



CAPITAL TO COAST

100KM STAGE TRAIL RACE
CANBERRA TO SOUTH COAST

FROM THE RACE DIRECTOR.....

Edition 1 2022

Hi everyone,

It is the announcement that you have all been waiting for - the Capital to Coast 100km multistage trail event is back in 2022, better than ever before, with registrations opening very, very soon.

Don't miss out on this very special multistage 100km trail running experience to be held from Friday 26 to Sunday 28 August 2022.

Planning for the 2022 event has been underway for some time and your C2C committee is very excited about the changes we have in store including fantastic new locations to tickle your trail sensibilities, and of course, new merchandise to make sure you look good doing it! We also continue to be committed to your safety and to the safety of our regional communities, so we will be ensuring we deliver a responsible and safe event.

We have a number of exciting new partnerships that we will be announcing in coming months. But in the meantime, get your crew together, work out who is going to tackle the technical terrain, who likes a punchy hillclimb or who wants to take on the short and sharp stage. We also have terrific volunteer roles available for those that just can't help themselves and want to be part of the action. It's going to be a great weekend and I can't wait to show you what we have in store.

You are receiving this newsletter because you have subscribed to our newsletter service. Further details are available on our website www.capitalto coast.com.au. I encourage you to visit the website regularly and stay in touch via our socials to stay up to date on all the latest news and updates.

I look forward to welcoming you to the Capital to Coast 2022.

Happy trails,

Doug
Race Director



What is the Capital to Coast 100km Multistage Trail Race?

The Capital to Coast (C2C) is a 100km multistage event held from Friday afternoon to Sunday afternoon at various locations between Canberra, ACT, and the South Coast, NSW.

The event consists of a prologue on the Friday, four stages on Saturday and a further four stages on Sunday. In 2022, the event is taking place on 26-28 August.

Stages range between (approximately) 7km and 16km in length and include a range of elevation and terrain.

Runners can participate as solo runners, completing all nine stages, or as members of relay teams of up to four runners.

Follow us on [Facebook](#) and [Instagram](#)

Like our socials for event updates and [subscribe](#) to the newsletter for regular information.



Copyright © 2022 Capital to Coast, All rights reserved.

You are receiving this email because you subscribed to receive Capital to Coast newsletters.

Our mailing address is:

Capital to Coast
25 Geils St
Deakin, ACT 2600
Australia

[Add us to your address book](#)

Want to change how you receive these emails?

You can [update your preferences](#) or [unsubscribe from this list](#).

