
From: Capital to Coast <capitaltocoast@hotmail.com>
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To: Happy Runner
Subject: Capital to Coast Newsletter Edition 1



CAPITAL TO COAST 100KM



FROM OUR RACE DIRECTOR.....

Edition 1 2021

We are excited to announce the Capital to Coast 100km multistage trail event is coming back in 2021 better than ever before!

Don't miss out on this very special multistage 100km trail running experience....save the date 27-29 August 2021.

Planning for the 2021 event began last year and is in full flow now at event headquarters. We have a number of exciting changes in store for 2021, including fantastic new trails and experiences to make you smile, and of course, new merchandise to wear with distinction. We are also committed to your safety and to the safety of our regional communities, so we will be ensuring we deliver a responsible and safe event.

Details are available now on our website www.capitaltocoast.com.au. I encourage you to visit the website regularly to catch up on the latest news and updates.

You are receiving this newsletter because you participated in the Capital to Coast multistage event in 2019 or have previously subscribed to our newsletter service. **If you wish to continue to receive C2C newsletters please ensure you visit the C2C [website](#) and [re-subscribe to get future newsletters](#).**

I look forward to welcoming you to the Capital to Coast 2021.

See you on the trails,

Doug

Race Director

What is the Capital to Coast?

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

The event consists of a prologue on the Friday, four stages on Saturday and a further four stages on Sunday. In 2021, the event is taking place on 27-29 August.

Stages range between (approximately) 7km and 16km in length and include a range of elevation and terrain.

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



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