

Runners

From: Capital to Coast <c2c@canberrarunners.org.au>
Sent: Saturday, 5 July 2025 2:15 PM
To: Runners
Subject: Capital to Coast Newsletter 2/25 - Early bird regos closing Friday!



A promotional poster for the C2C Social Run. The background is dark purple with white topographic line patterns. At the top left, 'C2C PRESENTS' is written in pink. Below it, 'C2C SOCIAL' is in large, white, distressed font. To the right, 'RUN' is also in large, white, distressed font. Between them, '7.30AM SUNDAY 6 JULY 2025' is written in white. Below the date, '9.9 KM, 246M ELEVATION' is written in white. A large, curved, white text 'FIND YOUR TRIBE!' is on the right side, with small purple and white triangles pointing towards it. There are three photos: two men standing in front of a car at the top right, a runner on a trail in the middle left, and a runner in a blue shirt in the bottom right. At the bottom left, it says 'C2C STAGE 1, MOLONGLO PICNIC GROUND' and 'BREAKFAST AT OLD MILL CAFE, QUEANBEYAN'. The website 'WWW.CAPITALTOCOAST.COM.AU' is at the bottom center. A QR code is at the bottom right. The 'CAPITAL TO COAST' logo is at the bottom left.

C2C PRESENTS

C2C SOCIAL

7.30AM SUNDAY 6 JULY 2025

RUN

9.9 KM, 246M ELEVATION

FIND YOUR TRIBE!

C2C STAGE 1, MOLONGLO PICNIC GROUND

BREAKFAST AT OLD MILL CAFE, QUEANBEYAN

WWW.CAPITALTOCOAST.COM.AU

CAPITAL TO COAST

FROM THE RACE COMMITTEE.....

Edition 2

Hi everyone,

Welcome to the second newsletter for the Capital to Coast Trail Race 2025!

It's been a busy couple of months, can you believe we are less than 8 weeks until C2C 2025? There is so much hype about the last weekend in August. Don't forget **early bird registrations close on 11 July 2025**. Numbers are limited so get your team together and register now so you don't miss out. And don't forget there are discounts for Canberra Runners members. Your event fee includes a 2025 design C2C t-shirt. We cannot guarantee that registrations completed after the early bird date will get their preferred t-shirt size. The new colourway is creating a stir! We love it! Head to the [website](#) for more details on how to register.

Our second social run is on **this Sunday 6 July**. Social runs are a great opportunity to finalise team mates and support crews or just get a few more details from others that have done C2C in previous years. This weekend we will be taking in Stage 1 along the beautiful Molonglo River. Come and test your skills along the technical section of the stage, find out a bit more about C2C 2025 and hang out with your new trail running buddies! See you at 7.30am at the carpark at Molonglo Picnic Area at Molonglo Gorge Nature Reserve.

We are very excited to announce that our good friends, Moving You Munchies, will be back in 2025 with their mobile morsels of magnificence! Many of you will remember MYM as a fantastic food option at the beginning or end of a stage - a great cause with funds raised going to Bravery Trek. So finalise your crew, start locking in

who is going to tackle the technical terrain, who likes a punchy hillclimb, who wants to take on the short and sharp stage or even who wants to take in a bit of local history. It's going to be a great weekend and we can't wait to bring the vibes.

Finally, big thanks to our mates at [Capital Brewing](#) for their recent C2C competition - we are so looking forward to seeing you on the trails in August!

You are receiving this newsletter because you have subscribed to our newsletter service. Further details are available on our [website](#). Please 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



Hey C2C, what do you mean by a staged trail race?

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. These stages are tried and tested and guaranteed to bring the vibes. Here are just some of the teasers for each of the stages to help with your planning. Make sure you head to the [website](#) 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. 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](#) 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 bit of a drive to a short and sharp, out and back stage 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](#) is one of our longer stages, along the Mulloon Firetrail. It includes a couple of decent creek crossings within the Tallanganda National Park.

Day 2 and [Stage 5](#), begins with an out and back stage. The route brings 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](#) is a relatively new stage, Clyde Canter, taking us along the Clyde River through Currowan State Forest. Don't be fooled, it's not all flat.

[Stage 7](#) 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 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 to bring us up to 100km. Make sure your family and friends are there at the end of this one! Who knows maybe you and your new trail buddies might even make plans to do it all again in 2026!

Any questions, drop us an email!



Accommodation

For those of you staying in Braidwood or surrounds Saturday night, visit the Braidwood Visitor Information Centre or check out their [website](#) for places to stay and things to see and do.



CAPITAL TO COAST 2025



29-31 AUGUST 2025

WHERE WILL YOU
BE IN AUGUST?



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