

Runners

From: Capital to Coast <c2c@canberrarunners.org.au>
Sent: Sunday, 9 June 2024 9:16 PM
To: Runners
Subject: Capital to Coast Newsletter 2/24 - new trails, friends old and new join us and MORE!



FROM THE RACE COMMITTEE.....

Edition 2

Hi everyone,

Early birds get their preferred t-shirt size!

Don't forget to register before **early bird registrations close on 12 July** - make sure you check out the [website](#) for information on how to enter. Those that enter before the early bird cut off will be guaranteed their t-shirt size. In other news, our intrepid Race Committee have been **scoping sweet new trails** for a couple of stages on the Saturday and Sunday of event weekend. All will be revealed soon, in the meantime check out the pic at the end of the newsletter of our Committee doing a course reccie last weekend. We pass through some lovely townships during on the way to the coast - definitely worth a stop to stretch the legs and refuel for the next

stage.

C2C + CB = Good Times!

[Capital Brewing Co](#) will be joining us every step of the way in 2024 - on the trails in their own teams, with fun stage start line spot prizes and category winner prizes and with that well-earned Alc-less beer at the finish line down the south coast. [Check out the pics on our socials](#) from the event launch on 30 May.

Get in ma belly!

The iconic [Smokey Horse restaurant at Braidwood](#) will again host our **Saturday night dinner function**. Keep your eyes out for ticketing details via Eventbrite which will be released soon. Speaking of Saturday night, make sure to **secure your accommodation in Braidwood** and surrounds sooner rather than later, it's always a busy time in Braidwood! Visit the Braidwood Visitor Information Centre or check out their [website](#) for places to stay.

The Runners Shop and Get FirstAid are back again

We are so grateful to have [The Runners Shop](#) providing prizes in the form of shoe vouchers again this year. You guys rock! And thank goodness we have [GetFirstAid](#) coming back again in 2024 to look after us if we need it.

C2C social runs with the Canberra Runners Inc

Heads up we will host a few C2C social runs with Canberra Runners Inc during June and July. You can pepper the Committee with questions about C2C2024 during the run or at brekky afterwards. Proposed runs are as follows - watch our socials for further details:
Sunday Runners - Stromlo, Sunday 23 June

Hillseekers - date TBC

Canberra Runners TTS - Sat 6 July, Weston

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 up to date via our socials for the latest news and updates.

See you on the trails!

Your Race Committee - C2C100 2024 :-)



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

The Capital to Coast (C2C) is a 100km multistage event held from Friday afternoon 23 August to Sunday afternoon 25 August 2024, 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, finishing on the beach. Stages range between (approximately) 10km 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 two, three or four runners.

2024 Merch!



Check out the 2024 t-shirts in the sweet new colourway! All entries come with a 2024 event t-shirt but make sure you register by the early bird cut off to secure your size. Don't forget to ask your team mates their t-shirt size before you register.



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