

Drew Baker

From: YMCA Canberra Capital to Coast <C2C@ymca.org.au>
Sent: Friday, 17 May 2019 1:59 PM
To: Drew Baker
Subject: Welcome to YMCA Canberra Capital to Coast 2019!

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CAPITAL TO COAST IS BACK!!



A word from the Race Directors.....

Edition 1 2019

G'day runners,

I am really excited to announce the return of the Capital to Coast to the running calendar in 2019. After being pioneered and conducted by the Nowra Athletics Club from 2012 to 2016, the race has transferred to the YMCA Canberra (as the YMCA Canberra Capital to Coast) and I really appreciate the support of Bob Redenbach and Kevyn Davies from Nowra Athletics Club in assisting with the transfer.

This run is an iconic, 100km multistage event and will be conducted over the weekend of 23-25 August 2019. Further details on the race including event history, how to register, course descriptions, equipment, race rules, information for teams and volunteers, details regarding accommodation options through the YMCA Canberra, as well as information regarding our sponsors and partners is available now on our website www.capitalto coast.com.au. I look forward to seeing you at the YMCA Canberra Capital to Coast 2019.

See you on the trails,
Paul (Race Director)

What is the YMCA Canberra Capital to Coast?

The YMCA Canberra Capital to Coast (C2C) is a 100km multistage event held from Friday afternoon to Sunday afternoon at various locations between Canberra, ACT, and Huskisson, NSW.

The event consists of a prologue on the Friday, four stages on Saturday and a further four stages on Sunday.

Stages range between (approximately) 7km and 16km in length.

Runners can participate as solo runners, completing all nine stages, or as members of relay teams of up to four runners.

Registrations open now

Early bird registrations for the 2019 YMCA Canberra Capital to Coast are now open. Numbers are capped so talk to your friends and colleagues and get a team together now! Visit the website (capitaltocoast.com.au) for more information including costs and how to register.



Follow us on [Facebook](#) and [subscribe](#)

Like us on Facebook for race updates and [subscribe](#) to our newsletter for information monthly.

Interested in volunteering?

The YMCA Canberra Capital to Coast is looking for volunteers. Do you have family who are interested in helping out over the weekend? There are a range of opportunities for them to get involved. [Email](#) us to join in!



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You are receiving this email because you are a YMCA Canberra Runners Club member or a previous entrant of a YMCA Canberra Runners Club event.

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