



CAPITAL TO COAST

100KM STAGE TRAIL RACE
CANBERRA TO SOUTH COAST

FROM THE RACE DIRECTOR.....

Edition 2 2022

Hi everyone,

Welcome to the second newsletter for the Canberra Runners Capital to Coast Trail Race 2022.

Check out the new C2C 2022 tshirts! Yep the designs are in and the manufacturers are busy working away. This can only mean one thing, registrations are open!

It's been a busy couple of weeks, I mean, I think there might have been a nation-wide event on but our focus has been on answering questions and talking to people about the last weekend in August. Don't forget early bird registrations for the 2022 event are open until 8 July 2022. But I would strongly suggest you don't wait until then, particularly if you want to secure your t-shirt size! Registrations are coming in, especially in our teams categories so get your crew together and register now so you don't miss out. And don't forget there are discounts for

Canberra Runners members. The [C2C Event Guide 2022](#) has been revised and is available now on the website so you can strategise with your teams. Head to the website for more details. www.capitalto coast.com.au

This edition of the newsletter provides information on how to enter the 2022 event and some information on each of the stages. Don't forget to subscribe for future newsletters via the website!

It's going to be great!

Happy trails

Doug R

Race Director



Registrations are now open!!

Early bird registrations are now open via [RegisterNow](#). In order to manage numbers on the road, we have to cap numbers of participants so make sure you get in early. Entries close on 20 August 2022 or when we reach the cap.

You can enter as a soloist, as a team of two, three or four. It is up to you! Make a weekend of it with friends or family. Pricing is outlined on the website under [Event Fees](#), with discounts for Canberra Runners members. And don't forget to agree on a memorable team name!

An important tip for those charged with managing their team - RegisterNow requires completion of all team details before a team is considered registered. You will be sent a link that you can forward to your teammates to register their details. Once your team details are complete, you can finalise your registration, including payment.

All entries come with a 2022 event t-shirt. The t-shirts are very popular and are a lightweight design, just right for trail running. So don't forget to ask your team mates their t-shirt size before you register!

Any questions, drop us an email.



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 of the trails that we thought would meet our Very High Standards for a Capital to Coast stage. 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. Here are just some of the teasers for each of the stages. Make sure you head to the website and check out the [Event Guide](#) 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 route 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 out and back stage. The route takes 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 2023!!

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