

Runners

From: Capital to Coast <c2c@canberrarunners.org.au>
Sent: Tuesday, 9 July 2024 8:45 PM
To: Runners
Subject: Capital to Coast Newsletter 3/24 - EARLY BIRD CLOSING THIS FRIDAY, FOMO INCOMING!



FROM THE RACE COMMITTEE.....

Edition 3

Hi everyone,

Can you believe we're less than 8 weeks until C2C 2024?!?! Early bird entries close this Friday and we've got heaps to tell you, so buckle in and hang on for the ride...

Early bird closing THIS FRIDAY 12 JULY!!! Time to get your entry in if you want to benefit from a great value entry price AND your preferred t-shirt size.

The big reveal - introducing our new courses! We told you we'd been looking into some tweaks to the 2024 course...well now all can be revealed! Check out our new courses:

[Saturday Stage 3: Boulder Dash](#) and [Saturday Stage 4: Mulloon Firetrail](#). These two old friends return in 2024, after a hiatus in 2023. Conveniently starting at the same location, we firstly traverse some 'lovely' uphill firetrail past the famous Boulders of this 8km out-and-back course, before a fast finish downhill to return to the start. Stage 4's Mulloon Firetrail route departs from the same location as Stage 3, and gently winds downhill on this scenic course through the Tallaganda forest where we finish along Little Bombay Road, to complete our first full day of racing.

NEW [Sunday Stage 6: Clyde Canter](#). We are soooo excited about this one! This new 9km-ish stage truly embodies the essence of C2C with a lovely loop course that runs parallel to the beautiful Clyde River for the last few kms. It doesn't get much better than this! Last year's Stage 6: [Old Nelligen moves to Stage 7](#).

For details on all the stages for 2024, [head to our website](#).

Still getting your head around C2C2024? Browse our Event Guide now. For all the latest information on the event, check out our recently released [Event Guide](#). This year's event will see some changes to amenities provided on course and how to navigate each stage, so it's good to get your head around this early. We'll update this Guide closer to race weekend so you can stay across the latest developments.

Accommodation for race weekend - filling up fast! Be sure to secure your race weekend accommodation early - ol' Braidwood town is a bustling metropolis at this time of year. Check out the Braidwood Visitor Information Centre's [website](#) for places to stay. Here's a [list we've put on our website of places you can try](#) (please check directly with the business for availability).

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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Capital to Coast
PO Box 173
Gungahlin, ACT 2912
Australia

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