



## FROM THE RACE DIRECTOR.....

Edition 2

Hi everyone,

Can you believe in two weeks time we will be travelling from Canberra to the South Coast as part of C2C2023? It is pretty exciting and we are looking forward to welcoming you to this unique trail running event on 25-27 August. Entries close at midnight on 18 August so if you are still thinking about it, making sure you get in before then!! All entries receive a free event t-shirt and buff. And

will come to you after the event.

I have a few updates for you in this newsletter in relation to [dinner](#), volunteering and accommodation. But most important of all, is the fact that the 2023 Event Guide is being updated and will be out in coming days. It has additional information to help you and your support crew have a fabulous weekend, including parking and driving instructions. Some of the roads are firetrails and we strongly suggest you consider your options, including carpooling where you can.

I would also like to do a shoutout to the recent winners of the Capital Brewery competition - Kate and her teammates Nicole, Lizzy and Maria. Congratulations - you guys are going to have a fantastic weekend! And thanks to Capital Brewery group for once again looking after us so well.

See you on the trails!

Doug

Race Director

P.S Also Matildas. ❤️💛 That is all.

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## Smokey Horse in Braidwood



We are very excited to be once again partnering with the Smokey Horse in Braidwood as the venue for dinner on Saturday night. The Smokey Horse is a local institution in Braidwood and offers delicious Himalayan food, perfect for fuelling those weary legs. Choose between lamb, chicken or vegan curry including a Capital Brewery beer. Pre-bookings are essential via [Eventbrite](#).



It goes without saying that events like Capital to Coast rely on volunteers to ensure the event runs smoothly (including ensuring that Drew doesn't get too lost!). We are really lucky that the local running community, particularly those from Canberra Runners, have put their hands up to cover a range of roles from managing the start/finish areas, the drink stations, trail marshalling, and the always popular portaloos! Please make sure you show your appreciation when you see our volunteers - we couldn't do it without them!

Like last year, we are running a virtual briefing night on Monday 21 August from 7-7:45pm to run through some of the specific volunteer roles and requirements over the weekend. If you are signed up as a volunteer and didn't get an invitation from Alison, the event coordinator, make sure you send her an [email](#) seeking further details.

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## Shoutouts!

This section is really just an appreciation section - letting you know a little bit about the extended family and friends that will be supporting us from Canberra to the South Coast. Sunday afternoon will see us welcoming runners at our beach finish where we will

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C2C are delighted that Capital Brewery have once again come on board as the official supplier of beer for Capital to Coast 2023. Most of us are familiar with their range and know how well they go down post trail running events. They also have an alcohol-free offering, the [Pacific Ale ALC-LESS](#), meaning that we can all enjoy a post event beer without worrying about the effects the next morning. This year we look forward to welcoming a Capital Brewery team on the last weekend in August.



Our long time mates at [The Runners Shop](#) have all your trail running needs. As well as providing prizes for C2C 2023, their advice and support continues to ensure that our running adventures are well put together. Make sure you let them know you are a Canberra Runners member when you next visit.

It wouldn't be Capital to Coast if we didn't mention this guy! Martin Fryer, of [FlyerUltra Race Timing](#), well known Canberra running icon and all round nice guy, will be providing timing services for the entire event. Just don't step on his timing mat before the start gun!



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## Accommodation

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Looking for accommodation, there are still a number of options in and around the Braidwood region. The Braidwood Visitor Information Centre [website](#) has information on places to stay. [Torpy's motel](#) and [Tombarra](#) still had availability when contacted this past week.

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