



## FROM THE RACE DIRECTOR.....

Edition 1

Hi everyone,

Welcome to the Capital to Coast 100km multistage trail event for 2023! We are very excited about bringing this very special multistage 100km trail running experience back to Canberra and the South Coast and look forward to seeing you all on the last weekend in August, Friday 25 to Sunday 27 August 2023. Early bird registrations close on 14 July so make sure you check out the [website](#) for information on how to enter.

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Planning for the 2023 event has been underway for some time and your C2C committee has been hard at work, testing new trails and working behind the scenes to make sure we deliver a fantastic event in 2023. And we have new initiatives to announce, including a couple of social runs to help people find teammates, or support crew, for the weekend. In the meantime, get your crew together and work out who likes the technical terrain, who loves a punchy hillclimb, who wants a short and sharp stage and who likes a forest meander. We can't wait to show you what we have in store!

Further information on how you can register to volunteer and details regarding a dinner option for Saturday night will be provided in future editions of this newsletter.

You are receiving this newsletter because you have subscribed to our newsletter service. Further details are available on our website [www.capitalto coast.com.au](http://www.capitalto coast.com.au). I encourage you to visit the website regularly and stay up to date via our socials for the latest news and updates.

I look forward to welcoming you to the Capital to Coast 2023.

See you on the trails!

Doug

Race Director

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## What is the Capital to Coast 100km Multistage Trail Race?

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, finishing on the beach.

Stages range between (approximately) 10km and 16km in length and include a

runners.

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## Find your tribe!



We are happy to announce the introduction of C2C social runs. Social runs are informal and give runners the opportunity to ask questions of some of the C2C Committee and maybe even find a team mate. We will be joining the Canberra Runners TTS crew for our next social run on Saturday 8 July 2023. Stay for an egg and bacon roll afterwards and chat to some past C2C participants. No need to register! Just come along! We look forward to seeing you!

Where: Yarralumla Dog Park

When: Saturday 8 July, 7:00am

What: Download GPX [here](#).

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## 2023 Merch!

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Check out the 2023 t-shirts! All entries come with a 2023 event t-shirt but make sure you register by the early bird cut off to secure your size. The t-shirts are very distinctive, and are a lightweight design, just right for trail running. Based on your feedback, we have made some tweaks so the fit is new and improved. Don't forget to ask your team mates their t-shirt size before you register!

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## Accommodation

For those of you joining us for dinner on Saturday night and are looking for accommodation, there are a number of fantastic options in and around the Braidwood region. Visit the Braidwood Visitor Information Centre or check out their [website](#) for places to stay and things to see and do.

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