

Drew Baker

From: YMCA Canberra Capital to Coast <C2C@ymca.org.au>
Sent: Thursday, 27 June 2019 10:04 AM
To: Drew Baker
Subject: YMCA Canberra Capital to Coast 2019 - Edition 3

[View this email in your browser](#)



UPDATE FROM OUR RACE DIRECTOR.....

Edition 3 2019



Hi everyone,

The design is done, the registrations and t-shirt orders are rolling in! We love a bit of merch and hope you do too! Welcome to the third newsletter for the YMCA Canberra Capital to Coast Trail Race.

First things first, early bird registrations close on 30 June. What are you waiting for? Get in quick to get your free t-shirt. It's going to be a great weekend.

We have been finalising logistics with some of the crew heading out for a recce over the weekend. Safe to say, the opportunity to check out the course and to explore the area (including some great local coffee shops) has certainly provided a great source of inspiration and the logistics crew are continuing to work hard to ensure everything runs smoothly over the weekend. There is a variety of terrain and a variety of distances to suit everyone. Make sure you get your team together and talk through the various legs. Details and course descriptions (including GPX files) are available on the website. www.capitalto coast.com.au

This edition of the newsletter provides information about merchandise and advises participants of our environmental policy and first aid services.

Happy trails,

Paul M

EARLY BIRD REGISTRATIONS CLOSE 30 JUNE



Have we reminded you lately that registration numbers are capped? Council and National Park approvals necessarily limit the number of runners participating in any stage. So register today to make sure you don't miss out. The event is also AURA listed and AURA and YMCA members get a discount. **Early bird**

registrations close on June 30, so sign up now to secure your entry AND get a free event T-shirt.

Haven't finalised your team? You don't need to wait for everyone to be on board to create your team. Participants who sign up before 30 June will still get the Early Bird offer, while the remainder can sign up later (and miss out on the free T-shirt). www.capitaltoacoast.com.au

MERCH, MERCH, MERCH, MERCH, MERCH

I might be biased but I love the new design for the C2C merch, in either the t-shirt or the buff. The t-shirts are a tried and true fabric and design, we surveyed some of our local mates to make sure. There is a size chart on the website, and the t-shirts are made in both men and women sizes. The buff is a handy little unit, particularly in Canberra – it can provide that extra bit of warmth you need during July or can be used to protect you from the harsh sun in February. Just get it already, already.....you can order either a t-shirt or buff when you register or if you have already entered you can order via your registration. For further details, check out the website. www.capitaltoacoast.com.au



IN IT FOR THE LONG RUN...



While we are looking forward to welcoming participants to C2C2019, we also want to make sure that collectively we are operating responsibly and in accordance with that old adage “take only photos, leave only footprints”. The event is conducted on private property, forestry roads, in national parks, on beaches and on council land and we want to make sure that we leave the environment in the same condition in which we found it. While water, sports drink and some food will be provided at aid stations and at the finish of all stages, runners are expected to carry their own container or cup for use at aid stations. We also ask everyone to be mindful and responsible with respect to any litter that may be generated. Litter receptacles will be available at aid stations and at the start and finish lines. We thank you in advance for your consideration and cooperation in helping us in minimising our overall impact on the environment.

FIRST AID, FIRST PLACE

Billy Pearce, of Kilted to Kick Cancer, has kindly agreed to provide first aid services for the YMCA Canberra Capital to Coast 2019. Many of you would know Billy and his commitment to both ultra running as well as raising funds for prostate cancer. We look forward to working with Billy and hearing all about what is next in store for Billy and his team.



Copyright © 2019 YMCA Canberra, All rights reserved.

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.

Our mailing address is:

35 Alexandria Drive, Yarralumla, ACT 2600

Want to change how you receive these emails?

You can [update your preferences](#) or [unsubscribe from this list](#).