

Volunteers – We Need YOU!

Like any other event that is put on by runners for runners, to help make the race weekend the great success that it has always been, there are a small number of people that are required to help over the weekend period. This race is a not-for-profit activity and relies on volunteers to be successful and maximise the donation to the NSW Rural Fire Service.

The Rural Fire Service provide manpower for the major items of the weekend, aid stations, start and finish area, communications and logistics etc, but with growing numbers of the past few years, we would be very grateful for some assistance in the following areas - and would be ideal for those runners that have previously competed in the event and would like to assist to ensure the race will be around for a new generation of Six Foot Trackers. For all volunteer positions we will provide a full briefing and adequate food & drink to sustain you during the day.

1) Friday 9th March 2007: **Race Check-in at The Edge Cinema, Katoomba**

We will have race number pickups and check-in open from 10am to 10pm. Tasks required are handing out race packs to runners, ticking names off list, handing out pre-ordered T-shirts, singlets etc. We plan to have 12 volunteers, meaning each volunteer works a one hour shift. This is quite a possible task for someone who is running in the race, and will allow the opportunity to meet other runners.

2) Saturday 10th March 2007: **Race Check-in at Catalina Park, Katoomba**

Race number pickups and check-in open from 6am to 8am. Tasks required are handing out race packs to runners, ticking names off list, handing out pre-ordered T-shirts, singlets etc. We plan to have 12 volunteers. This task is only possible for people not running in the race. Lifts to the start from Jenolan Caves and/or Katoomba supplied. Will even take people keen to just help for one hour from 6am-7am or 7am-8am.

3) Saturday 10th March 2007: **De-chipper at Jenolan Caves House (The Finish)**

As runners come across the finish line (11:30am to 4:00pm), volunteers are needed to remove the timing chips from runners' ankles as they cross the finish line, and toss the chips into a bucket. Runners are obviously hot and tired and often can't bend down to remove them by themselves. Ideally there will be 4 volunteers (approx one hour each). Peak time is 12:30pm to 3:00pm.

4) Saturday 10th March 2007: **Medals at Jenolan Caves House (The Finish)**

As runners come across the finish line (11:30am to 4:00pm), volunteers are needed to present medals to those that finish under 7 hours. We have medals on a ribbon - hang the ribbon around the runners neck. Ideally there will be 4 volunteers (approx one hour each). Peak time is 12:30pm to 3:00pm. After 3pm, it is important to remember that runners finishing after 7hrs 00mins do not receive a medal - this will depend on the colour of the runners race number. You can volunteer for any particular one hour period (or longer) or we can assign you a time-slot depending on who else has volunteered.

If you would like to volunteer for any position please contact the race committee via:
Post: Six Foot Track Marathon, PO BOX R1227, Royal Exchange, Sydney NSW, 1225
or **Email:** raceorganiser@sixfoot.com or **Fax:** (02) 8246-6351