

# SIX FOOT TRACK MARATHON

Newsletter #3 - 2024



## Newsletter #3

### February 2024

Welcome to the 3rd Newsletter for the 2024 Six Foot Track Marathon.

We are now only a couple of weeks away from race day. Please take the time to read through all of the details below as you taper and prepare for a great day of running!

In this newsletter you will find details about:

- Bib collection
- Wave allocation
- The course
- Aid stations
- Start line process
- Buses
- Spectators
- Finish line area
- Race day presentations
- Withdrawing from race
- Sweepers
- Cancellation process
- Volunteers
- Sponsors

### **BIB COLLECTION**

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 8 March 2024. Many thanks to Shane and Belinda Simpson for hosting.

The other option is to pick up your bib on Race Day Saturday at 9 March 2024 at the Katoomba Christian Convention (KCC) Car Park, corner Cliff Road and Violet Street, Katoomba – Opposite Scenic World before boarding the bus to the Race Start from 5:00 am.

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

This authority form requires your race entry confirmation number which you will find in your registration email.

You can find more information on the [website](#).

## WAVE ALLOCATION

Wave allocations have been made based upon the qualifying event and time you submitted during the entry process. The website has wave allocation details some of these have changed over time as we have processed cancellations. Please check your current wave allocation [here](#).

## THE COURSE

A reminder that due to the ongoing closure of the roads into Jenolan Caves, the finish line is currently located at Jenolan Caves Cottages – Binda Cabins on Jenolan Caves Road.

You can access a copy of the course map and elevation [here](#).

## AID STATIONS

We have now updated our website with a list of aid station locations along the course route including what will be available at each. Please remember to bring your own cup/bottle to use during the event as we do not use disposable cups at aid stations.

Aid station info can be accessed [here](#).

## START LINE PROCESS

This year we will have 6 waves to start the race. We will shuttle runners from Katoomba Christian Centre (KCC) car park, corner Cliff Road and Violet Street, Katoomba (opposite Scenic World) 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 is on the [website](#).

## 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.

### Start line shuttle bus and parking timetable

Please plan your travel based upon your allocated wave time to avoid congestion at the entrance to the parking area and also to avoid queues at the bus pick up. We also

suggest and request that runners car pool where possible. Following are suggested times for each wave, priority for boarding buses will be given to earlier wave runners and based upon this timetable.

Wave Number	Start Time	Arrive at car park from	Board buses from	Arrive at Start Line from
1	7:00am	5:00am	5:30am	5:45am
2	7:05am	5:10am	5:40am	5:55am
3	7:15am	5:30am	6:00am	6:15am
4	7:25am	5:45am	6:15am	6:30am
5	7:35am	6:00am	6:30am	6:45am
6	7:45am	6:15am	6:45am	7:00am

**Finish line buses** will be leaving the finish line to Katoomba 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. After the bus has stopped and dropped runners and spectators at the KCC car park it may also drop anyone into central Katoomba if required.

## SPECTATORS

We know that many friends and family love to come to the start and finish line. 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 the 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 area 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 go 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 the 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 get to the finish from here is to walk or better still, go back to Duckmaloi car park and catch one of the shuttle buses.

Buses for spectators to go to the finish line will be scheduled as following.

- **Katoomba Christian Centre Car Park (KCC)** - departing at 8:45am, 9:30am, 10:15am, 11:00am
- **Start line** - departing at 7:50am, 8:00am
- **Duckmaloi Car Park** - starting at 9:30am and every 15 minutes

Spectators can catch the same buses as runners from the finish line back to either Duckmaloi Car Park or KCC.

## FINISH LINE

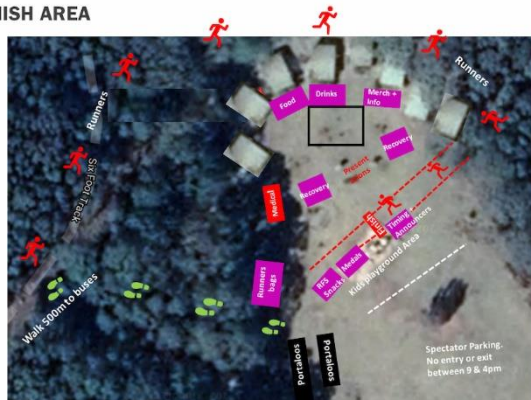
Due to the roads still closed to Jenolan Caves, the finish line for 2024 will be at Jenolan Caves Cottages. The Six Foot Track Marathon course has been adjusted to cater for the 45 km race distance. As mentioned above, the current course map is available on the Six Foot Track Marathon website.

There will be food trucks to 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.

**NOTE:** Food trucks have their own Wi-Fi and mobile coverage at Jenolan Caves Cottages. People should be able to pay by card when purchasing from the food trucks but just in case all runners and spectators have the choice to bring cash with them where possible on the day in the event of service dropouts and no EFTPOS available.

### FINISH AREA



## RACE DAY PRESENTATIONS

Outright podium presentations will be held at the sponsor event wall once all positions have been finalised.

For runners receiving special awards such as buckles, belts, living legend status, personalised vests or plates, these will be presented every 30 minutes on the hour and half hour once recipients have finished the race.

## **WITHDRAWING FROM RACE**

If at any stage during the race you decide to not continue on to the finish, you **must** let a representative from the RFS know so they can record your race number. They will then inform officials at the finish line that you will not be continuing. This is to enable us to keep track of all participants and ensure safety of all.

## **SWEEPERS**

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 tail sweepers but this will not count as an official finish and these runners will not get a medal.

## **CANCELLATION PROCESS**

In the unfortunate instance that you can no longer run in the 2024 event and need to cancel your entry, please head to the [website](#) for the cancellation terms and conditions and how to do this.

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

## **VOLUNTEERS**

Thank you to all the wonderful people who have offered to volunteer this year. Your help is very much appreciated. Over 110 people have filled all roles. AMAZING effort!! Thank you.

## **SPONSORS**

Once again, we would like to thank all our wonderful sponsors of the 2024 event.



Please regularly check the website and our Facebook page or Instagram for latest details.

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

See you on race day!

THANK YOU

Six Foot Track Marathon Race Committee

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

**Race Custodians**



**Race Day Support**



**RFS**