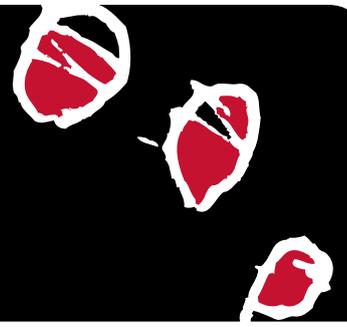


20 17 sixfoottrack marathon



UPDATED KEY POINTS AT A GLANCE

Read and print this summary of the key points in preparation for your race day – for comprehensive details visit www.sixfoot.com → 'Race Day' → 'Course Details'

PRE RACE INFO

BIB and MERCHANDISE COLLECTION ... (and BEER PRE-PURCHASE!)

FRIDAY 10 MARCH

From 12 noon to 8pm at the Carrington Hotel. Plus beer pre-purchase to fill your 'Squealer'.

SATURDAY 11 MARCH

Bib issue only from 5:15am at the **KATOOMBA CHRISTIAN CENTRE CAR PARK**. Remember to collect your merchandise order at the finish line. Buses start at 5:30am.

WHAT TO BRING:

- 1 Photo ID** or sign an approval form if a friend is collecting on your behalf.
 - 2 Registration ID** (found on your entry confirmation email).
- REMINDER** Ensure you fill in your medical details on the back of the bib.

****UPDATED** GETTING TO THE START LINE**

PARKING AND SHUTTLE BUSES

Due to the heavy rain and that the Katoomba High School fields have been closed to avoid damage. The race committee has organised safe and secure parking for all competitors and supporters.

This will be **NOW BE AT A DIFFERENT LOCATION TO LAST YEAR AT KATOOMBA CHRISTIAN CENTRE CAR PARK AT 119 CLIFF DRIVE, KATOOMBA.**

We advise that you arrive at the KATOOMBA CHRISTIAN CENTRE CAR PARK a minimum of 100 minutes before your wave start time. Allow extra time to park as there may be additional time queuing to get into the car park area.

Buses starting at 5:30am.

Toilets are available KATOOMBA CHRISTIAN CENTRE CAR PARK.

STAYING AT CAVES HOUSE

If you are staying at Caves House Friday Night, Race Day buses depart for the start line at 5:15am sharp. You **MUST** email your name and bib number to us (info@sixfoot.com) prior so we can ensure these are set aside for collection at the start line if you do not collect on the Friday.

STAYING IN KATOOMBA OR ARRIVING BY TRAIN

Ensure you have your race pack if using either of these options.

- 1 Walking** There is a footpath all the way to the start allow 30 minutes to walk.
- 2 Bus** Limited shuttle buses will also be operating from locations in Katoomba please refer to the website for times and locations.



START LINE

IMPORTANT

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

BAG AND GEAR DROP

Tear your bag tag label off the bottom of your race bib and attach it directly to your bag (or if needed plastic bags will be available).

WAVE START TIMES

WAVE 1 7:00am
WAVE 2 7:05am
WAVE 3 7:15am
WAVE 4 7:30am
WAVE 5 7:45am

ON THE COURSE

AID STATIONS

Visit www.sixfoot.com → 'The Course' → 'Aid Station Information' for full details.

DRINKS

- Tailwind (for more information on Tailwind visit www.tailwindnutrition.com.au)
- Water
- Coca Cola [from 24.8km onwards]

FOOD (not at all stations)

- Fruit
- Snakes/lollies

NOTE: No gels will be provided at aid stations.

AVAILABLE AT ALL STATIONS

- Sunscreen
- Vaseline

CUT-OFF TIMES

Below are the cut-off limits. You must surrender your bib to a race official if you are withdrawn for any reason, or voluntarily withdraw.

- **Cut-off 1: 2 hrs 10 mins**
Cox's River crossing (15.5km)
- **Cut-off 2: 4 hrs 10 mins**
Pluviometer (26.0km)
- **Cut-off 3: 6 hrs 10 mins**
Caves Road crossing (37.9km)
- **Cut-off 4: 7 hrs 00 mins**
Finish at Jenolan Caves (45.0km)

LOCATIONS OF AID STATIONS

4.3km	Devil's Hole
7km	Megalong Creek
8km	Megalong Road
10.2km	Pinnacle Hill
15.5km	Cox's River
18.6km	Lemon Tree Yards
22km	Alum Creek
23.6km	Little River
24.8km	Little River Turnoff
26km	Pluviometer
27.3km	Harries River Junction
28.2km	Old Loggers Dam
31.9km	Little River Trail Turnoff
34.4km	Bull's Creek Junction
34.7km	The Deviation
37.9km	Caves Road
40.6km	Binda Cabins

TOILET FACILITIES

LOCATIONS

- Park and Ride at **KATOOMBA CHRISTIAN CENTRE CAR PARK**
- Start line
- **8km** Megalong Road Crossing
- **22km** Alum Creek
- **37.9km** Caves Road Crossing
- Finish line



AN IMPORTANT READ

RACE DAY HYDRATION

Tailwind will again be at all aid-stations along the course, and mixed at the recommended ratio of 200 calories per 500ml.

We are anticipating higher than usual levels of heat and humidity this year and based on last years experience, we have introduced a number of additional measures and controls including increasing quantity of Tailwind and having ice dousing stations on some aid stations.

However each entrant needs to plan their own race nutrition intake and given conditions, we recommend you plan on also carrying 1-2 portions of sports drink powder to use if needed or if you use a specific brand/flavour/strength of sports nutrition or other intake such as gels or salt tablets other than water then you do need to plan to be self sufficient to satisfy these needs.

There will be a mixture of all seven flavours dotted throughout the course, including the three caffeinated flavours, which will be clearly marked.

Courtesy of Tailwind below are a few points and myths on hydration and fueling during and before your run:

DON'T OVERLOAD

Our bodies can only digest 200-300 calories an hour maximum during exercise so think about how much you are taking in.

DRINK TO THIRST

This can only be done if you carry something with you, even a small 200ml bottle and refill when required.

HYDRATION AND DIGESTION

Each gel requires 285-330ml of water and 20 minutes to digest.

TIP Pacing Tools – work out your predicted time or pace your race – visit www.sixfoot.com
→ The Course → Pacing Tools

MYTH 1 – CARB LOADING

Don't carbo load excessively the night before!! You will only succeed in starting your run feeling heavy, slow and lethargic. Eat a light balanced meal.

MYTH 2 – DRINK LOTS THE DAY BEFORE

Do not pre-load with water and try to hydrate the day before. Our body will simply expel any extra fluid and along with it our valuable electrolytes, so you will end up just diluting your electrolyte balance before you have even started. In the week leading up to the run, carry a fluid source with you and only DRINK to THIRST combined with a healthy balance.

MYTH 3 – SALT PREVENTS CRAMPS

Salt simply blocks the neurological pathway from the muscle to the brain, so your muscle is still cramping, you just don't feel the pain. This can cause you to overuse the muscle and cause further damage (tear etc.).

Cramps are a message to you that you are overloading a muscle and are usually caused by a lack of training of that specific muscle usually caused by fatigue, lack of hydration or a lack of electrolytes.

If you start to cramp, simply back off the effort, stretch it out and try to avoid overloading that particular muscle and you are taking on hydration and electrolytes.

Remember, those that achieve their goal are not the fastest runners, but those that slow down the least!!

TIP Make sure you leave plenty of time! There could be queues for the carpark, buses and toilets.



YOU MADE IT!

FINISH LINE

Please refer to the map on page 4 for locations of the following places.

RACE RECOVERY AREA

Once you cross the finish line one of the wonderful Six Foot Marathon Event Crew will present you with your medal.

Fruit and water will be available within the race recovery area, as will seats and medical assistance, if needed.

KIT BAGS, FOOD and DRINK

Upon leaving the race recovery area, and at your leisure [once you have recovered] please make your way to collect your kit bag by handing over the tag on your bib. You will also have a tag on your bib for food and drink.

MERCHANDISE

Don't forget to collect any pre-ordered merchandise. Limited items will also be available for purchase on the day.

BEER SQUEALER

Pre-ordered beer squealers need to be collected from the 'Six Foot Under' bar.

You will also have the opportunity to purchase '45er' Pale Ale at the 'Six Foot Under' bar.

Beer must be consumed within the pop-up bar area allocated. Beer takeaway is not permitted under licence conditions.

NOTE We ask that you use the Bar and **DO NOT BYO** alcoholic beverages to finish line.

CAVES HOUSE

Food and beverages will also be available within Caves House.

PRESENTATION

Trophies, mugs, buckles and belts will be presented in the presentation area starting from 2:45pm.

DROP BAG COLLECTION

You will need to show your race bib for bag collection.

SHOWERS AND TOILETS

There are complimentary shower facilities in Caves House (see map).

MEDICAL

First Aid Tent, Medical and Ambulance

EVENT CREW

Event Crew volunteers will be in the finish area should you require assistance.

FREE BUSES FROM CAVES HOUSE

Buses will depart Caves House for Katoomba in two main groups:

- **1:30 - 2:45pm** first group
- **3:40 - 4:30pm** second group

STOPS: Duckmaloi Road car park • central Katoomba • **KATOOMBA CHRISTIAN CENTRE CAR PARK AT 119 CLIFF DRIVE, KATOOMBA**

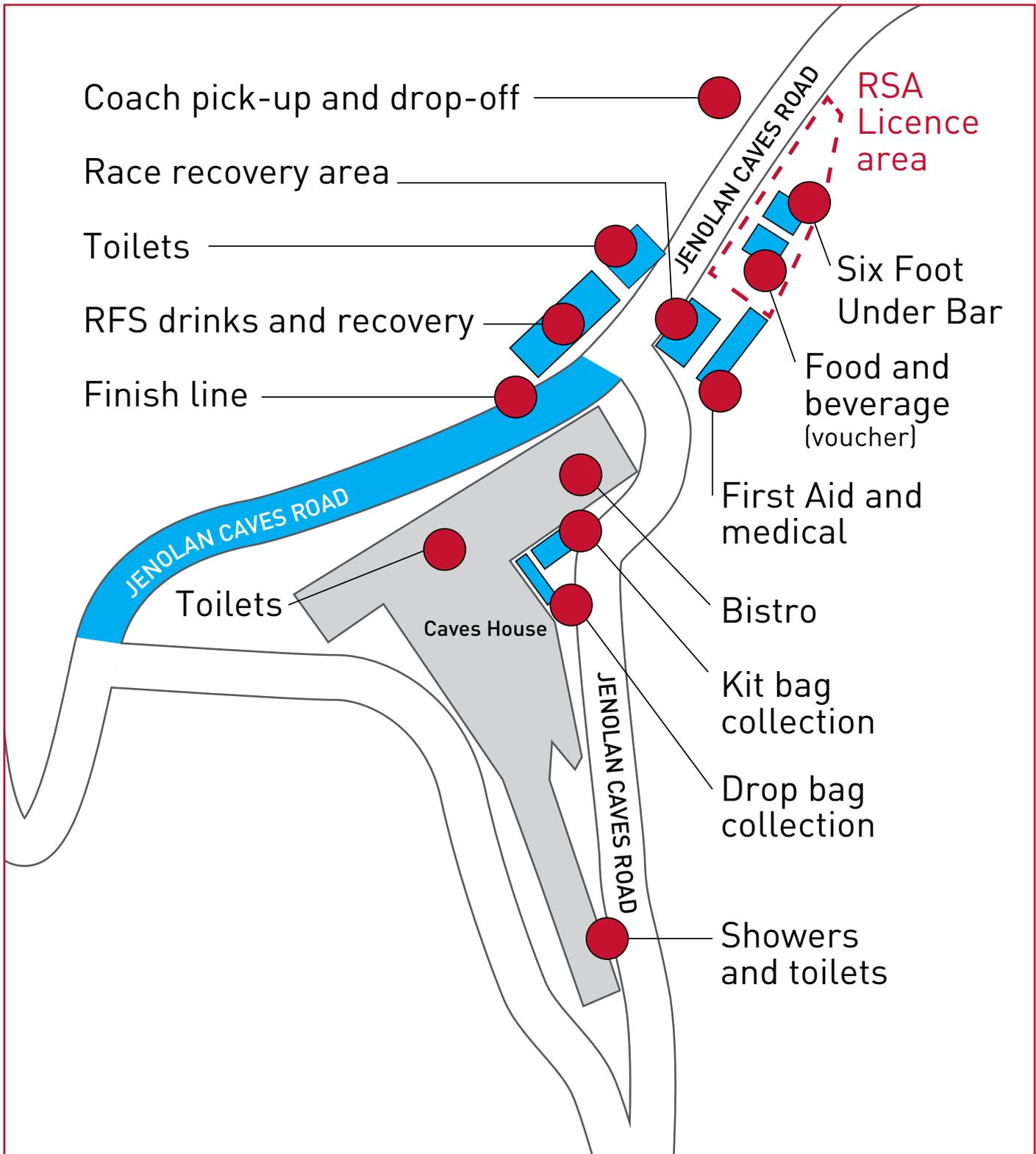
NOTE All times are subject to traffic management control.

THANK YOU TO THE WONDERFUL VOLUNTEERS

Six Foot Track Marathon only exists because a lot of very passionate rural fire service and running volunteers who give their personal time each year to support your effort to run 45kms along a beautiful historic track.

FINISH AREA

If you cannot find the place you are looking for – please ask any of the Six Foot Track Marathon Event Crew for help.





SUPPORTING YOUR RUNNER

SPECTATORS

LIVE RESULTS

Live results on race day can be found here www.sixfoot.com/results/live-results.html

BUSES

Free spectator buses to Start Line

- Park and Ride at **KATOOMBA CHRISTIAN CENTRE CAR PARK**

Free spectator buses to Caves House

- **7:45am** buses depart Start Line
- **10:00am** buses depart from outside Carrington Hotel, Katoomba Street
- **11:00am** buses pick up from intersection of Duckmaloi Road and Caves Road

NOTE There is absolutely no access for any private vehicles to Caves House via Caves Road, and access is only available via Duckmaloi Road, if you have a pre-allocated car parking pass and it is clearly displayed.

Free spectator buses from Caves House to Katoomba and **KATOOMBA CHRISTIAN CENTRE CAR PARK**

Buses will depart Caves House for Katoomba in two main groups:

- **1:30 - 2:45pm** first group
- **3:40 - 4:30pm** second group

STOPS: Duckmaloi Road car park • central Katoomba • **KATOOMBA CHRISTIAN CENTRE CAR PARK AT 119 CLIFF DRIVE, KATOOMBA**

NOTE All times are subject to traffic management control.

IF YOUR RUNNER RETIRES ON THE COURSE

Your runners Name and Bib Number are recorded by the nearest Aid Station on Course, and relayed to the Finish Line.

When information is available, "Runners Withdrawn" will then be recorded together with any known details on the Runner Status White Board at the Finish Line.

LOCATIONS TO SPOT YOUR RUNNER

0km – The Start

You will need to park at the official parking area (**KATOOMBA CHRISTIAN CENTRE CAR PARK AT 119 CLIFF DRIVE, KATOOMBA**) and catch the free shuttle bus with your runner and you can catch the shuttle bus back to the car park or to the finish. **DO NOT ATTEMPT TO PARK AT THE START LINE** you could risk having your runner disqualified.

8km – Megalong Valley

Drive from the parking area at Katoomba to Blackheath, and follow the Megalong Valley Road to almost the very end. The runners cross the road (there is no thru traffic here).

34km – Black Range

Turn into Black Range Road opposite Boggy Creek Road, about 33km along Jenolan Caves Road from the Great Western Highway. This is a dirt road and about 1km in there is an intersection where the runners go past.

38km – Jenolan Caves Road

The route crosses Jenolan Caves Road, and at this junction there is a small amount of parking

NOTE If you choose to spectate here, you will not be able to get to the finish line to watch your runner finish.

45km – The Finish

Cheer your runner across the finish line.

NOTE Please support your event, by using the bar service provided at 'Six Foot Under' bar and not BYO alcoholic beverages to the finish line.

TIP Mobile phone coverage is not often available at the finish line.

COW BELLS will be available for sale at the Carrington Hotel registration pickup or the finish line for you to cheer all the runners (subject to stock availability).



HOW DID YOU GO AFTER THE RUN

RESULTS

Official results and race statistics will be published on www.sixfoot.com in the week following the race.

FINISHERS CERTIFICATE DOWNLOAD

Official certificates will be available through official results provider website.

PHOTOS

Photos are usually available for review and purchase early the following week from race day, please check the Six Foot Track Marathon website or facebook page for details.

THANK YOU PARTNERS



SYDNEY STRIDERS RUNNING CLUB

Race Event Organiser and Custodian.
Six Foot Track Marathon is a Separate Association with a Race Committee Affiliated to Sydney Striders.



BLUE MOUNTAINS - NSW RURAL FIRE SERVICE

Key Partner supporting the logistics of the event on Race Day. 27 Volunteer Brigades supporting Car Park, Start and Finish Line with 16 Aid Stations on course.

THANK YOU TO OUR SPONSORS

JENOLAN CAVES RESERVE TRUST

JCRT are our official race accommodation provider, also providing access to the renowned finish line which is a key part of this iconic experience.

CAMELBAK

Camelbak are our Official Race Accessories Sponsor.
www.camelbak.com.au

HOKAONEONE

HokaOneOne are our Official Race Shoe Sponsor.
www.hokaoneone.com.au

TAILWIND NUTRITION

Tailwind Nutrition are our official Race Hydration and Nutrition Sponsor.
www.tailwindnutrition.com.au

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Official Beer Sponsor
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