

Drew Baker

From: YMCA Canberra Capital to Coast <C2C@ymca.org.au>
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To: Drew Baker
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UPDATE FROM OUR RACE DIRECTOR.....

Edition 4 2019



Hi everyone,

This is the fourth edition of the YMCA Canberra Capital to Coast Trail Race. Only 36 days to go!

I hope everyone is enjoying their winter training. It's always a challenge getting out of bed but I certainly never regret it once I do.

The 2019 C2C Event Guide is complete and has been posted on the [website](#). It provides all the information you will need for the event including pre and post race celebrations and volunteer information. Make sure you read it before the weekend to familiarise yourself with the course and the schedule of activity. It will be updated as final details are organised so make sure you check in regularly.

Numbers for the dinner at the Catalina Country Club in Bateman's Bay on Saturday 24 August are going strong. Dinner will be buffet style from this South Coast favourite and is a great opportunity for everyone to get out of their running kit and socialise in a friendly and informal environment. Dinner starts at 6:30pm.

And just a reminder that 2019 C2C registrations close on 16 August so don't forget to finalise your team. Numbers are necessarily capped due to National Park and council approvals. This event is unique on the Australian trail running

calendar and you don't want to miss out.

Happy trails,

Paul M

2019 C2C EVENT GUIDE

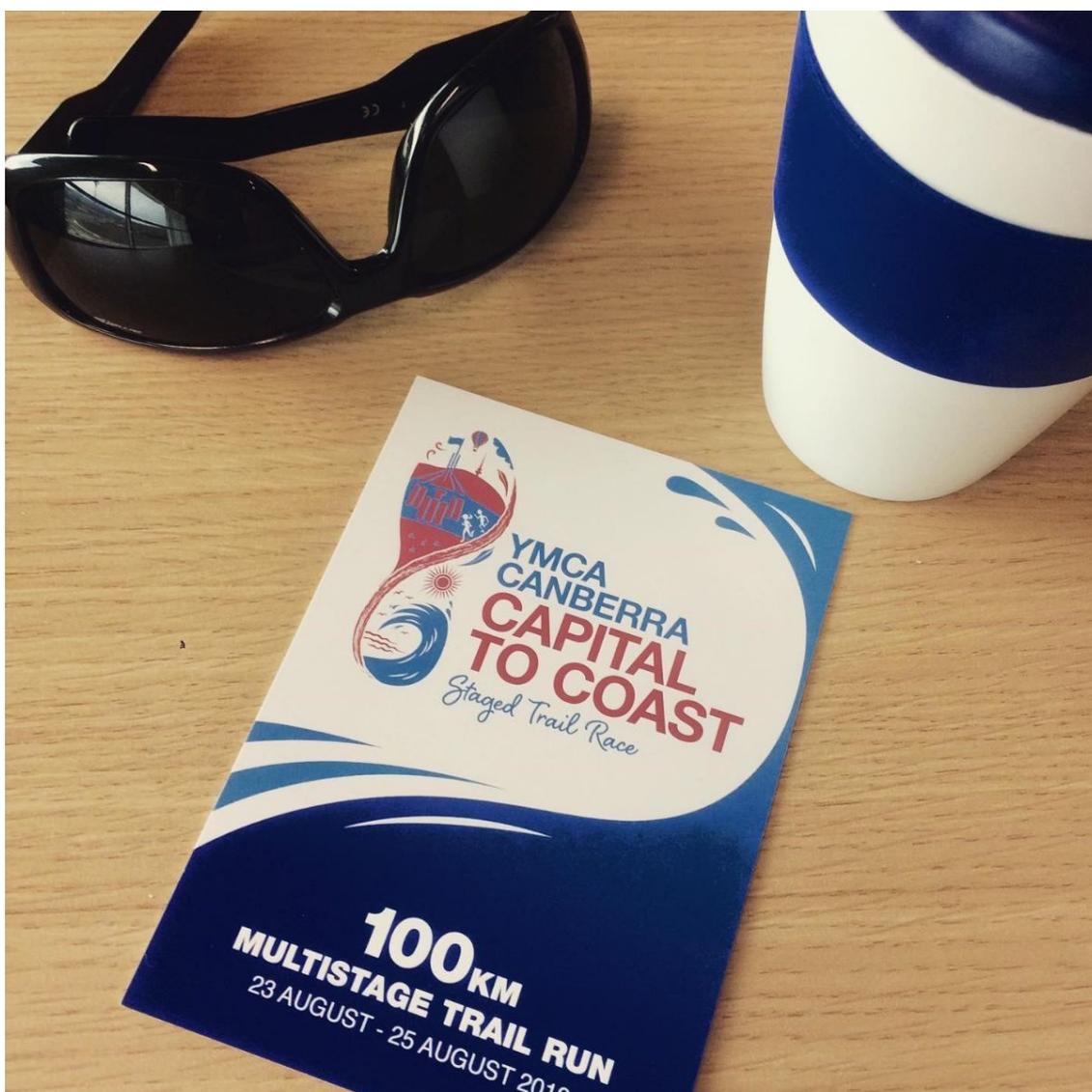


The 2019 [C2C Event Guide](http://www.capitalto coast.com.au) is available on the website www.capitalto coast.com.au and will steer you on the right course over the weekend. The Guide provides an event schedule starting with easy 10k prologue in Canberra on Friday 23 August starting at 4pm, through Saturday legs 1-4 finishing on the beach at South Durras, and wrapping up on Sunday with legs 5-8 and a coastal finish in Huskisson.

The Guide provides a bit of the history of the event, acknowledging the local knowledge and commitment of the Nowra Athletics Club who were the pioneers of this event.

Make sure you read the section on event safety which reminds participants that some of the legs involve sections of public road and to take precautions to ensure you remain visible to any traffic. Check out the 2019 [C2C Event Guide](#) now.

SOUTH COAST FUN!



Several local businesses have come on board with this year's event and are offering discounts ranging from [accommodation options](#) to food and coffee from

local cafes. If you are in town for the Saturday or looking to make a long weekend of it, make sure you check out the website for up to date details and tell 'em that you are participating in the 2019 C2C. The website will be updated regularly as more businesses come on board. www.capitalcoast.com.au



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