
From: Capital to Coast <capitaltocoast@hotmail.com>
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To: Happy Runner
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FROM THE RACE DIRECTOR.....

Edition 3 2021

Hi everyone,

This is the third newsletter for the Canberra Runners Capital to Coast Trail Race 2021.

Registrations for this years event are over 75% full!! Can you believe it? I mean, we knew we were going to have a great time and we knew that there would be heaps of people that were wanting to have

a great time too, but this is ridiculous! 😞 [Your registration](#) is your ticket to fun so make sure you double check your team details. Any changes, please email capitaltocoast@hotmail.com. Remember entries close on 20 August 2021 or when we reach the cap.

Now is the time to find out which of your friends and family are up for a bit of an adventure and are keen to help out. We have a bunch of volunteer roles available. [Register](#) on line and let us know that you want to be part of the fun.

With just under six weeks to go, we are monitoring the current COVID situation across NSW and are reviewing our COVID safe arrangements. It is important that we continue to follow NSW and ACT government advice to make sure we deliver a safe event. There will be all the usual COVID measures, including requiring people to check in via the NSW and ACT check in apps. We would also encourage those that can, to consider getting vaccinated. The C2C [website](#) remains your best source of information so make sure you stop by regularly.

This edition of the newsletter provides information on how you can get your hands on [an exclusive volunteer buff](#) by signing up for one of our volunteer roles and some details around the new trail stages.

Happy trails,

Doug R

Race Director



Calling all volunteers

Capital to Coast is a multi-stage event - which means multiple times the fun of a normal event and also multiple times the opportunity to volunteer! An event such as this requires a bunch of volunteers for each stage, with roles such as checking in runners at the start, and on the course as trail marshals or providing much needed moral support at drink stations. There is something for everyone - including runners, family, and friends - and remember, every volunteer receives an exclusive volunteer buff!

Our [volunteer page](#) has info on all of the available roles, which you can browse before you commit to anything or, if you're ready, head on over to the volunteer [registration page](#) to select your preferred stage and role. IT'S THAT EASY! Preference will be given to those volunteers with an interest in sparkle shorts and minimalist shoes (#lessthan4mmdrop). Just kidding.

Of course, if you have any questions about volunteering, we would love to hear from you - capitaltocoast@hotmail.com.

Stay tuned for details of a pre-race briefing, hosted by a pair of experienced stage directors (and no tomfoolery, we promise).

Thanks in advance to all of our amazing volunteers – you are legends!



Did someone say new stages?

So we all know that last year meant that lots of things were put on pause but we took the opportunity to explore some new trails that we thought would meet our Very High Standards for a Capital to Coast stage. And boy, we weren't disappointed. If you want diversity, if you want history, if you want boulders, if you want river views, if you want beach sunsets, then we've got you. Two thirds of the stages are new for 2021. This means lots of new experiences for everyone. Here are just some of the teasers for each of the stages. Make sure you head to the website for more details including GPX files and elevation profiles. (Also means you can get first dibs in your team on your preferred stage!)

The Prologue starts on Friday at Stromlo Forest Park, an institution in Canberra that has hosted world class events. It definitely helps that there is a decent burger joint there as well!! On Saturday morning, we head to Molonglo Gorge for Stage 1, an old favourite that takes us

through pine forests and along a single track following the Molonglo River. The Moolinggoolah people made this valley their home for thousands of years. Our most technical stage, this one is a little bit special.

[Stage 2](#) is a new stage and gives our history buffs an opportunity to throw some facts at us regarding the European settlements around Canberra in the 1800s. The Glenburn Heritage Precinct is a loop stage on fire trails that takes in old ruins belonging to some of these early pioneers.

Boulder Dash, or [Stage 3](#), is a short and sharp, out and back along firetrails. Eucalyptus forests peppered with granite boulders makes for some gorgeous scenery.

Taking us to Braidwood and half way to the coast, [Stage 4](#) along the Mulloon Firetrail includes a couple of decent creek crossings within the Tallanganda National Park.

Day 2 and [Stage 5](#), begins with a long, hilly loop stage. After a hilly beginning, the loop brings you down to the Mongarlowe River which is well known for its misty mornings. Don't forget your coffee and warm weather gear.

[Stage 6](#) starts in old Nelligen and winds through Benandarah State Forest. There are some hills in this 10km course but you should be able to sense the salt breeze in the air as we get closer and closer to the coast.

[Stage 7](#) is another new one, Deep Creek Dam. The start is near the

Eurobodalla Regional Botanic Gardens and the loop includes 8km around the picturesque dam. Don't be fooled, it's not all flat.

[Stage 8](#) is our coast stage, a firm favourite with its iconic beach finish. It's 13km on firetrail, a bit of road and a finish along the sandy beach. Make sure your family and friends are there at the end of this one, to help celebrate your achievement and to make plans for 2022!!

Any questions, drop us an email!



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25 Geils St
Deakin, ACT 2600
Australia

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