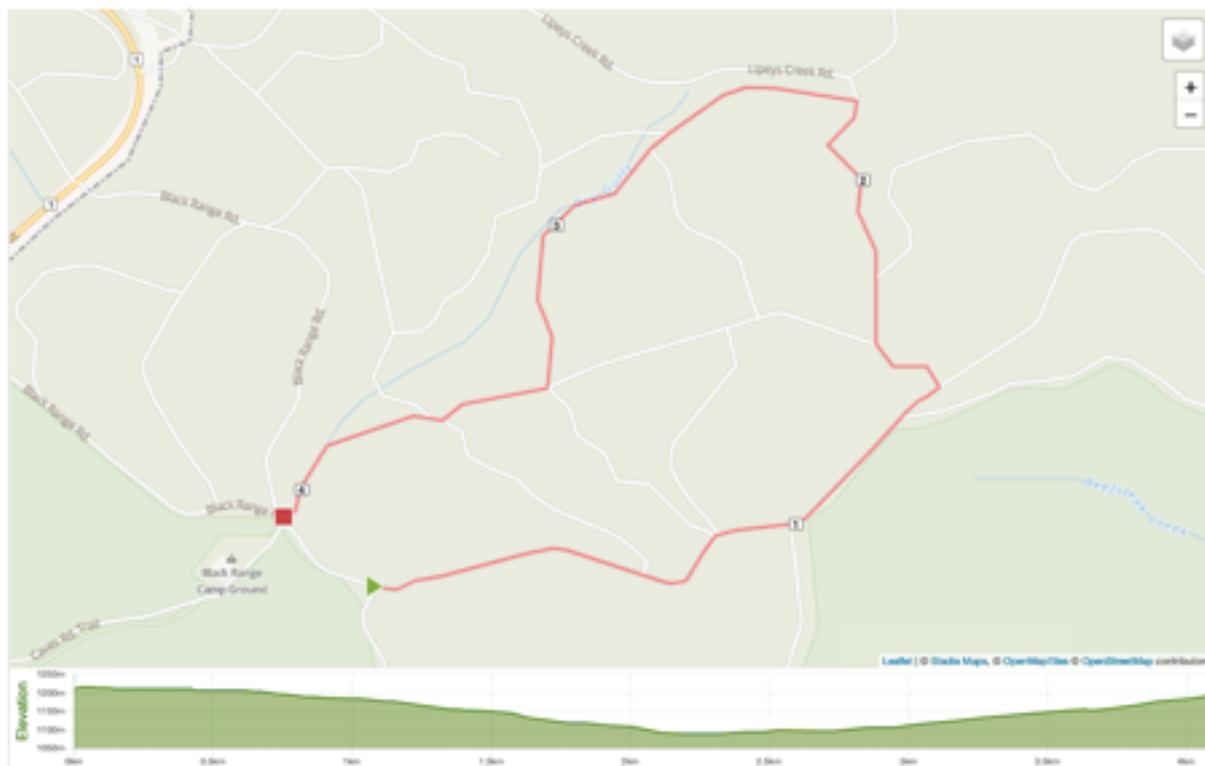
Wave allocations – www.sixfoot.com/2023-waves

THE NEW COURSE

New finish line and course map with the new loop and course elevation. New finish line location is Jenolan Caves Cottages on Jenolan Caves Road.



New 4 km loop with elevation



AID STATIONS

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>

Important:

Due to the heavy rain last year there is damage on the track between Allum Creek and the top of Pluvi. Crown Lands and Oberon Council are working on and assured us the damage will be fixed but just in case there may not be access for vehicles to get in to set up aid stations in this 4 km section hence we may not be able to have the 3 aid stations we normally have in this section. Please ensure you carry enough water/hydration and fuel to get you through this tough part of the course which can take some time to complete. We will keep you informed of any developments.

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.

In 2023 we will go back to having 5 waves start rather than the rolling start format we adopted during the 2021 race.

We will still shuttle runners from KCC car park starting at 5:30 am on race day but will not have a bus pick up service from the YHA or Carrington Hotel.

There will be no drop bags at the Start line. Drop bags for transport to the Finish may be left at:

- Bib pick up on Friday at Café 2773 Glenbrook (next door to the Blue Mountains Running Company), or
- KCC car park on the morning of race day before catching the bus to the Start line.

More information on start line logistics here - www.sixfoot.com/2023-getting-to-the-start-line

BUSES

As Jenolan Caves House is not accessible via Jenolan Caves Road this year, there will not be a bus to take runners to the Start line from Jenolan Caves House or Jenolan Caves Cottages.

Buses will be available to shuttle runners and spectators from:

- KCC car park to the Start line
- Start line/KCC to the Finish line
- Start line back to KCC after every wave (for spectators)
- Millionth Acre Recreation Area (Duckmaloi car park) to the Finish line and return, starting at 9:30am and departing approximately every 15 minutes.
- Finish line to Katoomba KCC. These buses will start leaving the finish line to Katoomba starting from 12:00 midday every 30 min or whenever a bus load is full. These buses will not stop at the Duckmaloi car park as there will be specific buses looping between Duckmaloi car park and the Finish line.

These buses will be leaving the finish line to Katoomba 12:00 midday every 30 min or whenever a bus load is full. These buses will not stop at the Duckmaloi car park as there will be specific buses looping between

Duckmaloi car park and the Finish line. After the bus has stopped and dropped runners and spectators at the KCC carpark it may also drop anyone into central Katoomba if required.

2023 Six Foot Track Marathon Bus Timetable

Priority on buses given to runners in the following waves

Waves 1 & 2		Waves 3 & 4		Waves 4 & 5		Wave 5		Spectator/ Volunteer Pick up location	Spectator/ Volunteer Pick up time
KCC Departs	Start line Departs	KCC Departs	Start line Departs	KCC Departs	Start line - Departs	KCC Departs	Start line - Departs (for final time)		
5.30am	5.45am	6.00am	6.15am	6.30am	6.45am	7.00am	7.15am	KCC	8.45am
5.40am	5.55am	6.10am	6.25am	6.40am	6.55am	7.10am	7.25am	KCC	8.45am
5.50am	6.05am	6.20am	6.35am	6.50am	7.05am		7.05am	KCC	9.30am
6.00am	6.15am	6.30am	6.45am	7.00am	7.15am		7.15am	KCC	10.15am
6.05am	6.20am	6.35am	6.50am	7.05am	7.20am		7.20am	KCC	11.00am
6.10am	6.25am	6.40am	6.55am	7.10am	7.50am		7.50am	Start Line	7.50am
6.15am	6.30am	6.45am	7.00am	7.15am	8.00am		8.00am	Start Line	8.00am
		6.25am	6.40am	6.55am	7.10am		7.10am	Duckmaloi	Spectators from 9:30am.
								Duckmaloi	Spectators from 9:45am

Note: There will be 2 buses shuttling spectators from Duckmaloi car parking to the finish and back every 15 min starting from 9:30 am.

Note: Buses going back to KCC – Katoomba will start leaving the finish line from 12:00 midday and on a full bus load basis there after.

SPECTATORS

We know that many friends and family love to come to the Start and Finish line and so spectators will be allowed at the Start line and Finish line this year. Spectators can only get to the Start line either on the buses from KCC or walking to the Start line using the footpath.

Please do not stop vehicles on Great Western Highway to drop off passengers or walk along the Great Western Highway verge. There is a footpath to the Start line from RFS Bushfire HQ Katoomba.

Spectators who want to be at the Finish line have the following options:

- Option 1: Drive through the Jenolan Caves Road and Duckmaloi intersection before 8:00 am and park at the Finish. Volunteers will direct you where to park.
NOTE: Spectators who choose this option will not be able to drive out of the Finish line before 4:00 pm as runners will still be using the same entrance to the Finish line, so please don't park at the Finish line if you want to leave before the end of the day.
- Option 2: Spectators can park at KCC and catch one of the buses to the Start line then reboard to the Finish line. After the race, catch a bus back to the KCC car park.
- Option 3: Spectators can park at Millionth Acre Recreation Area (at the Duckmaloi turnoff) and catch a shuttle bus that will shuttle between the Finish line and the car park on a continuous basis during the day Starting from 09:30 am. Buses will not stop at any point on the way between Duckmaloi car park and Finish line and vice versa.
- Option 4: Spectators can drive to the Black Range Camping Area (Deviation) to support runners but they will not be allowed to drive past the checkpoint at the Jenolan Caves Road and Deviation intersection. There will be traffic managers at this check point. The only way to the Finish from here is to walk, which is about a 10 km walk or better go back to Duckmaloi car park and catch one of the shuttle buses.

FINISH LINE

Due to the roads still closed to Jenolan Caves, the Finish line for 2023 will be at Jenolan Caves Cottages. The Six Foot Track Marathon course has been adjusted to cater for the 45 km race distance.

Jenolan Caves will still provide catering and drinks for purchase at the Cottages.

Buses will shuttle runners back to Duckmaloi car parking or Katoomba as per a set schedule. Buses will leave as they fill up, so runners have the choice to stay around or leave after they finish the race. Spectators will be allowed at the Finish line see details above.

NOTE: As Wi-Fi and mobile coverage is limited at Jenolan Caves Cottages, we encourage all runners and spectators to bring cash with them where possible on the day in the event of service dropouts and no EFTPOS available.

SWEEPERS

Sweepers and pacers for the 2023 Six Foot Track Marathon are:

Skipp (Phoenix) Humphreys – Wave 4 pacer
Nigel Huband – Wave 4 pacer
Nick Barlow – Wave 5 pacer
Jenny Morris - Wave 5 pacer
Jane Trumper – Sweeper
Peter Trumper – Sweeper

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 if they are still ahead of the sweepers but this will not count as an official finish and they will not get a medal.**

CANCELLATION PROCESS

If you can no longer run in the 2023 event and need to cancel your entry, please head to the website for terms and conditions and how to do this. <https://www.six-foot.com/2023-cancellation-process>

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

COVID SAFE EVENT

The 2023 event will operate under a COVID Safe Event Plan in line with NSW Government requirements. This plan has been developed to manage the risks associated with COVID-19.

We ask you to maintain social distancing as much as you can. We will have face-masks and sanitiser available for those who want to use them although they are not mandatory (unless health directives change).

If you feel unwell, please do not attend the event.

SPONSORS

Once again we would like to thank all our wonderful sponsors of the 2023 event.



TRAIL GAITERS - DITCH THE DEBRIS

Trail Gaiters are a fun, stylish and groovy lightweight stretch lycra gaiter that covers the top of your shoes when out trail running, walking or any outdoor activity.

They won't weigh you down or restrict movement but will definitely keep out all those annoying rocks, stones, pebbles, twigs and seeds from getting in your shoes so you can get on with your adventure.

Trail Gaiters are 100% Australian made!

Visit www.trailgaiters.com.au to see the fabulous range of bright funky colours and designs.

Don't be boring!



Enter **TGSIXFOOT** at checkout for 10% discount - For the next 48 hours only, the discount will be increased to 15% (same code)!

TRAINING ON COURSE

A note to let you know that during the next few weeks a large group of hikers will be on the course as per the list below. Take care.

Feb 18 (10:30 am departure) - Megalong Cemetery to Eco Lodge (Bowtells Bridge)

Feb 19 (9:30 am departure) - ECO Lodge to DryRidge Estate (Bowtells)

March 4 (10:30 am departure) - Megalong Cemetery to Eco Lodge (Bowtells Bridge)

March 5 (9:30 am departure) - ECO Lodge to DryRidge Estate (Bowtells)

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