



# 2019 Event Guide

23<sup>RD</sup> – 25<sup>TH</sup> AUGUST 2019

**UPDATED 22<sup>ND</sup> AUGUST 2019  
(IMPORTANT CHANGES TO STAGES 1-3)**

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## Event Schedule

Friday 23rd August		
Event	Location	Time
<b>Prologue - "Capital Start" - 10.0km</b>		
Race Check-In / Bib and Merchandise Collection	<a href="#">Rond Terrace, Parkes ACT</a>	3.00pm – 4.00pm
Race Briefing		3.45pm
Prologue Starts		4.00pm
Finish Cut-Off		5.15pm
Saturday 24th August		
<b>Stage 1 - "Getting Loopy" - 8.0km</b>		
Race Check-In and Briefing	<a href="#">Stromlo Forest Park, ACT</a>	6.45am
Stage 1 Starts		7.00am
Finish Cut-Off	<a href="#">Stromlo Forest Park, ACT</a>	8.00am
<b>Stage 2 - "Inner Reserve" - 14.3km</b>		
Race Check-In and Briefing	<a href="#">Mulligans Flat Car Park, Forde, ACT</a>	8.45am
Stage 2 Starts		9.00am
Finish Cut-Off	<a href="#">Mulligans Flat Car Park, Forde, ACT</a>	10.50am
<b>Stage 3 - "Rockin' River" - 9.4km</b>		
Race Check-In and Briefing	<a href="#">Molonglo Picnic Area, Kowen, ACT</a>	11.35am
Stage 3 Starts		11.50am
Finish Cut-Off	<a href="#">Molonglo Picnic Area, Kowen, ACT</a>	1.05pm
<b>Stage 4 - "Beach Finish" - 14.2km</b>		
Race Check-In and Briefing	<a href="#">Kettle Road (off Tall Trees Place), Long Beach NSW</a>	3.15pm
Stage 4 Starts		3.30pm
Finish Cut-Off	<a href="#">Cookies Beach, South Durras NSW</a>	5.20pm
<b>Capital to Coast Dinner</b>		
Race Dinner	<a href="#">Catalina Country Club</a>	6.45pm – 8.30pm

Sunday 25th August		
Event	Location	Time
<b>Stage 5 - "Slow Burn" - 16.2km</b>		
Race Check-In & Briefing	<a href="#">Old Princes Highway, Benandarah NSW</a>	6.45am
Stage 5 Starts		7.00am
Finish Cut-Off	<a href="#">Old Princes Highway (behind Termeil General Store), Termeil NSW</a>	9.05am
<b>Stage 6 - "Forest Frolic" - 8.8km</b>		
Race Check-In & Briefing	<a href="#">Martins Ridge Road, Conjola NSW</a>	10.10am
Stage 6 Starts		10.25am
Finish Cut-Off	<a href="#">Luncheon Creek Road, Conjola NSW</a>	11.35am
<b>Stage 7 - "Timberhills" - 10.0km</b>		
Race Check-In & Briefing	<a href="#">Timberhills (off Kells Road), Tomerong NSW</a>	12.35pm
Stage 7 Starts		12.50pm
Finish Cut-Off		2.05pm
<b>Stage 8 - "Coastal Finish" - 10.0km</b>		
Race Check-In & Briefing	<a href="#">Cyrus Street, Hyams Beach NSW</a>	2.45pm
Stage 8 Starts		3.00pm
Finish Cut-Off	<a href="#">White Sands Park, Huskisson NSW</a>	4.15pm
Presentation	<a href="#">White Sands Park, Huskisson NSW</a>	4.30pm – 5.30pm

## Overview

The original Capital to Coast event was run by the Nowra Athletics Club from 2012 to 2016. This event was a favourite of many participants, due to the unique nature of completing multiple stages over three days, and the amazing atmosphere. Unfortunately, this came to an end and the popular event was cancelled for 2017 and 2018.

In mid-2018, YMCA Canberra discussed the idea of taking over this iconic event. Over a few beers and pizzas, a dedicated group of running club members formed a committee and explored the feasibility of reviving this event. Thanks to many hours of work from this group of volunteers, and the support of YMCA Canberra, we are proud to revive Capital to Coast.

We would like to thank the Nowra Athletics Club for their support and allowing us to take over Capital to Coast.

Capital to Coast is a unique event on the running calendar. It consists of nine stages of 8-16km and is held over three days. This event provides an interesting change for ultrarunners, an introduction to ultramarathons and a challenge for a group of friends. The tough can run all nine stages as an individual. The sensible can break up the work between 2, 3 or 4 people.

The race starts with an easy 10km prologue on Friday afternoon in Canberra around Lake Burley Griffin. Saturday morning, we rendezvous at Stromlo Forest Park for the first stage. After four stages, we finish in South Durras.

Traditionally Capital to Coast included a dinner for all runners, support crews and volunteers (at your own expense). We have continued this tradition and invite you to join us at Catalina Country Club. See the Dinner section for more information.

Sunday starts in Benandarah and proceeds over four stages to Huskisson. After presentations, you are free to return home or enjoy an evening in beautiful Huskisson.

## Participants, Spectators and Crew

We ask that everyone (Runners, Support Crew, Spectator, and Volunteers) read this Section and the rest of the Race Guide to ensure their familiarity with the event's unique requirements.

## Event Safety

Capital to Coast has unique safety requirements which all racers, spectators and volunteers need to be aware of:

- The Stages are open to the public (except for Stage 7). You can expect to encounter pedestrians and cars throughout the event. Please be considerate of pedestrians and cautious around vehicles.
- The course includes segments of defined trail. There is a risk of trip, animal and other hazards. The course sweepers will endeavour to reasonably mark all hazards; however, you need to remain vigilant.
- The course includes segments of public road. Where possible we recommend running on the right to ensure your visibility to oncoming vehicles.
- We recommend packing bright or reflective clothing/equipment to ensure you are visible in adverse weather conditions (eg rain or fog).
- The stages will be marked with cones. We recommend familiarising yourself with the stage beforehand to minimise the possibility of running off course. Please be aware that there are no course marshals to point you in the right direction.
- Traveling between stages requires private vehicles to stop at uncommon 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 will be clearly marked with a gazebo, flag etc.
- If weather or other conditions (eg fire) render a stage, or the event unsafe to continue, the Race Director will notify all participants. Where possible, an alternative stage will be organised.

## Logistics

The nature of Capital to Coast raises unusual logistical challenges. You require access to a private vehicle to take part in this event. Most stages are point to point, so you require a minimum of two people to a car to allow for drop off and pick up in point to point stages.

We ask teams to share cars to minimise the number of cars (eg a team of four in one car) where possible.

We recommend each car packs a GPS. The course goes through some remote parts of NSW where phone reception may be intermittent.

## Accommodation

All racers, support crew and volunteers are responsible for organising their own accommodation for this event.

### Friday (23 August)

The Prologue is Friday afternoon in Central Canberra.

YMCA Canberra have a range of accommodation options to suit both groups and individuals. Leumeah Lodge offers both group (30ppl or more) and individual accommodation in either bunk or hotel style rooms. Located in Gold Creek, just off the Barton Highway, it offers easy access to Canberra CBD as well as the surrounding region. Bush Capital Lodge, centrally located in beautiful bushland in O'Connor, offers great value accommodation for groups of 20 or more. It is the perfect base for your group to get out and explore the Nation's Capital.

Both lodges are offering a 15% discount on rates for Capital to Coast participants and their families. For group booking please contact our Reservations Coordinator at [reservations.canberra@ymca.org.au](mailto:reservations.canberra@ymca.org.au) and for individual bookings please contact Leumeah lodge at [Leumeah.lodge@ymca.org.au](mailto:Leumeah.lodge@ymca.org.au) or on (02) 6152 8388

## Saturday (24 August)

The running on Saturday finishes at 5.20pm in South Durras.

We recommend you consider accommodation in the Batemans Bay area to allow easy access to the Catalina Country Club for the Dinner (see the Dinner section below) and any shops that you may require.

We have negotiated discounts for a number of accommodation options at the South Coast:

- Murramarang Beachfront Holiday Resort – 10% discount for C2C entrants (call 02 4478 6355)
- Big4 South Durras Holiday Park – 10% discount for C2C entrants (call 02 4478 6028)
- Araluen Motor Lodge – 10% discount for C2C entrants (call 02 4472 6266)
- Bay Breeze Motel – 10% discount for C2C entrants (call 02 4472 7222)
- Big4 Batemans Bay Beach Resort – 10% discount for one night and 15% for two nights (call 02 4472 4541)

Bookings must be made directly with the accommodation to receive the discount, please mention Capital to Coast at the time of booking.

## Sunday (25 August)

Capital to Coast finishes around 4.30pm on 25 August in Huskisson.

After presentations you are free to leave for home or spend another night in Huskisson.

## Event Dinner

One of the Capital to Coast traditions that the YMCA Canberra Runner's Club is keen to continue is the Saturday night dinner.

This year we are going to Catalina Country Club.

Time: 6.45pm for 7.00pm start

Address: 154 Beach Road, Batemans Bay, NSW 2536

Phone: 02 4472 4022

Tickets are \$40 and are available through Register Now along with race entry.

## Merchandise

The YMCA Canberra Runner's Club is pleased to offer everyone the opportunity to buy event shirts and buffs. Merchandise is available through Register Now.

Alternatively, if you volunteer for three or more stages (hint hint) you will receive a free buff.

## Runners

Capital to Coast is open to individual runners, pairs and teams of 3 or 4. The Event Rules are available on <https://www.capitaltoeast.com.au>

## General rules

- You must maintain an average pace of 7.30 min p/km (8km p/hour) or faster. If you fall below this pace, you/your team will be disqualified from the stage.
- If you are disqualified for running too slow, you are welcome to take part in subsequent stages, however the individual/pair/team will no longer be eligible for prizes.
- You are responsible for your own equipment, nutrition and water container (if you wish to use the drink station).
- You may not receive aid from anyone during a stage, except for the volunteers at the water station.
- Your bib contains a timing chip which will be recorded at the Start and Finish line. You need this bib for all stages. Replacements will not be available.

## Equipment

There is no mandatory equipment for Capital to Coast. You are responsible for choosing your clothing and equipment.

We recommend you consider weather, terrain, fatigue and distance for each stage when choosing your clothing, equipment and nutrition. As the event takes place over multiple days, times, and stages, we recommend you prepare options to manage different conditions. For example, you may wish to switch between trail and road running shoes for different stages, or long and short sleeves.

The course includes national parks, public roads and private property. You are responsible for taking all rubbish (eg. gel wrappers) to the end of the stage. There will be a rubbish bag at the start and end of each stage.

There will be a water station around the halfway point in each stage over 10km. The water station will provide water only. You are required to provide your own bottle/pack/cup to drink from.

Water Stations will have a small range of fruit, lollies etc.

## Support Crews and Spectators

We welcome all Support Crews and Spectators. There are a few rules which you need to be aware of:

- Runners are not permitted to receive assistance while running. This includes; pacing, directions, nutrition, updates on how other runners are going or any other support.
- Please limit your support to the Start and Finish of each stage. Although most of the event takes place on public property, we want to reduce the possibility of interference with runners and the associated hazards.

We also ask that you consider volunteering for a stage or two. This will have no impact on your ability to support your runner.

## Volunteers

All running events are dependent on volunteers like you to function. This event is particularly difficult to recruit volunteers for because it is moving through NSW. Therefore, we need your support to ensure that we fill all the required roles for each stage.

We would greatly appreciate all Support Crews, Spectators and Team Members volunteering. The roles are simple and will not stop you from supporting your runner or participating in the previous or next stage.

Role	Overview
Course Clearer	Drive the length of the stage to ensure that it is safe for runners. Set up the finish area.
Drink Station (x2)	Run the stage's drink station.
Start: Staging Area	Set up and pack up the Start area.
Start: Check-In	Ensure all runners check-in before the stage begins.
Lead Vehicle	Drive ahead of the lead runner.
Sag Vehicle	Drive the course to ensure all runners are accounted for.

Please see <http://www.capitalto coast.com.au> for a more detailed description of each role and our vacancies.

All volunteers must be adults, unless they are accompanied by a parent/guardian. If you are a parent with a child, there are roles that the two of you can perform together.

The runners and event organisers greatly appreciate the time and effort taken to volunteer at this event. If you volunteer for three or more stages, you will receive a free runner's buff.

## Your volunteer shift

About one week prior to the event, we will email all volunteers the detailed role descriptions and stage specific instructions.

You are responsible for travelling to and from the stage and providing your own food, drink and protection from the elements for your shift. We recommend packing a day bag which has everything you need.

On the day you will meet your co-volunteers 30 minutes before the stage begins. You will receive any additional instructions from the Race Director. All equipment will be provided. All roles are in pairs.

## Course

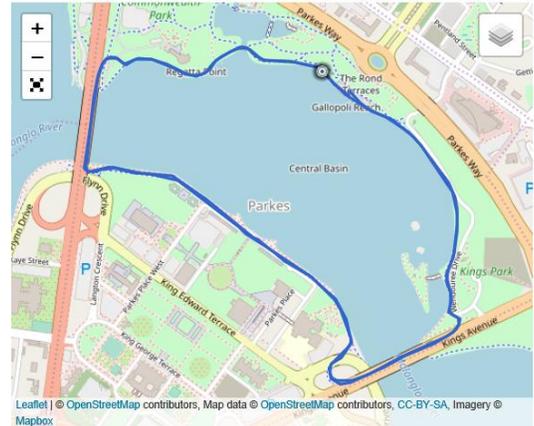
The course is split over nine stages and three days. There is a break between each stage to allow runners to recover and everyone to travel to the next stage.

[www.capitalto coast.com.au](http://www.capitalto coast.com.au) has the information for each stage, including GPX file downloads.

Day	Stage	Name	Distance (km)	Ascent (m)	Descent (m)
Friday	Prologue	Capital Start	10	123	-124
Saturday	Stage 1	"Getting Loopy"	8.0	144	-144
	Stage 2	"Inner Reserve"	14.3	263	-268
	Stage 3	"Rockin River"	9.4	329	-328
	Stage 4	Beach Finish	14.2	350	-400
Sunday	Stage 5	Slow Burn	16.2	522	-532
	Stage 6	Forest Frolic	8.8	285	-209
	Stage 7	Timberhills	10	413	-415
	Stage 8	Coastal Finish	10	201	-176
<b>TOTAL</b>			<b>100.9</b>	<b>2,630</b>	<b>-2596</b>

### Prologue: Capital Start (10km)

<b>Start</b>	Rond Terrace, Parkes ACT
<b>Sign-in</b>	3:45pm
<b>Start</b>	4:00pm
<b>Finish Cut-off</b>	5:15pm
<b>Finish</b>	Rond Terrace, Parkes ACT

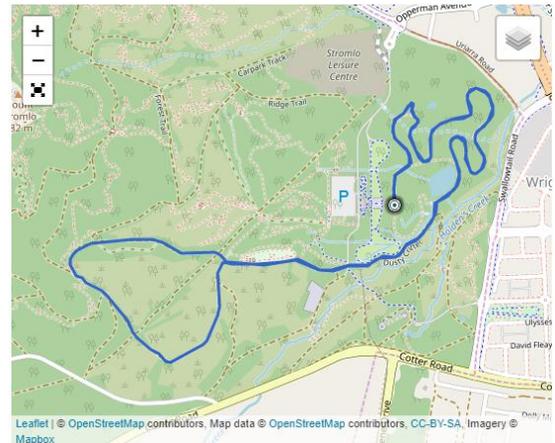


The event begins in the heart of the capital beside Lake Burley Griffin with views of Capital Hill, Anzac Parade and Mount Ainslie. Starting and finishing at Rond Terrace, the Prologue consists of two 5km laps of Central Basin, following the popular bike paths around the lake crossing over the Commonwealth and Kings Avenue bridges.

### Terrain: Cement bike paths

### Stage 1: "Getting Loopy" - 8.0km

<b>Start</b>	Stromlo Forest Park, ACT
<b>Sign-in</b>	6:45am
<b>Start</b>	7:00am
<b>Finish Cut-off</b>	8:00am
<b>Finish</b>	Stromlo Forest Park, ACT



Home to the Mount Stromlo Observatory, the Stromlo Forest Park is one of the few places in the world where runners and astrophysicists converge! This loop makes use of the YMCA Canberra Longstaff course; starting and finishing on the grassy cross country track with an up and down fire trail section in the middle that visits the base of the mountain.

### Terrain: Grassy running track and fire trails

### Stage 2 - "Inner Reserve" - 14.3km

<b>Start</b>	Mulligans Flat Car Park, Forde ACT
<b>Sign-in</b>	8:45am
<b>Start</b>	9:00am
<b>Finish Cut-off</b>	10:50am
<b>Finish</b>	Mulligans Flat Car Park, Forde ACT

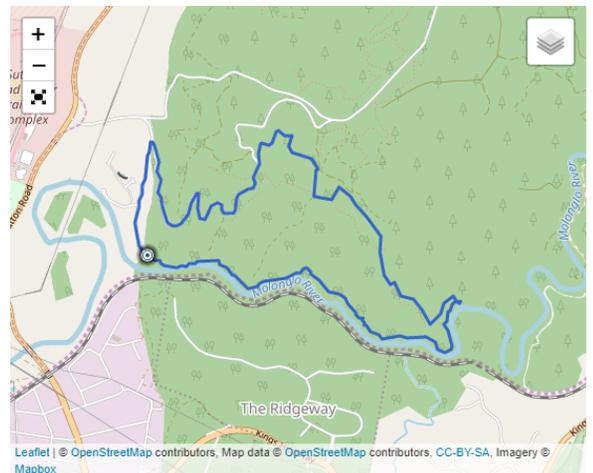


This stage is a loop through the unique Mulligans Flat Nature Reserve, including the inner Fauna Reserve, hence the gates as you enter and exit this protected area. After the road crossing in the second half of the stage you will ascend to the higher ground of the Oak Hill lookout area with its expansive views across Canberra, followed by a fast downhill and flat bike path to the finish.

**Terrain: Fire trails, short section of bike path at the finish**

### Stage 3 - "Rockin' River" - 9.4km

<b>Start</b>	Molonglo Picnic Area, Kowen, ACT
<b>Sign-in</b>	11:35am
<b>Start</b>	11:50am
<b>Finish Cut-off</b>	1:05pm
<b>Finish</b>	Molonglo Picnic Area, Kowen, ACT



Lace up your best treads and get ready for a very special stage in the Molonglo Gorge Nature Reserve. The first half of the stage gently ascends up the fire trail to the pine forest at the top, and from there launches you through a series of rollercoaster hills. The second half picks up the stunning single trail that follows the rocky high side of the gorge all the way along the river and back to the picnic start/finish area.

**Terrain: Fire trails, steep hills, rocky single track with drop-offs**

#### Stage 4: Beach Finish (14.2km)

<b>Start</b>	Kettle Road (off Tall Trees Place), Long Beach NSW
<b>Sign-in</b>	3:15pm
<b>Start</b>	3:30pm
<b>Finish Cut-off</b>	5:20pm
<b>Finish</b>	Cookies Beach, South Durras NSW



This is a tough but rewarding rollercoaster of a stage through the Murramarang National Park, with many ups and downs as you progress along the trail that is Carls Mountain Road. When you finally emerge from the trails into Durras, you make your way through the suburb and on to Cookies Beach with a final 800m finish along the beach to the Murramarang Resort. This is one of the most iconic stages of the Capital to Coast, one that will live long in the memory of participants and spectators, and a fantastic way to bring Day 1 to a conclusion.

**Terrain: Bitumen roads to start, fire trails, a little more bitumen, beach finish**

#### Stage 5: Slow Burn (16.2km)

<b>Start</b>	Old Princes Highway, Benandarah NSW
<b>Sign-in</b>	6:45am
<b>Start</b>	7:00am
<b>Finish Cut-off</b>	9:05am
<b>Finish</b>	Old Princes Highway (behind the Termeil General Store), Termeil NSW

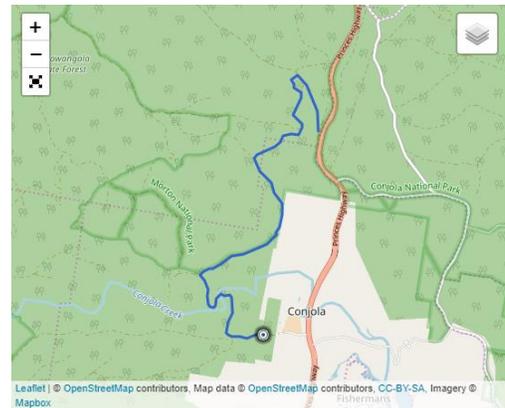


This stage is for the hill runners, with the most elevation gain of all the stages. A long steady climb heading north up the Old Princes Highway track through the South Brooman State Forest. You will be rewarded with elevated views of the leafy surrounding area as the sun rises. The final few kilometres provide a fast downhill to the finish line on the grassy area behind the Termeil General Store.

**Terrain: Dirt country roads, bitumen road finish**

### Stage 6 - "Forest Frolic" - 8.8km

<b>Start</b>	Martins Ridge Road, Conjola NSW
<b>Sign-in</b>	10:10am
<b>Start</b>	10:25am
<b>Finish Cut-off</b>	11:35am
<b>Finish</b>	Luncheon Creek Road, Conjola NSW



This stage has a little bit of everything – forests, hills, creeks – as you make your way through the McDonald State Forest and Morton National Park. Probably best to take the direct path through the creeks as the surrounding thickets are dense and the logs slippery.

**Terrain: Fire trails, creek crossing (expect wet feet)**

### Stage 7: Timberhills (10km)

<b>Start</b>	Timberhills (off Kells Road), Tomerong NSW
<b>Sign-in</b>	12:35pm
<b>Start</b>	12:50pm
<b>Finish Cut-off</b>	2:05pm
<b>Finish</b>	Timberhills (off Kells Road), Tomerong NSW

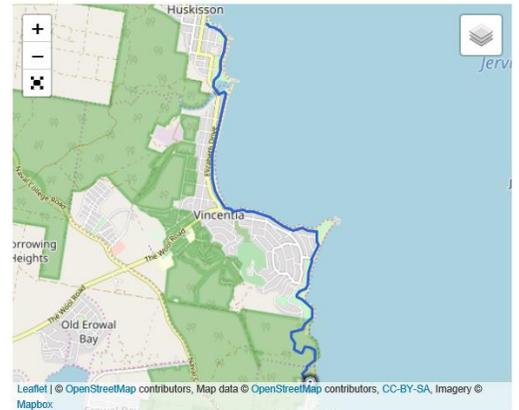


Welcome to the Timberhills private property owned by the McKinnon family. Timberhills has a cross country course that is used by the Nowra Athletics Club and has hosted the NSW State Cross Country Championships. The course delivers picturesque farmland and bushland, complete with friendly bulls, and interesting and challenging terrain, including variations and undulations. This is also a perfect stage for spectators, with the start and finish lines located in the same place. Spectators will be able to watch and cheer the runners as they complete two laps of the 5km course.

**Terrain: Single trail cross country course**

## Stage 8: Coastal Finish (10km)

<b>Start</b>	Cyrus Street, Hyams Beach NSW
<b>Sign-in</b>	2:45pm
<b>Start</b>	3:00pm
<b>Finish Cut-off</b>	4:15pm
<b>Finish</b>	White Sands Park, Huskisson NSW



The final stage starts on the main street of Hyams Beach Village. After a short circuit of the village you follow the White Sands track that travels along the Jervis Bay coastline. Fresh sea breezes and views of the Bay accompany you as you head past Chinamans, Greenfield and Blenheim beaches. The track emerges on to the coastal bike path which leads you all the way to the finish at White Sands Park in Huskisson. Enjoy the welcoming cheers of all the supporters as you cross the finishing line and complete the Capital to Coast.

**Terrain: Bitumen roads to start, single trails, some beach, bike paths**

## Presentations

At the completion of Stage 8, at approximately 4:00pm, we will hold presentations. There are prizes and special medals for:

	Individuals	Pairs	Teams (3/4)
<b>First</b>	Female Male	Female Male Mixed	Female Male Mixed
<b>Second</b>	Female Male		
<b>Third</b>	Female Male		

Winners will receive prizes courtesy of our Sponsors.

# Sponsors

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