



EVENT GUIDE

23 - 25 AUGUST 2024

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EMERGENCY CONTACTS

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THIS DOCUMENT IS CURRENT AS OF 16 AUGUST 2024. PEOPLE SHOULD CONTINUE TO MONITOR THE WEBSITE WWW.CAPITALTOCOAST.COM.AU AND SOCIAL MEDIA FOR UPDATES.

IT IS RECOMMENDED THAT YOU PRINT A COPY OF THIS EVENT GUIDE (AND DOWNLOAD COURSE MAPS VIA THE [CAPRA APP](#)) AS SOME AREAS HAVE LIMITED PHONE COVERAGE. PARTICIPANTS SHOULD ALSO HAVE THE RACE DIRECTOR'S PHONE NUMBERS SAVED IN THEIR PHONES.

ACCESS TO STAGES INCLUDES DRIVING ON GRAVEL ROADS. DRIVERS SHOULD DRIVE TO CONDITIONS AND TAKE CARE AT ALL TIMES.



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EVENT SCHEDULE

Stage	Name	Check-in	Start	Cut-off	Distance	Course	Map
Prologue	Capital Start	3:00pm	3:45pm	5:00pm	10km	Loop	Stromlo Forest Park, ACT
Stage 1	Molonglo Gorge	6:30am	6:45am	8:05am	10km	Loop	Molonglo Gorge Nature Reserve, Kowen, ACT
Stage 2	Glenburn Heritage	9:00am	9:15am	10:45am	12km	Loop	Glenburn Heritage Precinct, Kowen ACT
Stage 3	Boulder Dash	12:15pm	12:30pm	1:45pm	8km	Loop	North Black Range Firetrail, Forbes Creek, NSW
Stage 4	Mulloon Firetrail	2:15pm	2:30pm	4:15pm	15km	A to B	Start: North Black Range Firetrail, Forbes Creek, NSW Finish: Hoskinstown Road
Stage 5	Mongarlowe River	6:30am	6:45am	8:40am	15km	Loop	River Forest Road, Monga, NSW
Stage 6	Clyde Canter	9:30am	9.45am	11.15am	10km	A to B	Start: Mccardy's Creek Road Finish: The River Road
Stage 7	Old Nelligen	12.15pm	12:30pm	1:45pm	10km	A to B	Start: Old Nelligen Road, Nelligen, NSW Finish: Lookout Road, Benandarah, NSW
Stage 8	Coast Finish	2:15pm	2:30pm	4:15pm	12km	A to B	Start: Hibiscus Close Reserve, Maloney's Beach. Finish: Mills Beach, South Durras, NSW

Course

The staged race consists of a prologue on Friday afternoon, four stages on Saturday and four stages on Sunday.

Volunteers

This event is only made possible with the assistance of volunteers. Volunteer roles include marshalling vehicles, checking in runners, setting up the start area, manning drink stations, directing runners and packing down the finish area. Please follow the instructions of the volunteer coordinator who is here to help make your experience more enjoyable.

If you have a support crew coming along, why don't you encourage them to volunteer? It is a great way to get involved and to share the experience. Volunteers can adjust and update their details via the [iVolunteer](#) application. Many different roles are available and most do not stop you from supporting your runner or participating in the previous or next stage. Please see www.capitalto coast.com.au/volunteers for a more detailed description of each role and how to register. All volunteers must be adults, and all children must be accompanied by a parent/guardian.

Environmental Policy

We aim to keep our environmental impact light, keeping in mind that we are visiting national parks and areas that don't typically see a lot of visitors. Pets are not permitted - domestic animals aren't permitted in National Park areas.

Water will be provided at start/finish points. **A "no cup" policy** applies, and runners are expected to carry their own drinking vessel for use at aid stations. There are no provisions for individual drop bags at the aid stations.

The event is conducted on private property, forestry roads, in national parks and on council land. There is a strict "no litter" policy. There are rubbish bags provided at the start, finish, and aid stations (where applicable) for use.

Event Safety

Participant Safety

The Race Director reserves the right to alter or cancel a stage of the event for any reason including but not limited to extreme weather, fire danger or authority approvals.

Runners are expected to have trained and to be physically able to participate in the event.

Runners are responsible for their own safety, and must provide assistance, when required, out on the course. Seek assistance from first aid and medical crew, event organisers, volunteers, and fellow runners if you need help.

Alert people before passing and be aware of your surroundings. If a runner is in serious difficulty on the course, the next runner is to stop and provide assistance. The following runner is to proceed to the nearest race official and alert the race team that assistance is required.

The event has qualified first aid and medical assistance at the start and finish area of every stage. There will also be limited medical assistance out on the course roaming each stage. For emergencies, please call 000 in the first instance, and alert the Race Director or Stage Director when possible.

It is strongly recommended that solo runners have a support crew for assistance over the weekend. A range of factors can diminish decision making capabilities and a support crew will ensure that solo runners are able to enjoy and celebrate their achievement.

The Race Director (and their delegates) have the authority to remove any runner from the race, at any point, if they feel that the continued participation of the runner presents a significant risk to the health and safety of the runner, other participants, event staff, other members of the event support or entourage, or the general public.

In 2024, Capital to Coast is using the [Capra application](#) to support participants with map and other navigation features. Capra provides participants and crews with downloadable maps that are available in areas where there is limited internet and phone coverage. Maps are detailed, showing roads and terrain, and designed to work offline. All of Capital to Coast's stages will be made available on Capra (gpx files will continue to be available via the Capital to Coast website). Participants are encouraged to download stages to their watch or preferred navigation device.

Communication

The stage hubs, prior to the beginning/end of any stage, will be communication central. A race briefing will occur prior to the start of each stage and C2C personnel, including a Race Director, will be available to answer questions. The briefing will include any updates to the stages due to weather or other circumstances and other information that may be relevant to any of the stages. Messages may also be circulated via the Capital to Coast social media channels and email if required and where available. Critical updates will also be relayed via the Capra app.

Support crew

It is imperative that support crews familiarise themselves with this document and it is recommended that support crews attend the Friday night prologue briefing prior to the start. A schedule is included in this event guide that sets out the expected timings across the weekend. Participants should estimate how long each leg will take so that support crews can be in position at the end of each stage. Crews should familiarise themselves with all rules set out in this event guide. Everyone involved with the event must comply with instructions from race personnel at all points along the event route and its access, or risk disqualification of their runner. Crews may meet their runner or assist them only at checkpoints. Competitors will be held responsible for the actions of their crews.

Equipment

There are no mandatory gear requirements for Capital to Coast. You are responsible for choosing the clothing and equipment that is appropriate for each stage and for your personal circumstances. We recommend you consider weather, terrain, fatigue, and distance for each stage when choosing your clothing, equipment, hydration, and nutrition. As the event takes place over multiple days, times, and locations, we recommend you prepare options to manage different conditions.

While it is highly recommended that phones are carried (with the Race Director's phone number saved) please note that coverage is highly variable in some areas, and you may want to consider alternative modes of communication. The Capra app, with maps downloaded so they are available offline, will ensure you have ready access to maps and location information at all times. Together with social media, the Capra app will be used to relay critical updates to participants and support crew.

Road and traffic management

The nature of the Capital to Coast event raises logistical challenges. You will require access to a vehicle to take part in this event. Most stages are a loop course with the finish and start at the same location but there are a couple of point to points, which require arranging for participants to be dropped off at a starting area and picked up at the finish.

Participants, spectators, and volunteers need to be aware of the following.

- The stages are on trails, roads and facilities that are open to the public. Please be considerate of locals and others that are using the area and drive to local conditions.
- The route leading to the start of Stages 3/4 includes a section of fire trail that has been subject to erosion in the past. Participants should consider carpooling and should always drive to conditions.
- Several stages of Capital to Coast are located adjacent to public roads and local traffic. While efforts will be made to highlight to drivers that runners are in the vicinity, entrants are responsible for their own safety. Runners are to run on the right-hand side of the roads and firetrails whenever possible and to give way to all traffic.

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- At each of the start/finish locations, areas will be identified for carparking in accordance the local council requirements. Please follow the instructions of the marshal who will direct you to the carparking areas. Please do not park in a way that blocks traffic, prevents access to the stage or by double parking. At some stages, car parking will be limited and while there will be car park marshals, you may be required to walk to the start. Please ensure you have enough time to make the start line in time. We ask teams to carpool to minimise the number of cars (e.g. a team of four in one car) where possible.
- The stages will be marked with cones. We recommend familiarising yourself with the stages beforehand to minimise the possibility of running off course (see pages 10-28 below). You are strongly encouraged to download the gpx file to your watch for each stage and use the Capra app to help with navigation if needed. There are areas without phone coverage and it is recommended that you download the maps prior to the event. There will be marshals on some stages to point you in the right direction, but they will not be at every corner and intersection.
- Travelling between stages requires private vehicles to stop at places along the road. You are required to obey all road rules and to do this as safely as possible. The start and finish areas for each stage will be clearly marked.
- Travelling between stages will be on firetrails and in remote locations. Participants should always drive to the conditions and consider alternatives where roads/conditions are hazardous.
- All participants, support crew and volunteers are responsible for organising their own transport and accommodation for this event.

General Rules

Any runner, non-competing participant or support crew member found in breach of the race rules or otherwise behaving inappropriately may result in the disqualification of the associated runner / relay team at the discretion of the Race Director.

Solo participants must complete all nine stages to qualify for a finish; relay teams must have a runner complete the prologue and each of the eight stages. Multiple members of relay teams may participate in the prologue, but the team must nominate the team member whose time will count prior to the start of the prologue.

Age Limits

All solo entrants must be at least 18 years of age at the time of the event. All participants in relay teams must be a minimum of 15 years of age. All relay teams must include at least one adult (18+). Runners under the age of 18 must have the consent of a parent or guardian in order to participate.

Timing

Each runner will receive their own personal timing chip which will be attached to their bib. Bibs will be available for pickup at the prologue. The timing chips for each individual in a team will be assigned to the same team number. The bib and timing chip MUST be worn throughout the stage from the start to the finish. Failure to wear your timing chip will be treated as a DNF for that stage – so please double check before the start of every stage. “No Chip, No Time” is the policy. If you lose your bib and timing chip, please let the Race Director know or advise the timing official.

While the Race Director has some discretion, time limits at the end of each stage will be strictly enforced to allow infrastructure to be moved to the next stage. Runners (or teams) who fail to meet time limits can participate in subsequent stages but will not be given an official finish. Runners are responsible for ensuring that they are present at the start line at the advertised start time for each stage – late starts will not be permitted.

The Race Director reserves the right to adjust start times and time limits if required. Any changes will be notified to all participants.

Audio Devices

The use of audio/music players with headphones is at participants’ discretion. They should be used in a sensible and safe manner so that you always remain aware of your surroundings.

Outside Assistance

Runners are to remain on the designated course – if a runner leaves the course for any reason, they must re-enter the course at the same point as where they left the course. Runners may not receive external assistance between the start and finish of a stage except at designated aid stations, from first aid officers or in emergency situations. Only one runner from a relay team is permitted to be on course during any stage (except the prologue) – no pacing / bib muling and no changing relay runners during a stage.



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Vehicles

No runner support or entourage vehicles are permitted on course during the staging of a leg unless at the instruction of the Race Director. All vehicles are to drive to conditions and obey applicable road laws.

Prizes

Solo and team placement will be determined by total elapsed time across all nine stages. Prizes will be awarded in the following categories: solo female, solo male, female pair, male pair, mixed pair, female team (3 or 4 members), male team, and mixed team.

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PROLOGUE – Capital Start – 10.0km

Ngunnawal Country



	Check-in and bib pickup - from 3:00pm
	Start - 3:45pm
	Finish (Cutoff) - 5:00pm
	Start/Finish (Google Maps)
	20 mins drive from Canberra city centre. Paid parking in the main carpark. Alternative parking at Bushfire Memorial.
	Parking at the start/finish (Stromlo Forest Car Park)
	Visit Handlebar for food and drinks

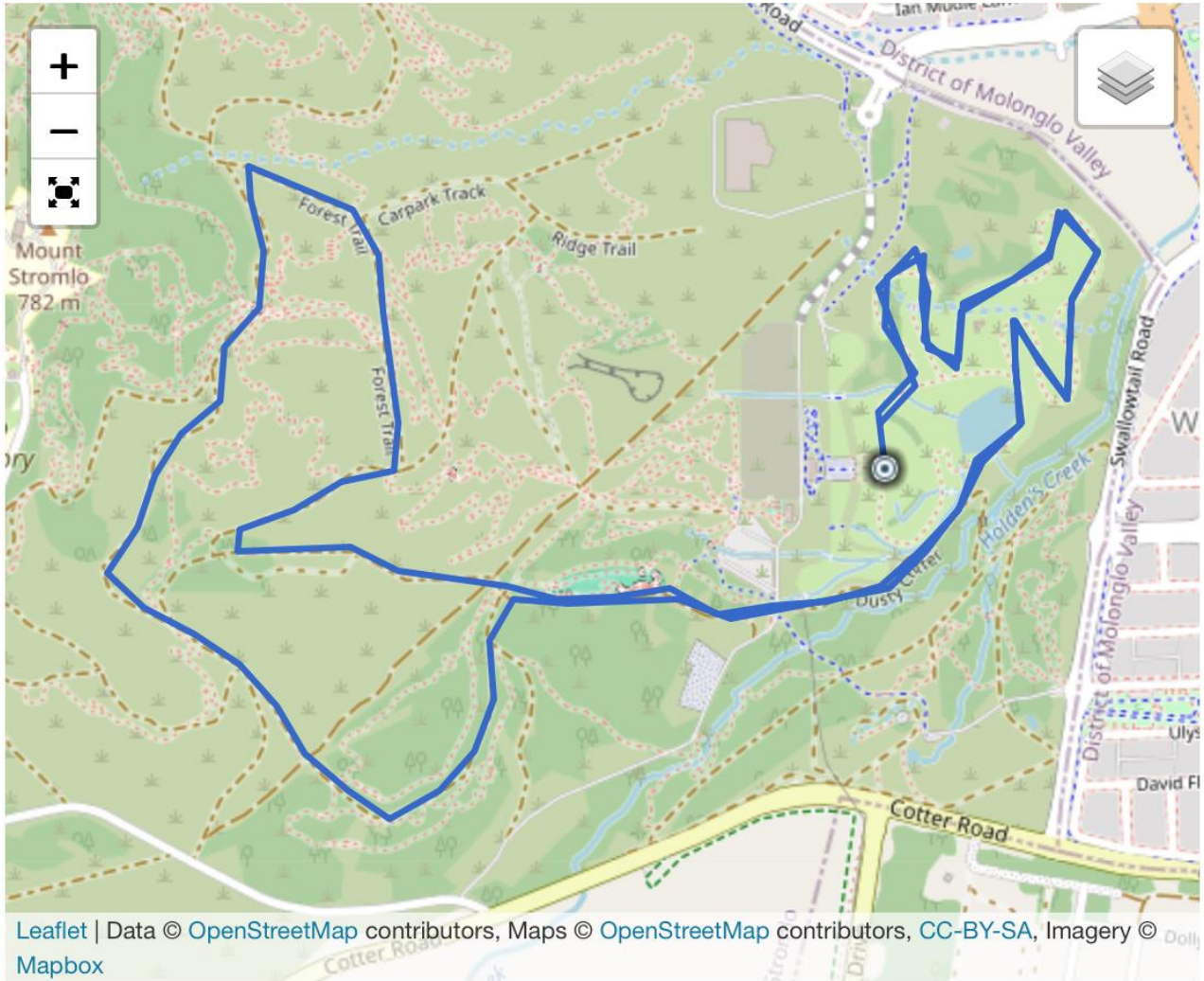
Where better to launch Capital to Coast than Canberra’s Stromlo Forest Park, the heart of the trail running community in Canberra. This loop course makes use of the grass cross country running track with an up and down fire trail section in the middle that visits the base of Mt Stromlo.

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The course

Terrain: Grass track and firetrails

[Click to download GPX file](#)



STAGE 1 – Molonglo Gorge – 9.9km

Ngunnawal Country



	Check in - from 6:30am
	Start – 6:45am
	Finish (Cut-off) - 8:05am
	Start/Finish at Molonglo Gorge Nature Reserve (Google Maps)
	20 mins drive from Canberra city centre
	Parking at the start/finish (Molonglo Picnic Area)

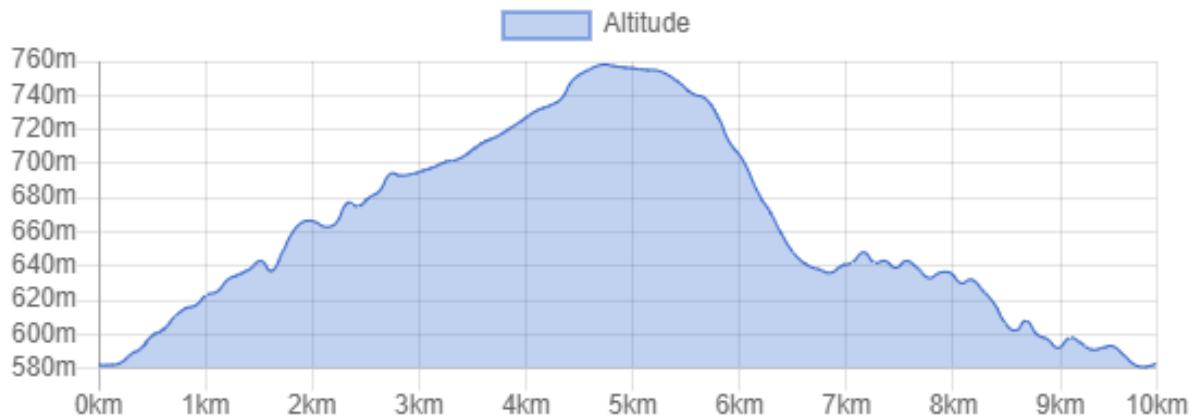
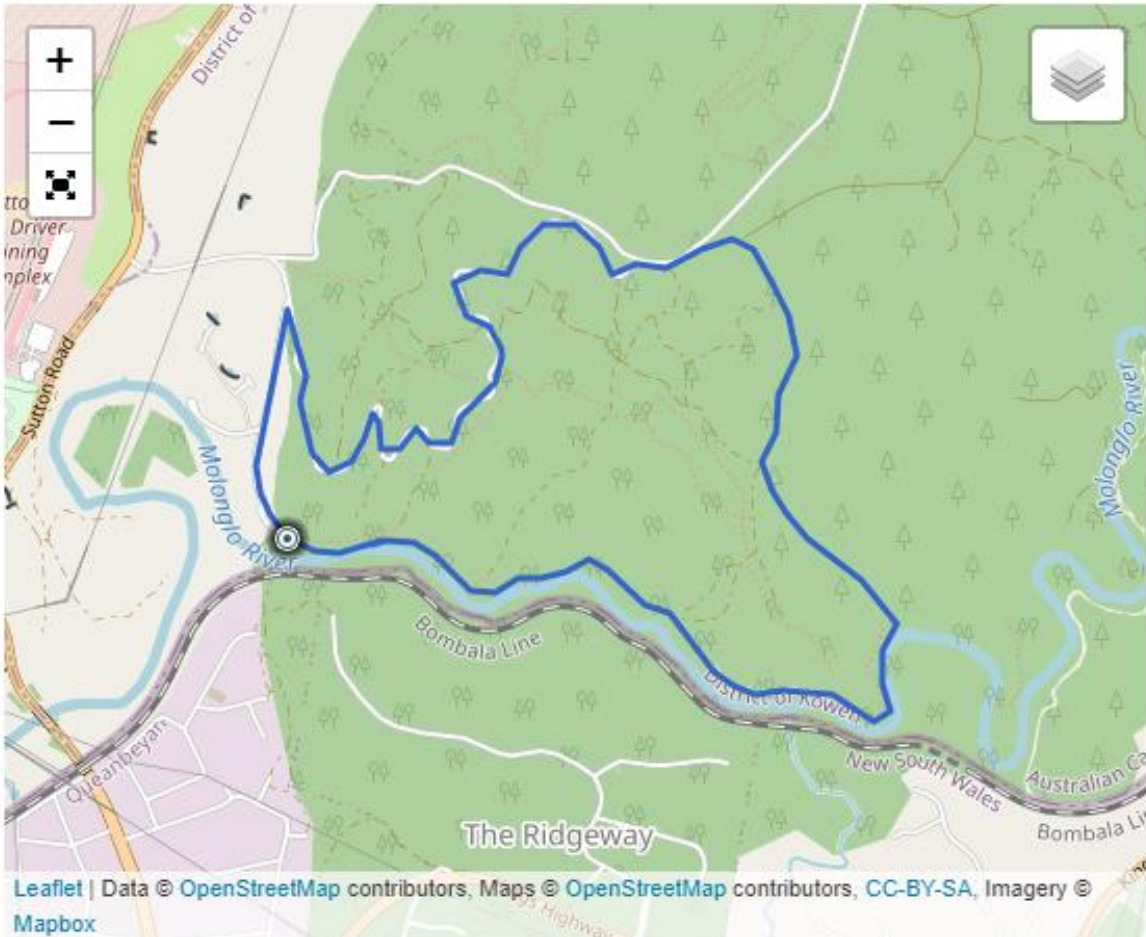
Lace up your favourite trail shoes and get ready for a very special stage, millions of years in the making, in the Molonglo Gorge Nature Reserve. The first half of the stage ascends gently past the gate and up the fire trail before heading into the pine forest. The second half picks up the single track that follows the rocky high side of the gorge all the way along the river and back to the picnic start/finish area. Wave hello to the train on the other side of the river!

Warning: *The single track along the gorge is technically challenging. Proceed with extra care and watch out for yourself and your fellow runners. We have allowed a generous cut-off for this stage. Please slow down a little, it may take longer but you'll enjoy it more.*

The course

Terrain: Firetrails and rocky technical single track

[Click to download GPX file](#)



STAGE 2 – Glenburn Heritage – 12.7km

Ngunnawal and Ngambri Country



	Check in - from 9:00am
	Start – 9:15am
	Finish (Cut-off) - 10:45am
	Start/Finish at Canberra International Clay Target Club (Google Maps)
	15 mins drive from Stage 1, along Sutton Rd and Yass Rd to Kings Hwy, into Charcoal Kiln Rd
	Parking at the start/finish (Canberra International Clay Target Club)
	Visit the town of Bungendore on your way to Stage 3

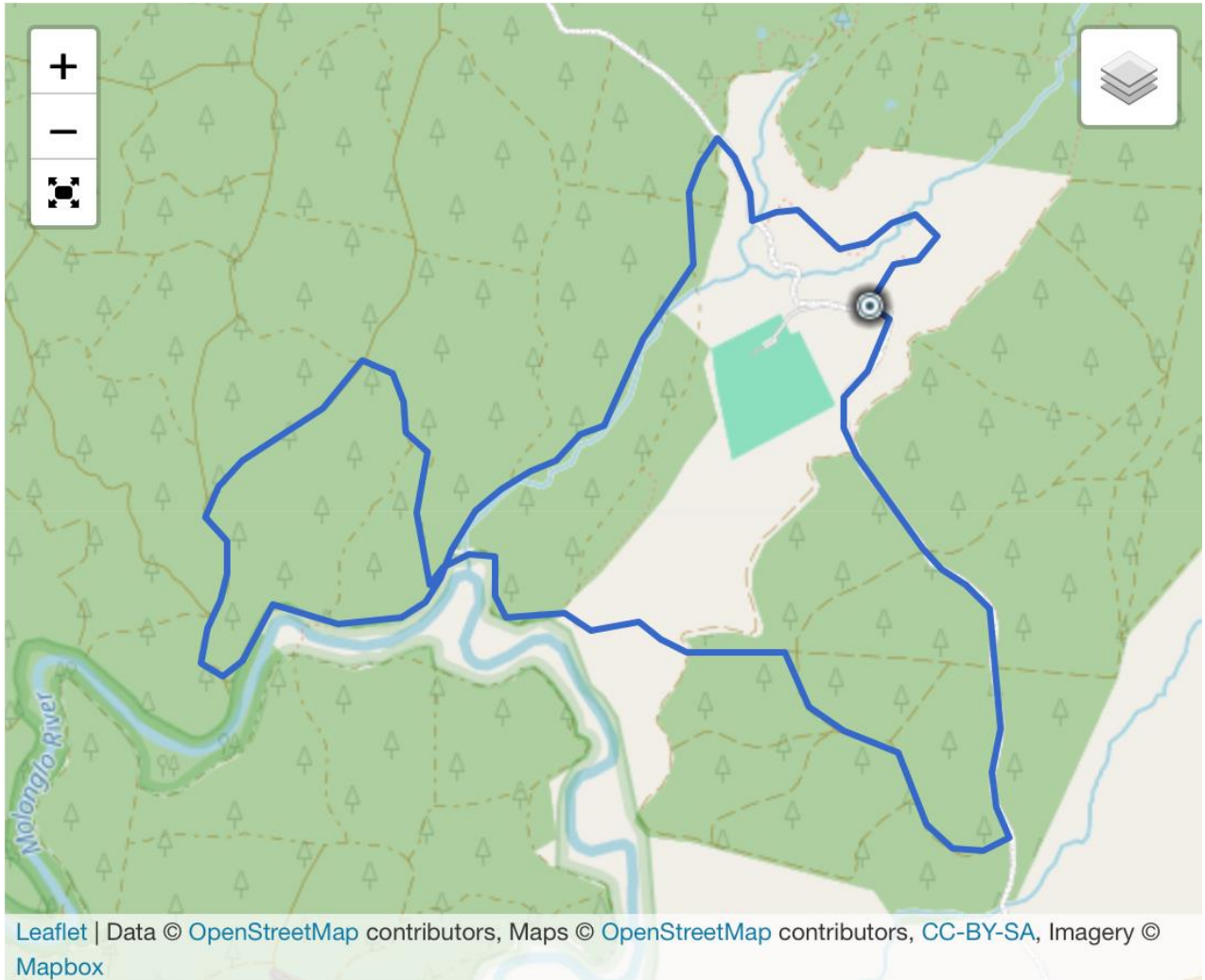
Welcome to the [Glenburn Heritage Precinct](#). First Nations people have travelled through and lived in this area for thousands of years, including the Moolinggoolah, a family group of the Ngunawal people, hence the name 'Molonglo'. European settlers arrived in the 1800s and established the first small rural community here. The 12km Heritage Loop trail takes in this tranquil area and reminds us of the communities that once lived here.

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The course

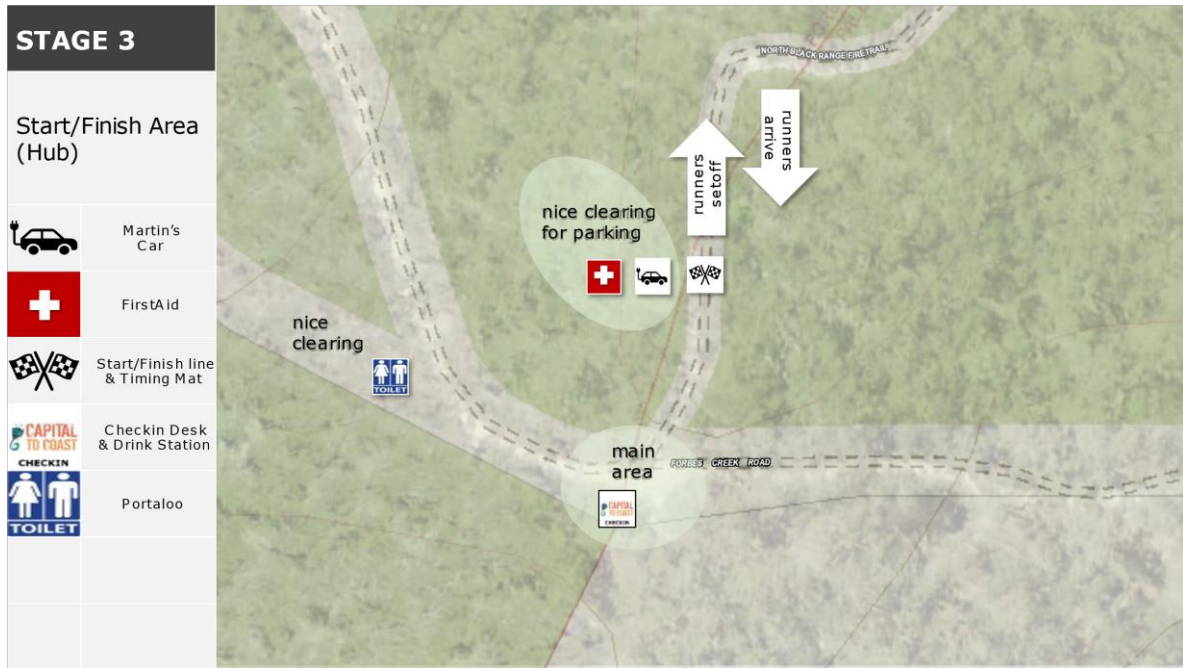
Terrain: Dirt roads, firetrails, grassy trails, single tracks, shallow creek crossings

[Click to download GPX file](#)



STAGE 3 – Boulder Dash – 8.3km

Ngarigo and Ngunnawal Country



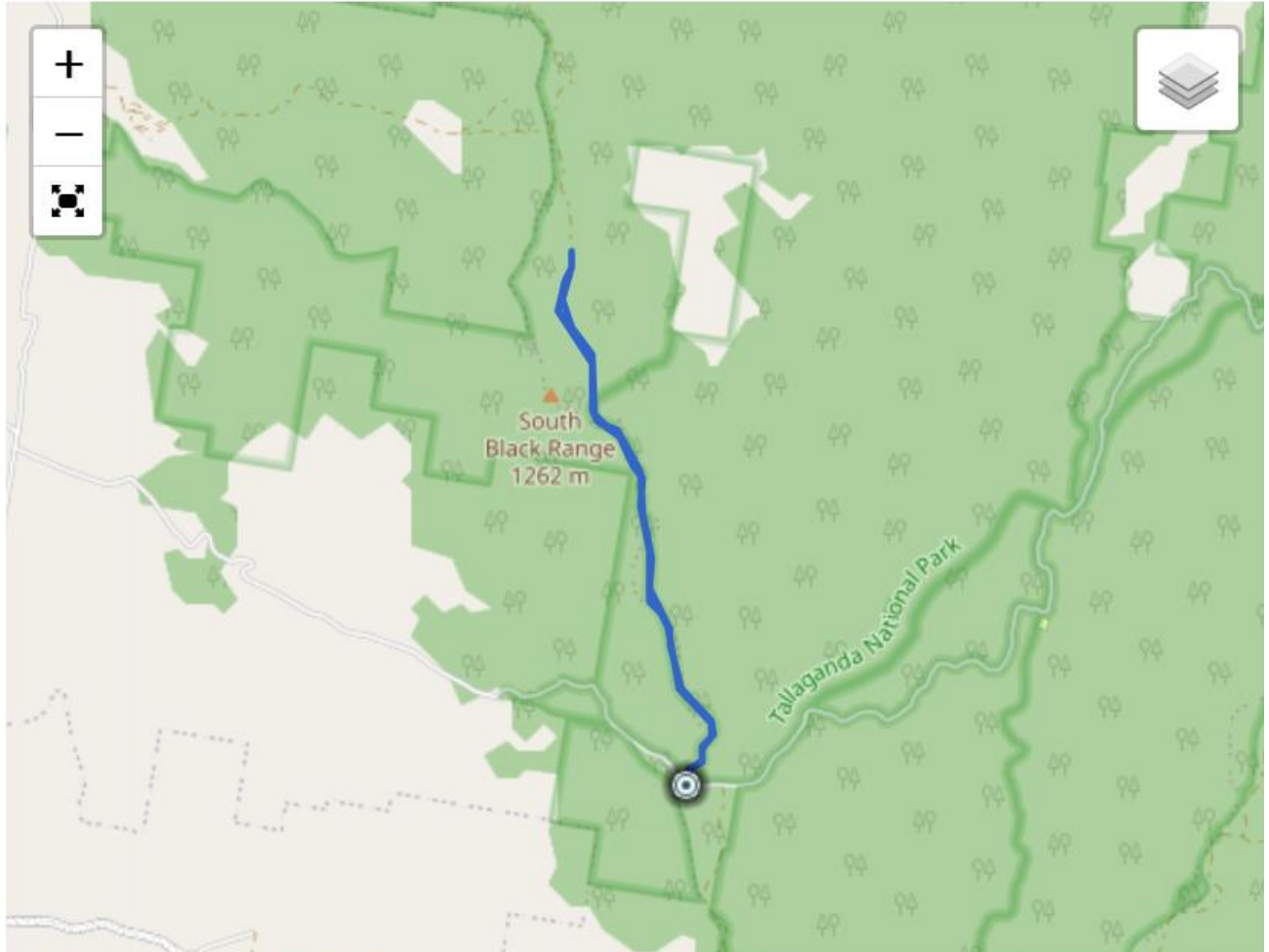
	Check in - from 12:15pm
	Start – 12:30pm
	Finish (Cut-off) – 1:45pm
	Start/Finish (Google Maps), Forbes Creek Road
	45 mins drive from Stage 2, towards Queanbeyan. We strongly recommend that you consider a 4WD or SUV for the drive inside the Tallaganda National Park as it includes gravel roads.
	Parking along the firetrail near the start/finish. Follow the directions of marshals
	Visit the town of Bungendore. Bring a picnic for your team and enjoy the vibe at the start/finish hub.

This is an out and back stage along the North Black Range Firetrail in Tallaganda National Park. This is a beautiful area with granite boulders of all sizes scattered throughout the surrounding eucalyptus forest, a favourite spot for local climbers (boulderers). The stage heads up the fire trail with some great elevation and concludes with a thrilling downhill finish.

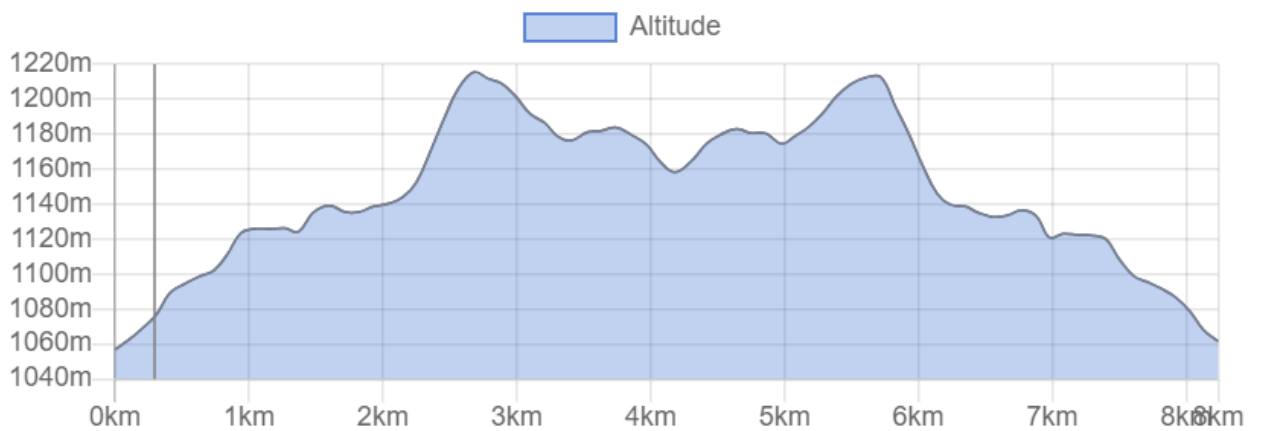
The course

Terrain: Firetrails

[Click to download GPX file](#)

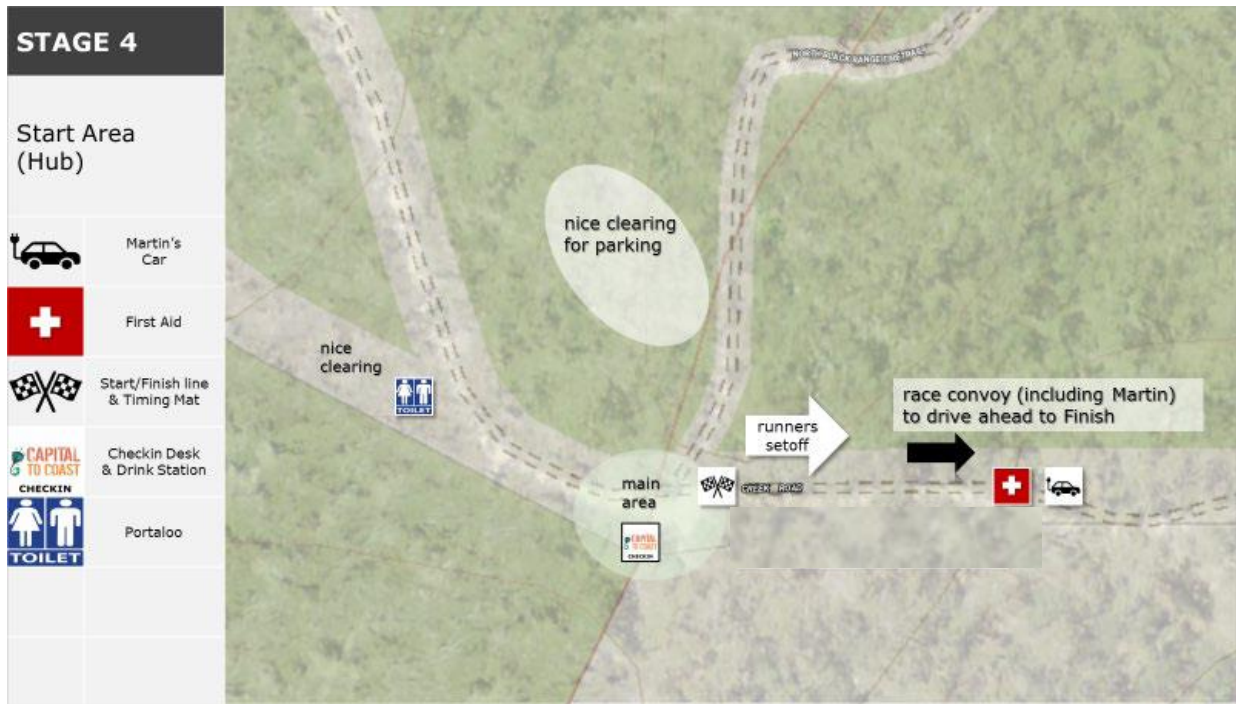


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STAGE 4 – Mulloon Firetrail – 15.1 km

Yuin Country



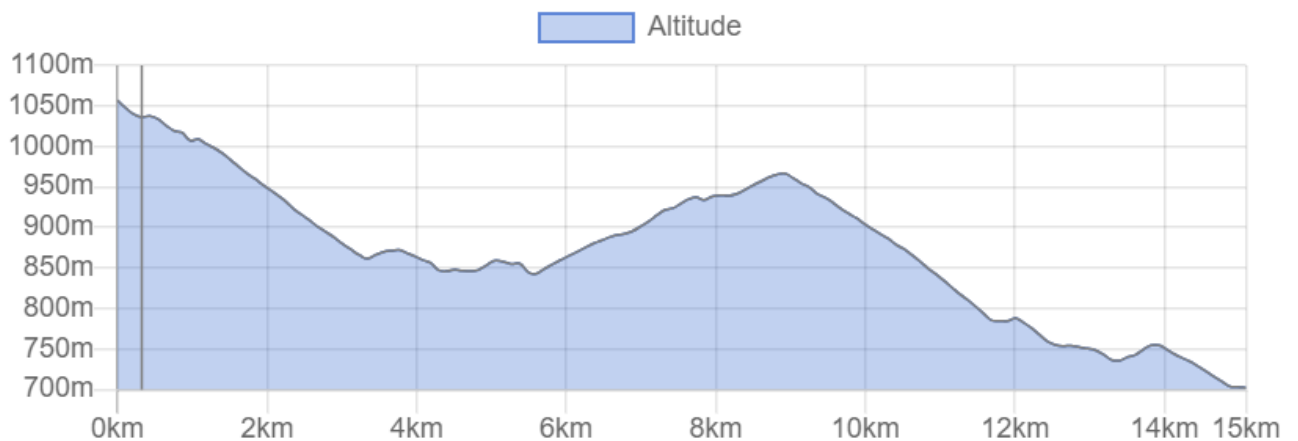
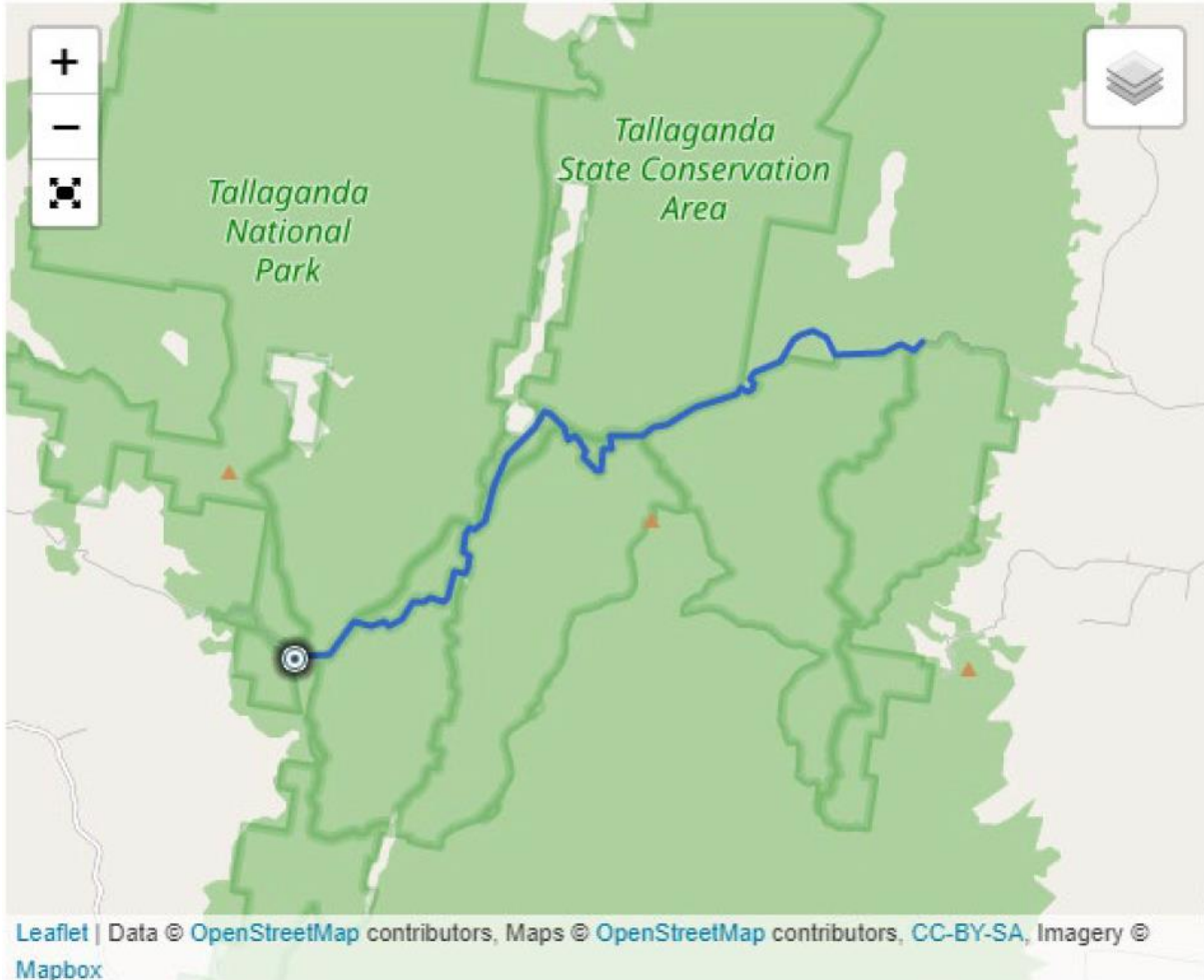
	Check in - from 2:15pm
	Start – 2:30pm
	Finish (Cut-off) - 4:15pm
	Same start as Stage 3, and finish at the end of Mulloon firetrail (Hoskinson Road) near Braidwood (Google maps)
	1 hour 20 minutes drive to the finish from the start area if you exit the same way you entered (Tallaganda National Park via Hoskinstown, Bungendore, and then Braidwood). 30 mins drive to finish along the gravel firetrail if you have a 4WD or SUV . There will be an opportunity for support crews to leave prior to the start. Once runners have started the stage, support crews will be diverted via the longer route.
	Parking at the start/finish areas. No toilet at finish.
	Visit the town of Braidwood. Join us for dinner and a beer at the Smokey Horse.

This is a picturesque stage under the eucalyptus canopy along the Mulloon firetrail in the Tallaganda National Park. The firetrail meanders alongside and crosses several creeks including Mulloon Creek and Little Bombay Creek. The stage is mostly downhill and finishes just west of the historic town of Braidwood. A great way to finish the day and the halfway point to the coast.

The course

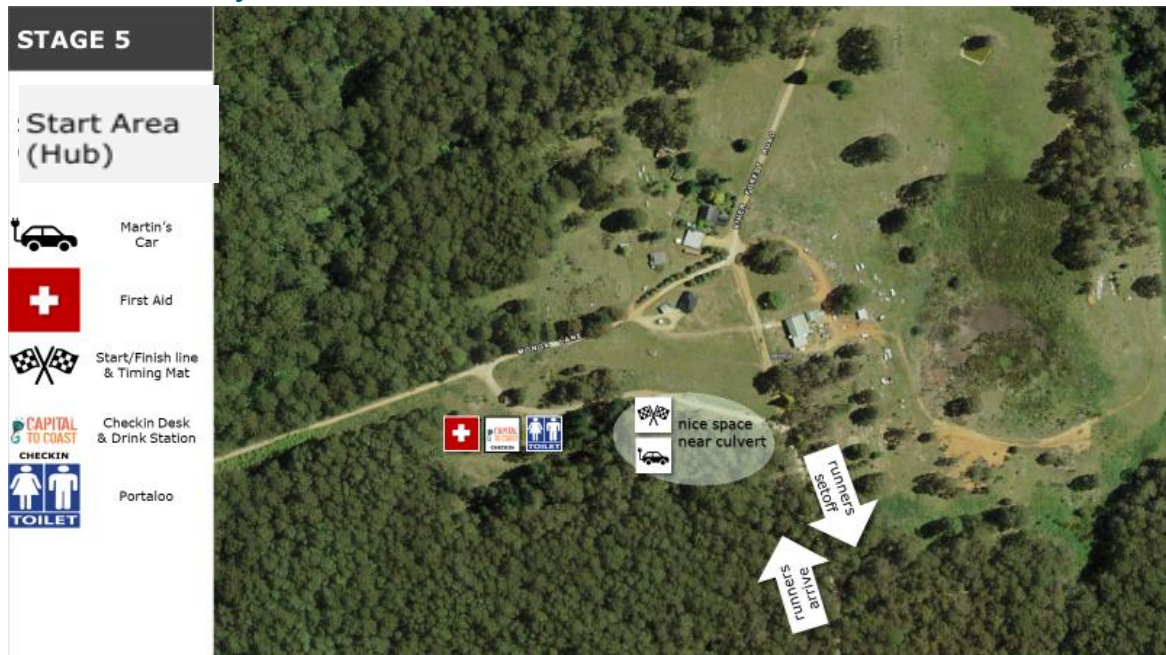
Terrain: Firetrails and shallow creek crossing

[Click to download GPX file](#)



STAGE 5 – Mongarlowe River – 14.7km

Yuin Country



	Check in - from 6:30am
	Start – 6:45am
	Finish (Cut-off) - 8:40am
	Start/Finish (Google Maps), intersection of River Forest Rd and Monga Rd
	25 mins drive from Braidwood or 45 mins drive from Batemans Bay. Turn onto River Forest Road (signpost Monga National Park) before Clyde Mountain . Travel along River Forest Road on gravel to stage start. Do not attempt to enter via Araluen Rd and Monga Lane!
	Parking at the start/finish (Mongarlowe River Picnic Area). Please keep noise to a minimum and <u>do not enter private property.</u>
	Stock up beforehand in Braidwood (Troopers Rest will be open early).

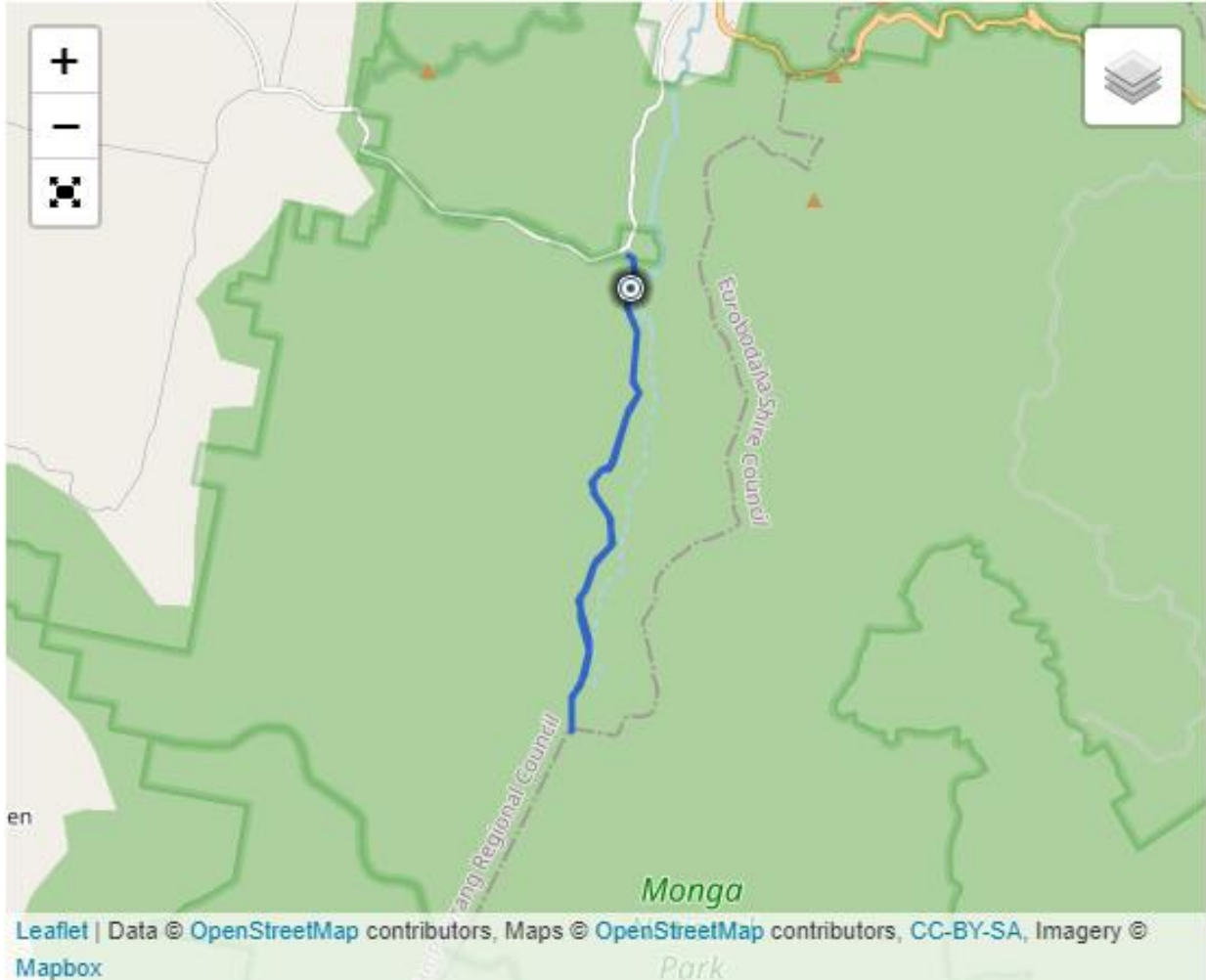
This is an out and back stage from the Monga Village area in the Monga National Park south of Braidwood. The course follows River Forest Rd alongside the Mongarlowe river with flat and gently sloping sections and a small creek crossing. Have your cold weather gear ready for the early start although it can get humid in the forest. Breezes from the coast often generate low clouds that engulf the surrounding forest in what the locals refer to as the Monga Mist.

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The course

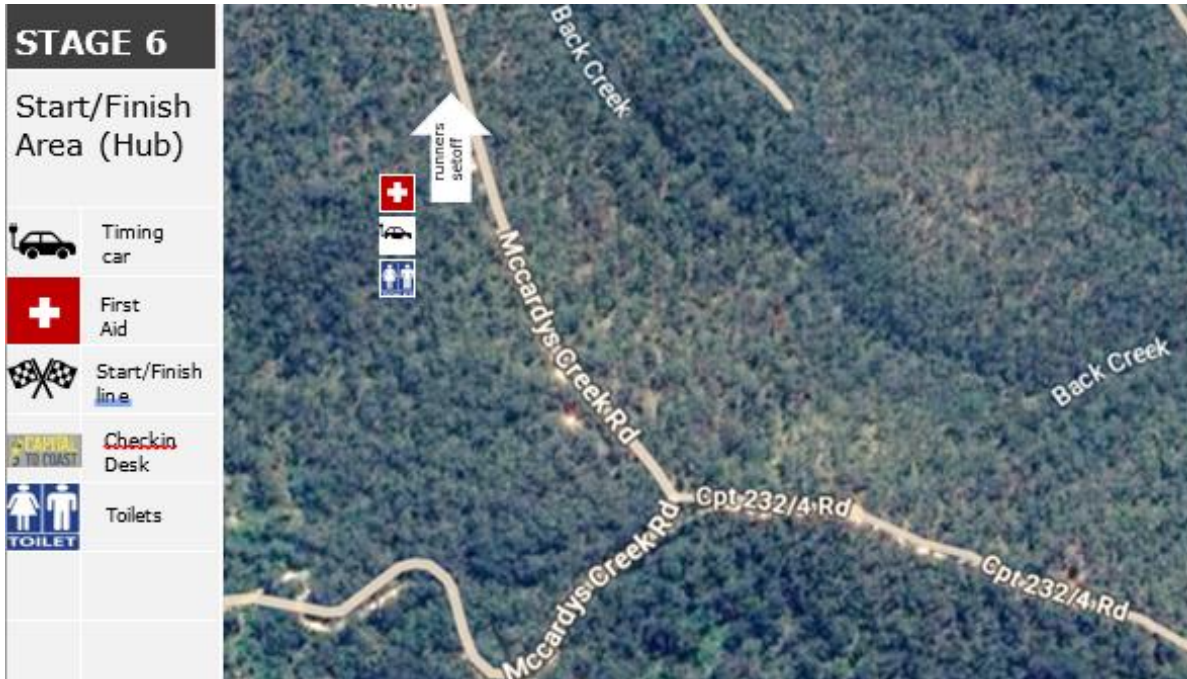
Terrain: Dirt roads, firetrails, small shallow creek crossings

[Click to download GPX file](#)



STAGE 6 – Clyde Canter – 9.2km

Yuin Country



	Check in - from 9:30am
	Start – 9:45am
	Finish (Cut-off) - 11:15am
	Start at Mccardy’s Creek Road, and Finish at The River Road (Google Maps)
	45 minutes from Stage 5 , along Kings Highway towards Bateman’s Bay. Turn left onto Mccardy’s Creek Road . Watch for the turnoff. The road is gravel and ascends to the start location. Do not attempt to go via Monga Lane!
	Parking at a clearing at the start/finish
	Visit the village of Nelligen. No toilet at finish.

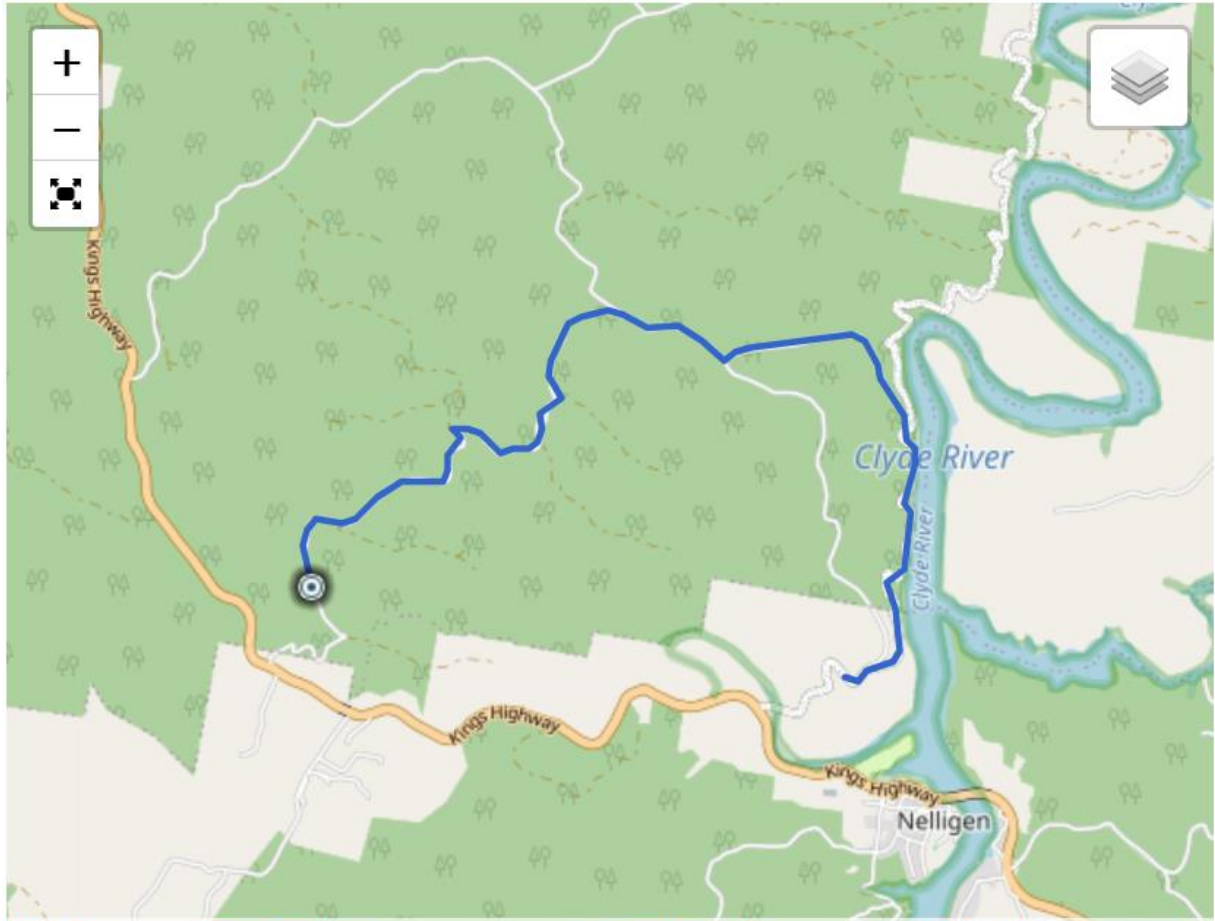
Starting at a marked clearing along Mccardy’s Creek road, this stage is a point to point stage that takes us up along firetrails into Currowan State Forest before coming down and meeting up with the Clyde river into Nelligen. A new stage for 2024, it gets the heart racing early as we push up into the eucalyptus forest, taking in a special “art installation” along the way, before cruising along the road next to the river. This stage has great views as it winds its way past farms along the river. The finish line is at the northern side of the King’s Highway opposite Nelligen.

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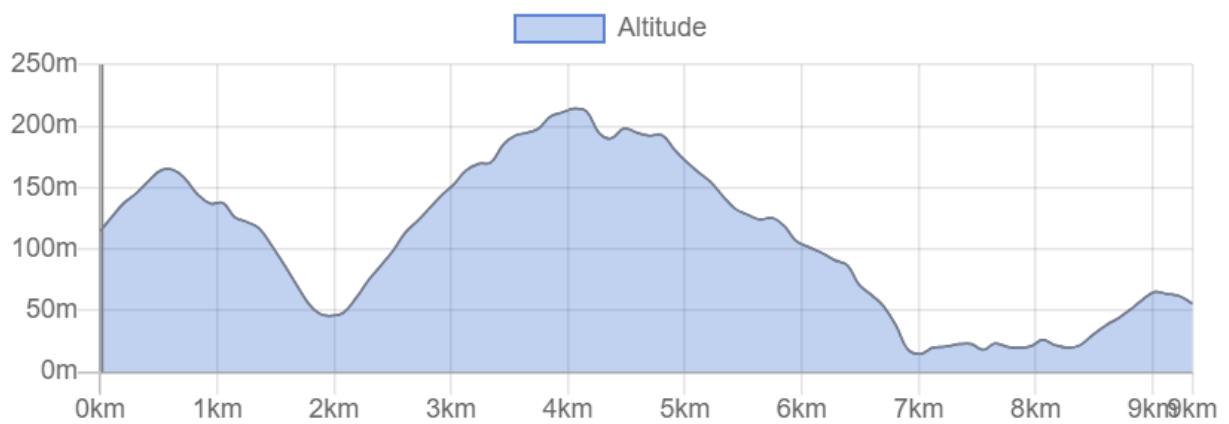
The course

Terrain: Firetrails, shallow creek crossings

[Click to download GPX file](#)



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STAGE 7 – Old Nelligen – 10.3km

Yuin Country



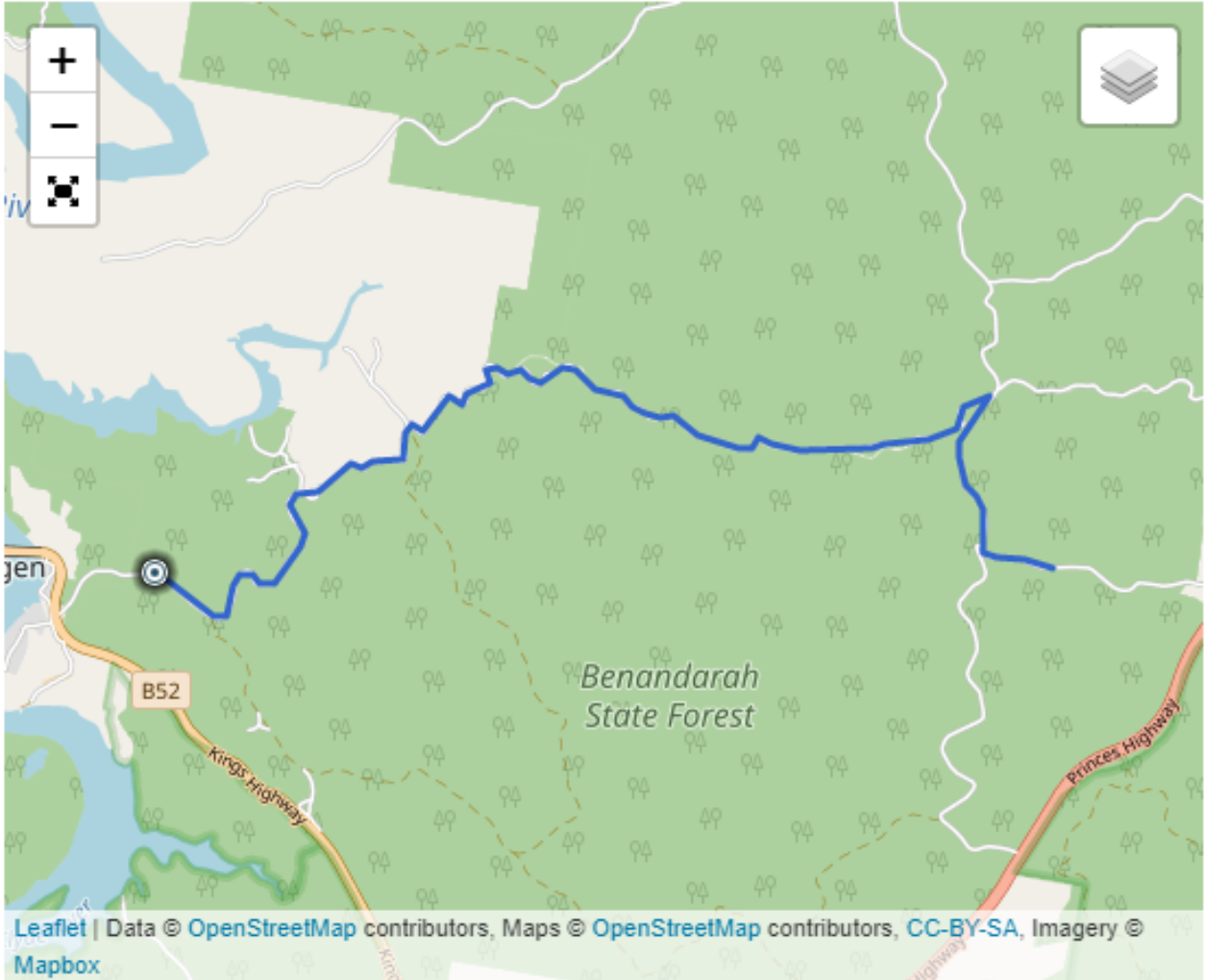
	Check in - from 12:15pm
	Start – 12:30pm
	Finish (Cut-off) - 1:45pm
	Start at Old Nelligen Rd, and Finish at Lookout Rd, Benandarah (Google Maps)
	6 mins drive from Stage 6 to the start via Kings Hwy and 20 mins drive to finish via Princes Hwy
	Parking on the dirt roads at the start and finish areas
	Visit the village of Nelligen

Starting on the outskirts of Nelligen village, this is a firetrail point to point run along Old Nelligen Road and Lookout Road. This stage has great views as it winds its way through farms and the Benandarah State Forest. The finish line is at the eastern end of Lookout Road near the Princes Highway.

The course

Terrain: Firetrails, shallow creek crossings

[Click to download GPX file](#)



STAGE 8 – Coast Finish – 12.1km

Yuin Country



	Check in - from 2:15pm
	Start – 2:30pm
	Finish (Cut-off) - 4:15pm
	Start off Maloney’s Beach, and Finish on Mill Beach (Google Maps)
	15 mins drive from Stage 7 and 18 mins drive to finish area
	Parking at the start area at Maloney’s Beach and at the finish area at Murramarang Resort
	Visit Long Beach or Bateman’s Bay north

This is a challenging but rewarding rollercoaster of a final stage along stunning coastal tracks and through the Murramarang National Park. The first half is entirely single track hugging the coastline and the second half along the Old Coast Road. When you finally emerge from the trails into the Murramarang Resort, you make your way on to Mill Beach with a final 200m along the beach to the finish.

This is an iconic stage of the Capital to Coast, and a fantastic way to finish the event!

The course

Terrain: Stairs, single trail, fire trail, and beach finish!

[Click to download GPX file](#)

