
From: Capital to Coast <capitaltocoast@hotmail.com>
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To: Happy Runner
Subject: Capital to Coast Newsletter Edition 2



FROM THE RACE DIRECTOR.....

Edition 2 2021

Hi everyone,

Welcome to the second newsletter for the Canberra Runners Capital to Coast Trail Race 2021.

Check out the new C2C 2021 t-shirts!! Yep, the designs are in and the manufacturers are busily working away. This can only mean one thing, registrations are open! As you can imagine, this year has

involved a little bit more planning and preparation but we are well on the way with new courses being sourced and COVID-safe plans getting finalised.

Early bird registrations for the 2021 event are open until 30 June 2021. But I would strongly suggest you don't wait until then! Registrations are coming in thick and fast, particularly in our team categories. Numbers are capped so get your crew together and register now so you don't miss out. And don't forget there are discounts for Canberra Runners members. Head to the website for more details www.capitaltocoast.com.au

This edition of the newsletter provides information on how to enter the 2021 event, some details around our COVID safe measures and puts the call out for those who want to get their hands dirty and assist in one of our many volunteer roles. Don't forget to subscribe for future newsletters via the [website!](#)

It's going to be great!

Happy trails,

Doug R

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. The event is taking place on 27-29 August 2021.

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.



Registrations are now open

Early bird registrations are now open via [RegisterNow](#). In order to manage runners on the road, we have to cap numbers of participants so make sure you get in early so you don't miss out. Entries close on 20 August 2021 or when we reach the cap.

You can enter as a solo-ist, as a team of two, three or four. It is up to you! Make a weekend of it with family or friends. Pricing is outlined on the website under [Event Fees](#), with discounts for

Canberra Runners members. And don't forget to decide on a memorable team name!

An important tip for those charged with managing your team - RegisterNow requires completion of all team details before a team is considered registered. You will be sent a link that you can forward to your teammates to register their details. Or you can register and pay for the entire team yourself. Once your team details are complete, you can finalise your registration, including any outstanding payments.

All entries come with a 2021 edition event t-shirt. The t-shirts are very popular and are a lightweight design, just right for trail running. So don't forget to ask your team mates their t-shirt size before you register!

Any questions, drop us an email!



COVID-19 and this year's event

COVID has played a big part in our preparations for this year's event. We have a COVID Management Plan that outlines the steps we are taking to ensure we can deliver a safe and responsible event. The plan will be updated as required in the lead up to the event to reflect changing circumstances in both ACT and NSW. Part of our strategy is to ask participants for their cooperation in taking steps necessary to look after their health and the health of others.

Most of the strategies will be familiar to people, contact tracing via QR codes, sanitising stations, not attending if you are feeling unwell and 1.5m physical distancing. As noted, the number of participants will be capped to ensure we comply with council regulation. We also ask that you monitor regional health advice and ensure you check in at any of the local businesses that you may frequent on your way from one stage to the next.

Updates to the management plan will be communicated via the website and social media so make sure you and your team members stay connected.

Volunteers? Oh yeah!

We are putting together a great guide for volunteers! It will make sure you have all the information you need to help out a little or a lot. There are a bunch of different roles that you or your friends and family can take on and really feel as though you are part of the C2C event. Registrations for volunteers will be open soon via RegisterNow. Drop us a line via capitaltoacoast@gmail.com if you are

interested in volunteering and stay tuned to the newsletters and our socials for more information!



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