

# **EVENT GUIDE**

## **25 - 27 AUGUST 2023**

# TABLE OF CONTENTS

EMERGENCY CONTACTS .....	3
EVENT SCHEDULE.....	4
Overview .....	5
Course .....	6
Volunteers .....	6
Event Safety .....	6
Participant Safety .....	6
Communication .....	7
Equipment.....	7
Road and traffic management .....	8
General Rules.....	9
Registration .....	9
Timing .....	9
Prizes .....	9
Age Limits .....	10
Outside Assistance.....	10
Vehicles .....	10
Audio Devices .....	10
Registration Changes.....	10
Refunds/Cancellation .....	10
Environmental Policy.....	11
Travel and Accommodation .....	11
Merchandise .....	11
PROLOGUE - Capital Start - 10km .....	12
The course .....	13
STAGE 1 - Molonglo Gorge – 10km .....	14
The course .....	15
STAGE 2 - Glenburn Heritage – 12km .....	16
The course .....	17
STAGE 3 - Tallaganda – 14km.....	18
The course .....	19
STAGE 4 – Braidwood Showgrounds - 10km .....	20
The course .....	21
STAGE 5 - Mongarlowe River – 15km .....	22
The course .....	23
STAGE 6 - Old Nelligen - 10km .....	24
The course .....	25
STAGE 7 - Deep Creek Dam - 8km .....	26
The course .....	27
STAGE 8 - Coast Finish - 12km .....	28
The course .....	29

## EMERGENCY CONTACTS

Name	Email	Mobile	Role
Doug Richards	<a href="mailto:c2c@canberrarunners.org.au">c2c@canberrarunners.org.au</a>	0416 161 971	Race director
Justin Jarvis	<a href="mailto:Justin.jarvis@canberrarunners.org.au">Justin.jarvis@canberrarunners.org.au</a>	0404 460 568	Course director
Nerida Dyne	<a href="mailto:Nerida.dyne@canberrarunners.org.au">Nerida.dyne@canberrarunners.org.au</a>	0417 657 927	Course director
Brian Jones	<a href="mailto:Brian.jones@canberrarunners.org.au">Brian.jones@canberrarunners.org.au</a>	0413 131 303	Stage area manager

THIS DOCUMENT IS CURRENT AS OF 14 AUGUST 2023. FURTHER UPDATES ARE NOT EXPECTED BEFORE RACE DAY. ANY FURTHER CHANGES WILL BE COMMUNICATED VIA THE WEBSITE [WWW.CAPITALTOCOAST.COM.AU](http://WWW.CAPITALTOCOAST.COM.AU) AND SOCIAL MEDIA.

IT IS RECOMMENDED THAT YOU PRINT A COPY OF THIS EVENT GUIDE (OR AT LEAST THE MAPS FOR START/FINISH AREAS) AS SOME AREAS HAVE LIMITED PHONE COVERAGE. PARTICIPANTS SHOULD ALSO HAVE THE RACE DIRECTOR'S PHONE NUMBERS (above) SAVED IN THEIR PHONES.

# EVENT SCHEDULE

Stage	Name	Check-in	Start	Cut-off	Distance	Course	Map
<b>Registration and bib collection@ Stromlo Forest Park</b>							
<b>Prologue</b>	Capital Start	<b>from 3:00pm</b>	3:45pm	5:00pm	10km	Loop	<a href="#">Stromlo Forest Park, ACT</a>
<b>Stage 1</b>	Molonglo Gorge	<b>6:30am</b>	6:45am	8:05am	10km	Loop	<a href="#">Molonglo Gorge Nature Reserve, Kowen, ACT</a>
<b>Stage 2</b>	Glenburn Heritage	<b>9:00am</b>	9:15am	10:45am	12km	Loop	<a href="#">Glenburn Heritage Precinct, Kowen ACT</a>
<b>Stage 3</b>	Tallaganda	<b>12:15pm</b>	12:30pm	2:15pm	14km	Loop	<a href="#">North Black Range Firetrail, Forbes Creek, NSW</a>
<b>Stage 4</b>	Braidwood Parkrun	<b>3:45pm</b>	4:00pm	5:15pm	10km	Loop	<a href="#">Braidwood Showground, Braidwood, NSW</a>
<b>Dinner@Smokey Horse in Braidwood. Prebookings required via Eventbrite</b>							
<b>Stage 5</b>	Mongarlowe River	<b>6:30am</b>	6:45am	8:40am	15km	Loop	<a href="#">River Forest Road, Monga, NSW</a>
<b>Stage 6</b>	Old Nelligen	<b>10:15am</b>	10:30am	11:45am	10km	A to B	Start: <a href="#">Old Nelligen Road, Nelligen, NSW</a> Finish: <a href="#">Lookout Road, Benandarah, NSW</a>
<b>Stage 7</b>	Deep Creek Dam	<b>1:00pm</b>	1:15pm	2:15pm	8km	Loop	<a href="#">Deep Creek Dam Road, Mogo, NSW</a>
<b>Stage 8</b>	Coast Finish	<b>3:15pm</b>	3:30pm	5:15pm	12km	A to B	Start: <a href="#">Hibiscus Close Reserve, Maloney's Beach.</a> Finish: <a href="#">Mills Beach, South Durras, NSW</a>
<b>C2C 2023 Presentation @ Mills Beach</b>							



# Overview

The original Capital to Coast event ran from 2012 to 2016 and was managed by the Nowra Athletics Club on the south coast of New South Wales. The event was a favourite of many athletes from around the region, due to the unique nature of completing multiple stages over three days, the opportunity to explore the spectacular surrounds and the fantastic event atmosphere. The event was not held in 2017 and 2018.

In mid-2018, the then YMCA Canberra Runners Club first floated the idea of reinvigorating 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 their dedication and commitment, and the support of the club, the Capital to Coast was again held in 2019. As a small event, 2020 and 2021 proved to be a significant challenge, with the south coast region still recovering from the devastating bushfires in the summer of 2020, coupled with the uncertainty posed by the COVID-19 pandemic; despite best efforts, the race could not be held. We were back in 2022 and the event gave us all the feels, exploring the amazing places that connect Canberra with the NSW South Coast.

The Capital to Coast event is a uniquely special event on the running calendar. It is ultimately a trail event with nine stages ranging from 8-15km totaling 100km, held over three days. It covers a range of terrain and distances and gives teams an opportunity to be strategic in how they use their strengths. The varied terrain provides a fun challenge for all kinds of runners, whether you are an experienced ultrarunner, a first time ultramarathoner or just looking to have a fun weekend away with a group of family or friends.

This Event Guide has been put together to assist participants, spectators, volunteers, and support crew in preparing for the weekend. It covers the Schedule, Race Rules, and provides an overview of each Stage. Please ensure you are familiar with this Event Guide to ensure you understand your requirements and responsibilities. This goes to participants, volunteers, spectators, and support crew - we all have a job to do to make sure the event runs smoothly.

The scenery from Canberra to the South Coast is magical and we hope that you get to enjoy all that the region has to offer. There are some amazing local artisans and foodies who are ready and willing to welcome you with open arms. Make sure you find time to grab a coffee or breakfast, explore the towns and the region and make it a weekend to remember.

As we pass from Canberra to the coast, it is important that we acknowledge Ngunnawal, Ngarigo and Yuin people as traditional custodians of the lands on which we run and recognise other people or families with connection to the lands of the region. We look forward to greeting you on the trails of Capital to Coast 2023!



## Course

The staged race consists of a prologue on Friday afternoon, four stages on Saturday and four stages on Sunday. Solo participants must complete all nine stages to qualify for a finish; relay teams must have a runner complete the prologue and each of the eight stages. Multiple members of relay teams may participate in the prologue, but the team must nominate the team member whose time will count prior to the start of the prologue.

The Race Director reserves the right to alter or cancel a stage of the event for any reason including but not limited to extreme weather, fire danger or authority approvals.

## Volunteers

This event is only made possible with the assistance of volunteers. Volunteer roles include marshalling vehicles, checking in runners, setting up the start area, manning drink stations, directing runners and packing down the finish area. Please follow the instructions of those volunteer coordinators who are here to help make your experience more enjoyable.

If you have a support crew coming along, why don't you encourage them to volunteer? It is a great way to get involved and to share the experience. The roles are straightforward and do not stop you from supporting your runner or participating in the previous or next stage. Please see [www.capitaltocoast.com.au/volunteers](http://www.capitaltocoast.com.au/volunteers) for a more detailed description of each role and how to register. All volunteers must be adults, and all children must be accompanied by a parent/guardian.

## Event Safety

### Participant Safety

Runners are responsible for their own safety, and must provide assistance, when required, out on the course. Seek assistance from first aid and medical crew, event organisers, volunteers, and fellow runners if you need help.

If a runner is in serious difficulty on the course, the next runner is to stop and provide assistance. The following runner is to proceed to the nearest race official and alert the race team that assistance is required.

The event has qualified first aid and medical assistance at the start and finish area of every stage. There will also be limited medical assistance out on the course roaming each stage. For emergencies, please call triple zero 000 in the first instance, and alert the Race Director when possible.



It is strongly recommended that solo runners have a support crew for assistance over the weekend. A range of factors can diminish decision making capabilities and support crew will ensure that solo runners are able to enjoy and celebrate their achievement.

The Race Director (and his/her delegates) have the authority to remove any runner from the race if they feel that the continued participation of the runner presents a significant risk to the health and safety of the runner, other participants, event staff, other members of the event support or entourage, or the general public.

### Communication

The stage hubs, prior to the beginning/end of any stage, will be communication central. A race briefing will occur prior to the start of each stage and race personnel, including a Race Director, will be available to answer questions. The briefing will include any updates to the stages due to weather or other circumstances and other information that may be relevant to any of the stages. Messages may also be circulated via the Capital to Coast social media channels and email if required and where available.

### Support crew

It is imperative that support crews familiarise themselves with this document and it is advised that support crews attend the Friday night prologue briefing prior to the start. Participants should estimate how long each leg will take so that support crews can be in position at the end of each stage. Crews should familiarise themselves with all rules set out in this event guide. Everyone involved with the event must comply with instructions from race directors at all points along the event route and its access, or risk disqualification of their runner. Crews may meet their runner or assist them only at checkpoints. Competitors will be held responsible for the actions of their crews.

### Equipment

There are no mandatory gear checks for Capital to Coast. You are responsible for choosing the clothing and equipment that is appropriate for each stage. We recommend you consider weather, terrain, fatigue, and distance for each stage when choosing your clothing, equipment, hydration, and nutrition. As the event takes place over multiple days, times, and locations, we recommend you prepare options to manage different conditions.

The course includes national parks, public roads, and private property. You are responsible for taking all rubbish (e.g., 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 for each stage over 8km. The water station will provide water only. **A “no cup” policy** applies, and runners will need to carry their own cup or drinking container to drink.



While phones are highly recommended (with the Race Director's phone number saved - 0416 161 971) please note that coverage is highly variable in some areas, and you may want to consider alternative modes of communication.

### Road and traffic management

Participants, spectators, and volunteers need to be aware of the following.

- The stages are on trails, roads and facilities that are open to the public. Please be considerate of locals and others that are using the area and drive to local conditions.
- A temporary carpark at Stromlo Forest Park has been set up. Participants are asked to familiarise themselves with the new carpark arrangements and plan accordingly to ensure they arrive in time for the start of the Prologue on Friday.
- The route leading to the start of Stage 3 includes a section of fire trail that has been subject to erosion in the past. It has been graded in recent months but there are still possible water crossings. Participants should consider carpooling and should always drive to conditions.
- Several stages of Capital to Coast are located adjacent to public roads and local traffic. While efforts will be made to highlight to drivers that runners are in the vicinity, entrants are responsible for their own safety. Runners are to run on the right-hand side of the roads and firetrails whenever possible and to give way to all traffic.
- At each of the start/finish locations, areas will be identified for carparking in accordance the local council requirements. Please follow the instructions of the marshal who will direct you to the carparking areas. Please do not park in a way that blocks traffic, prevents access to the stage or by double parking.
- The stages will be marked with cones. We recommend familiarising yourself with the stages beforehand to minimise the possibility of running off course (see pages 14-31 below). There will be marshals on some stages to point you in the right direction, but they will not be at every corner and intersection.
- Travelling between stages requires private vehicles to stop at 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 for each stage will be clearly marked.
- Travelling between stages will be on firetrails and in remote locations. Participants should always drive to the conditions and consider alternatives where roads/conditions are hazardous. Conditions may include falling branches.



# General Rules

Any runner, non-competing participant or support crew member found in breach of the race rules or otherwise behaving inappropriately may result in the disqualification of the associated runner / relay team at the discretion of the Race Director.

## Registration

Event registration will occur at the Prologue stage from 3pm on Friday 25 August.

The team captain (or their delegate) can register their team and pick up their team pack at the Prologue registration. The team pack will contain bibs, t-shirts (for early bird entrants), an ankle timing chip (for prologue runner only), and other information. It is the responsibility of the team captain to ensure these items are passed on to the rest of their team. Team packs not collected at Prologue will be available for collection at the beginning of Stage 1 on Saturday morning.

## Timing

Each runner participating in a stage must sign in at the check-in table before commencing each leg. Each runner must also ensure they have been recorded as finishing the stage.

Each runner will receive their own personal timing chip which will be attached to their bib. The timing chips for each individual in a team will be assigned to the same team number. The bib and timing chip MUST be worn throughout the stage from the start to the finish. Failure to wear your timing chip will be treated as a DNF for that stage – so please double check before the start of every stage. “No Chip, No Time” is the policy. If you lose your bib and timing chip, please let the Race Director know on 0416 161 971 or advise the timing official.

Time limits at the end of each stage will be strictly enforced to allow race infrastructure to be moved to the next stage. Runners (or relay teams) who fail to meet time limits can participate in subsequent stages but will not be given an official finish. Runners are responsible for ensuring that they are present at the start line (and have signed in) at the advertised start time for each stage – late starts will not be permitted.

The Race Director reserves the right to adjust start times and time limits if required. Any changes will be notified to all participants.

## Prizes

Solo and team placement will be determined by total elapsed time across all nine stages. Prizes will be awarded in the following categories: solo female, solo male, female pair, male pair, mixed pair, female team (3 or 4 members), male team, and mixed team.



### Age Limits

All solo entrants must be at least 18 years of age at the time of the event. All participants in relay teams must be a minimum of 15 years of age. All relay teams must include at least one adult (18+). Runners under the age of 18 must have the consent of a parent or guardian in order to participate.

### Outside Assistance

Runners are to remain on the designated course – if a runner leaves the course for any reason, they must re-enter the course at the same point as where they left the course. Runners may not receive external assistance between the start and finish of a stage except at designated aid stations, from first aid officers or in emergency situations. Only one runner from a relay team is permitted to be on course during any stage (except the prologue) – no pacing / bib muling and no changing relay runners during a stage.

### Vehicles

No runner support or entourage vehicles are permitted on course during the staging of a leg unless at the instruction of the Race Director. All vehicles are to drive to conditions and obey applicable road laws.

### Audio Devices

The use of audio/music players with headphones is at participants' discretion. They should be used in a sensible and safe manner so that you always remain aware of your surroundings.

### Registration Changes

Solo entries may be exchanged, and relay teams may change membership prior to the close of entries. An administration fee of \$20 applies to all changes. No changes will be permitted following the close of entries.

### Refunds/Cancellation

Withdrawals prior to early bird closing, (midnight on Friday 14 July 2023) will receive a refund of 50% of their entry fee. Subsequent withdrawals will forfeit 100% of their entry fee.

In the event of cancellation of the Capital to Coast, your registration fee will be refunded less sunk costs. Due to the complex approval and logistics, if the event is unable to take place on the scheduled weekend, there is no provision for the event to be postponed.

## Environmental Policy

We aim to keep our environmental impact light, keeping in mind that we are visiting national parks and areas that don't typically see a lot of visitors. The event is conducted on private property, forestry roads, in national parks and on council land. There is a strict "no litter" policy. There are rubbish bags provided at the start, finish, and aid stations (where applicable) for use.

Water will be provided at aid stations. Aid stations will be present along all stages longer than 8 kilometres and at the finish line of all stages. **A "no cup" policy** applies, and runners are expected to carry their own drink containers for use at aid stations. There are no provisions for individual drop bags at the aid stations.

Pets are not permitted - domestic animals aren't permitted in National Park areas.

## Travel and Accommodation

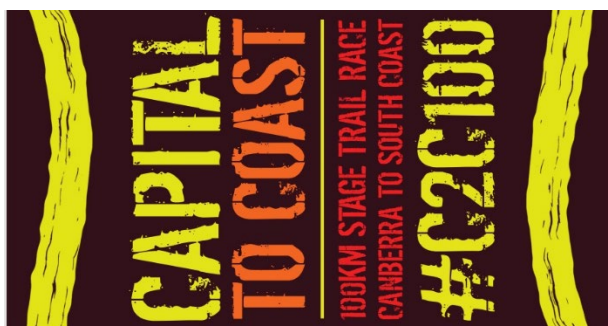
The nature of Capital to Coast event raises logistical challenges. You will require access to a vehicle to take part in this event. Most stages are a loop course with the finish and start at the same location but there are a couple of point to points, which require arranging for participants to be dropped off and picked up at the finish.

At some stages, car parking will be at a premium and while we will have car park marshals, you may be required to walk to the start. Please ensure you factor in enough time to make it to the start line in time. We ask teams to ride share to minimise the number of cars (e.g., a team of four in one car) where possible.

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

## Merchandise








Every entrant gets a free t-shirt. Those that register by early bird will be guaranteed to receive their t-shirt at the event with collection at the Prologue (together with your bib). The t-shirts are lightweight CoolDry fabric which is highly breathable while offering adequate sun protection. Participants will also receive an exclusive one-of-a-kind buff.



# PROLOGUE - Capital Start - 10km

## Ngunnawal Country



	<b>Checkin and bib pickup - from 3:00pm</b>
	Start - 3:45pm
	Finish (Cutoff) - 5:00pm
	<a href="#">Start/Finish</a> (Google Maps) – on the cross country course
	20 mins drive from Canberra city centre
	Parking at the start/finish (Stromlo Forest Car Park). <b>NB Note temporary carparking arrangements apply. Parking behind Handlebar café is via Mount Stromlo Road.</b>
	Visit <a href="#">Handlebar</a> for food and drinks

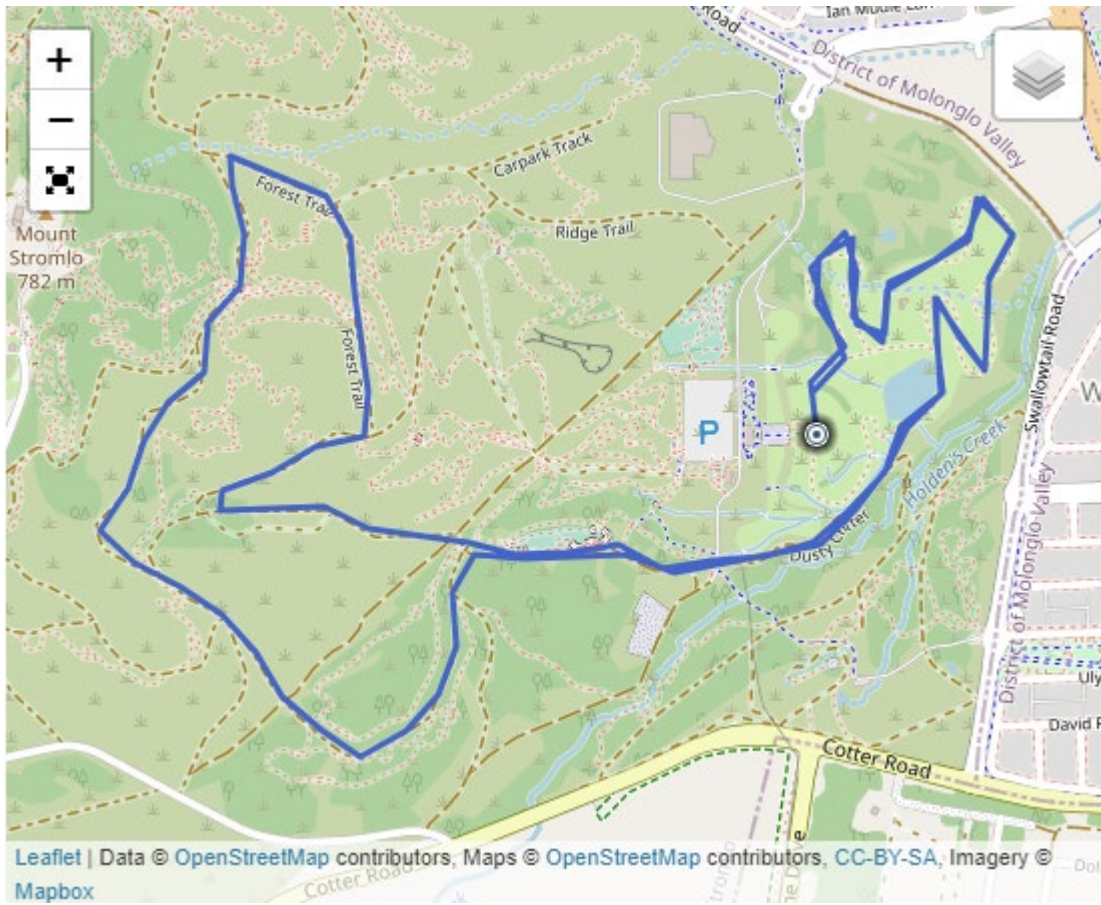
Where better to launch Capital to Coast than Canberra’s Stromlo Forest Park, the heart of the trail running community in Canberra. This loop course makes use of the grass cross country running track with an up and down fire trail section in the middle that visits the base of the Mt Stromlo.

**Note:** Temporary traffic arrangements are in place during the construction of the main carpark. Please visit the [Stromlo Park website](#) to assist in planning your visit and to ensure you arrive before the start of the prologue. **A section of the road from Mount Stromlo road to the carpark will be closed to cars while runners are on the track.** Please follow the direction of marshals at all times.

**Terrain:** Grass track and firetrails

The course







[Click to download GPX file](#)



# STAGE 1 - Molonglo Gorge – 10km

## Ngunnawal Country



	<b>Check in - from 6:30am</b>
	<b>Start – 6:45am</b>
	<b>Finish (Cut-off) - 8:05am</b>
	<b>Start/Finish at Molonglo Picnic Area (Google Maps)</b>
	<b><a href="#">20 mins drive</a> from Canberra city centre</b>
	<b>Parking at the start/finish (Molonglo Picnic Area)</b>

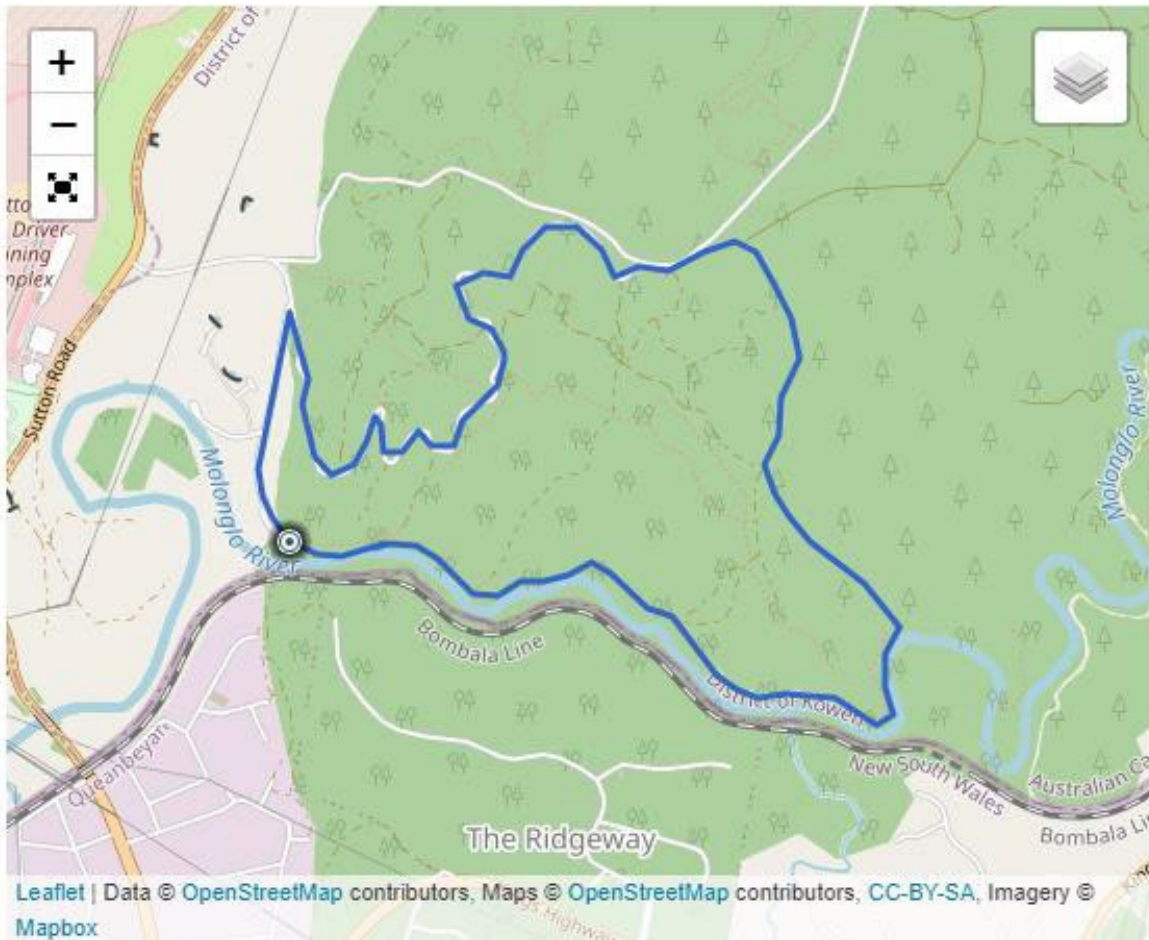
Lace up your best trail shoes and get ready for a very special stage, millions of years in the making, in the Molonglo Gorge Nature Reserve. The first half of the stage ascends gently up the fire trail and into the pine forest. The second half picks up the single track that follows the rocky high side of the gorge all the way along the river and back to the picnic start/finish area.

**Warning:** *The single track along the gorge is the most technically challenging section of the event. Proceed with extra care and watch out for yourself and your fellow runners. We have allowed a generous cut-off for this stage. Please slow down a little, it may take longer but you'll enjoy it more.*

**Terrain:** Firetrails and rocky technical single track

The course

[Click to download GPX file](#)



# STAGE 2 - Glenburn Heritage – 12km

## Ngunnawal Country



	<b>Check in - from 9:00am</b>
	Start – 9:15am
	Finish (Cut-off) – 10:45am
	<a href="#">Start/Finish</a> at Canberra International Clay Target Club (Google Maps)
	<a href="#">15 mins drive</a> from Stage 1, along Sutton Rd and Yass Rd, turning left onto Kings Hwy
	Parking at the start/finish (Canberra International Clay Target Club)
	Visit the town of Bungendore on your way to Stage 3

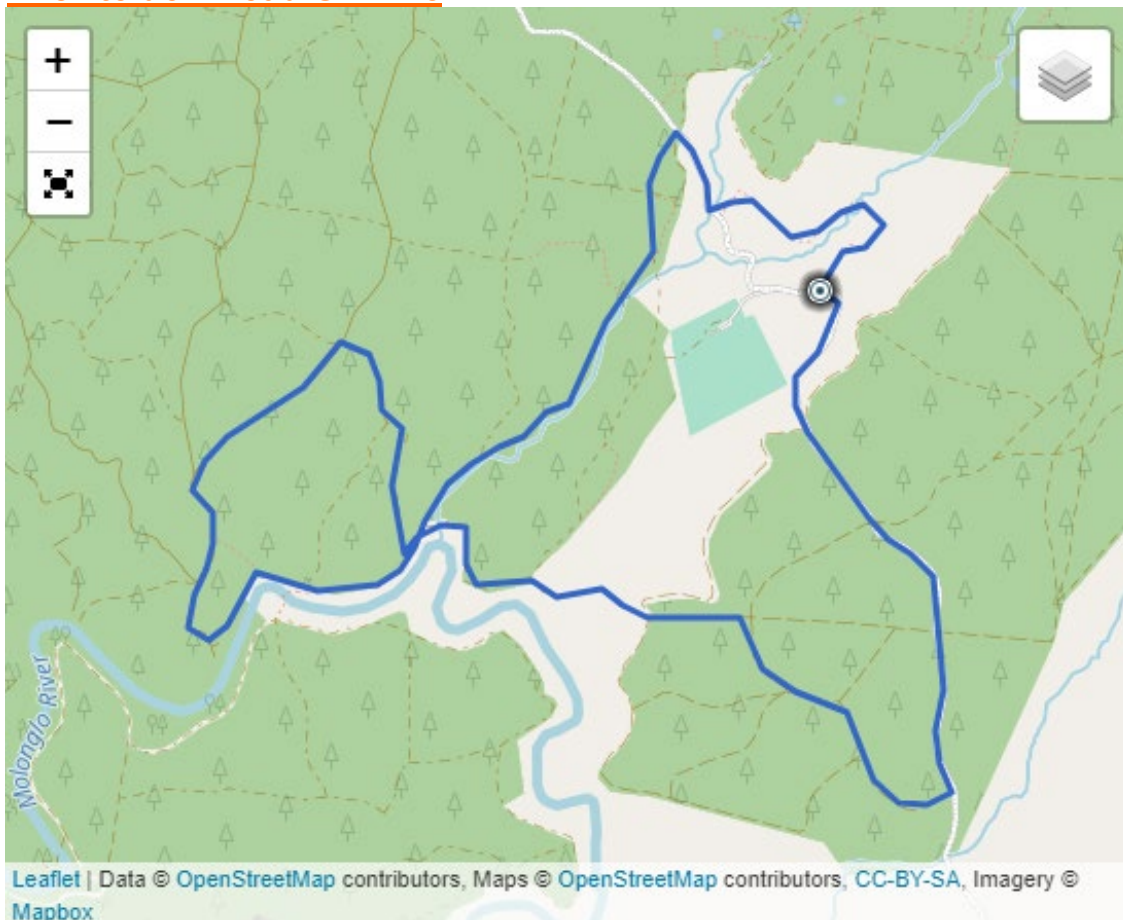
Welcome to the [Glenburn Heritage Precinct](#). First Nations people have travelled through and lived in this area for thousands of years, including the Moolinggoolah, a family group of the Ngunawal people, hence the name ‘Molonglo’. European settlers arrived in the 1800s and established the first small rural community here. The 12km Heritage Loop trail takes in this tranquil area and reminds us of the communities that once lived here.

**Terrain:** Dirt roads, firetrails, grassy trails, single tracks, small shallow creek crossings



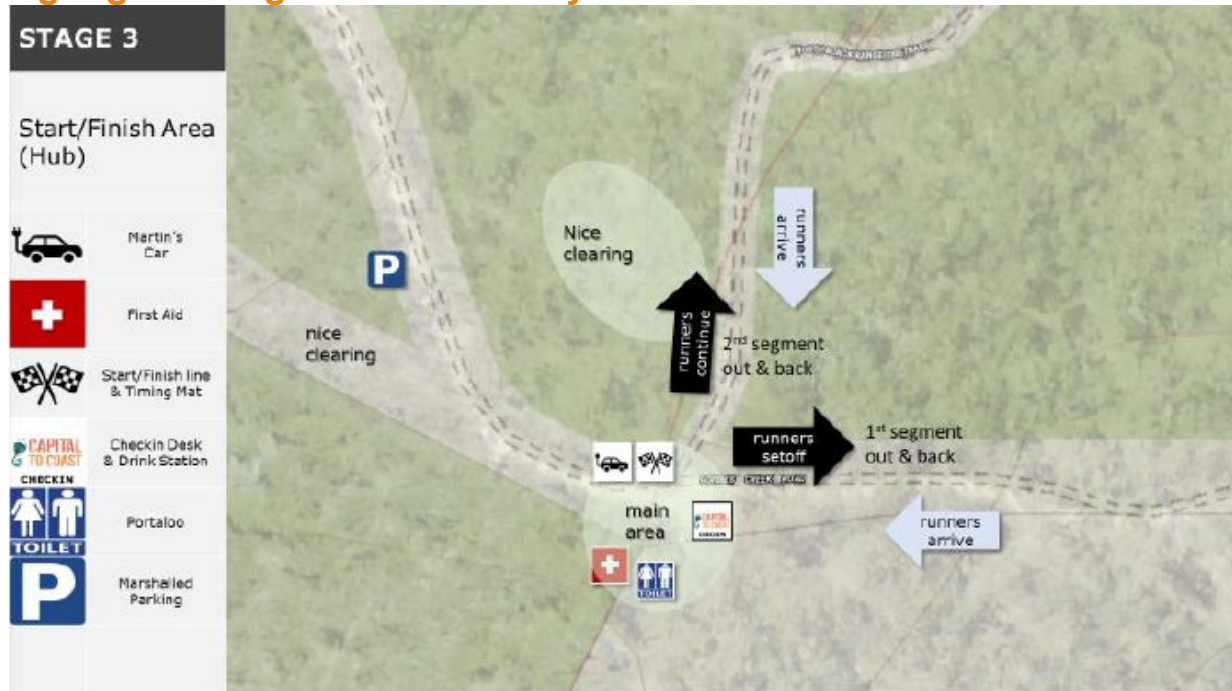
The course

[Click to download GPX file](#)



# STAGE 3 - Tallaganda – 14km

## Ngarigo and Ngunnawal Country



	<b>Check in - from 12:15pm</b>
	Start – 12:30pm
	Finish (Cut-off) - 2:15pm
	<a href="#">Start/Finish</a> (Google Maps), Forbes Creek Road
	<b>45 mins drive</b> from Stage 2, via Bungendore, then heading south towards Hoskinstown. <u>Highly recommend that you consider a 4WD or SUV for the drive inside the Tallaganda National Park.</u> The roads have been subject to erosion in the past and there may be some hazards.
	Parking along the firetrail near the start/finish. Follow the directions of marshals
	Visit the town of Bungendore

This is an out and back stage in Tallaganda National Park, first along Mulloon Firetrail and then North Black Range Firetrail. This is a beautiful area with granite boulders of all sizes scattered throughout the surrounding eucalyptus forest, a favourite spot for local climbers (boulderers). The stage includes crossing Mulloon Creek and concludes with a thrilling downhill finish.

**Terrain:** Firetrails

The course








[Click to download GPX file](#)



# STAGE 4 – Braidwood Showgrounds - 10km

## Yuin Country



	<b>Check in - from 3:45pm</b>
	<b>Start – 4pm</b>
	<b>Finish (Cut-off) - 5:15pm</b>
	<a href="#">Start/Finish</a>
	<a href="#">1 hour 10 minutes drive</a> to Braidwood if you exit the same way you entered Tallaganda National Park via Hoskinstown, Bungendore, and then Braidwood. <a href="#">50 mins drive</a> to Braidwood along the firetrail if you have a 4WD or vehicle with plenty of clearance.
	Parking at the showgrounds. Follow the directions of marshals.
	Visit the town of Braidwood. Join us for dinner and a beer at the <a href="#">Smokey Horse</a> .

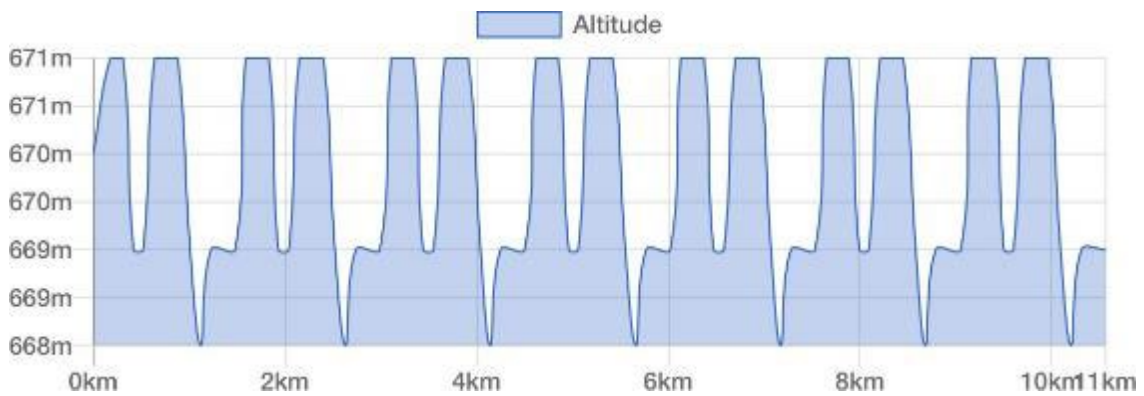
Welcome to historic Braidwood and the halfway point between Canberra and the South Coast. This stage makes use of the Braidwood Parkrun course at the showground to get us to 10kms and more than half way. A great way to finish the day before heading into town for some food and drink.

This is a new stage for 2023, one we hope will be great fun for runners and spectators alike. For runners, lace up your Parkrun treads and enjoy the spectator support. For spectators, a rare opportunity to watch and cheer the runners up close as they lap the showground.

**Terrain:** Trail path and grass

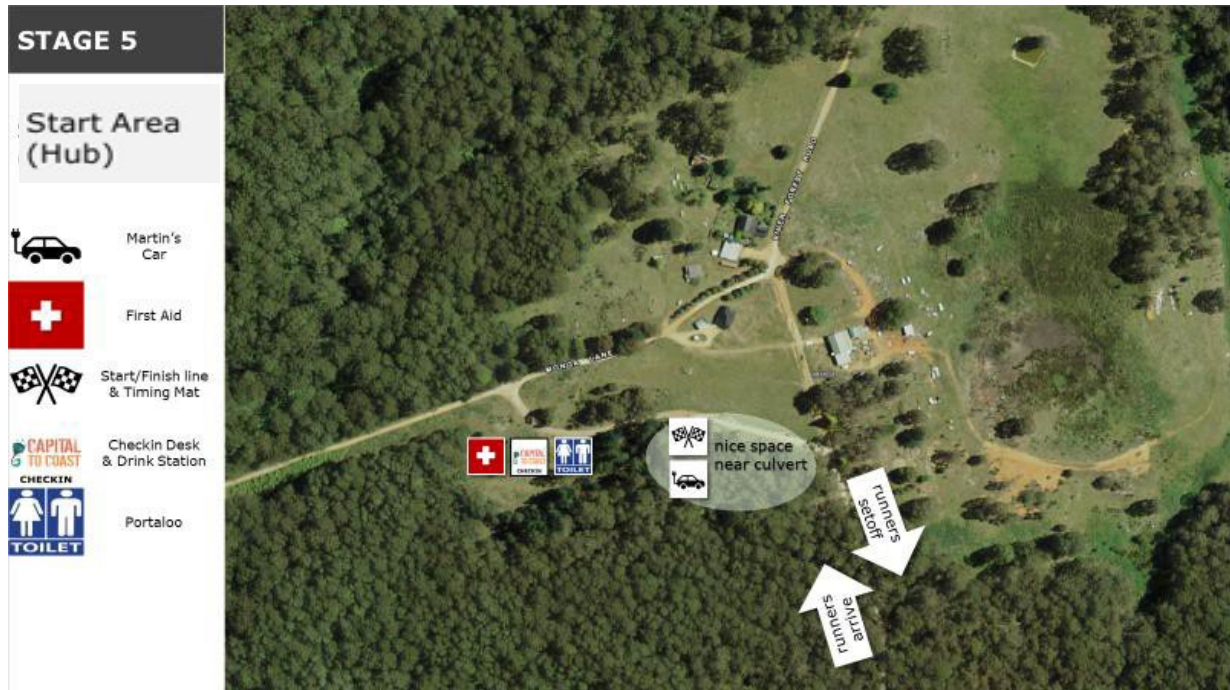
## The course

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# STAGE 5 - Mongarlowe River – 15km

## Yuin Country



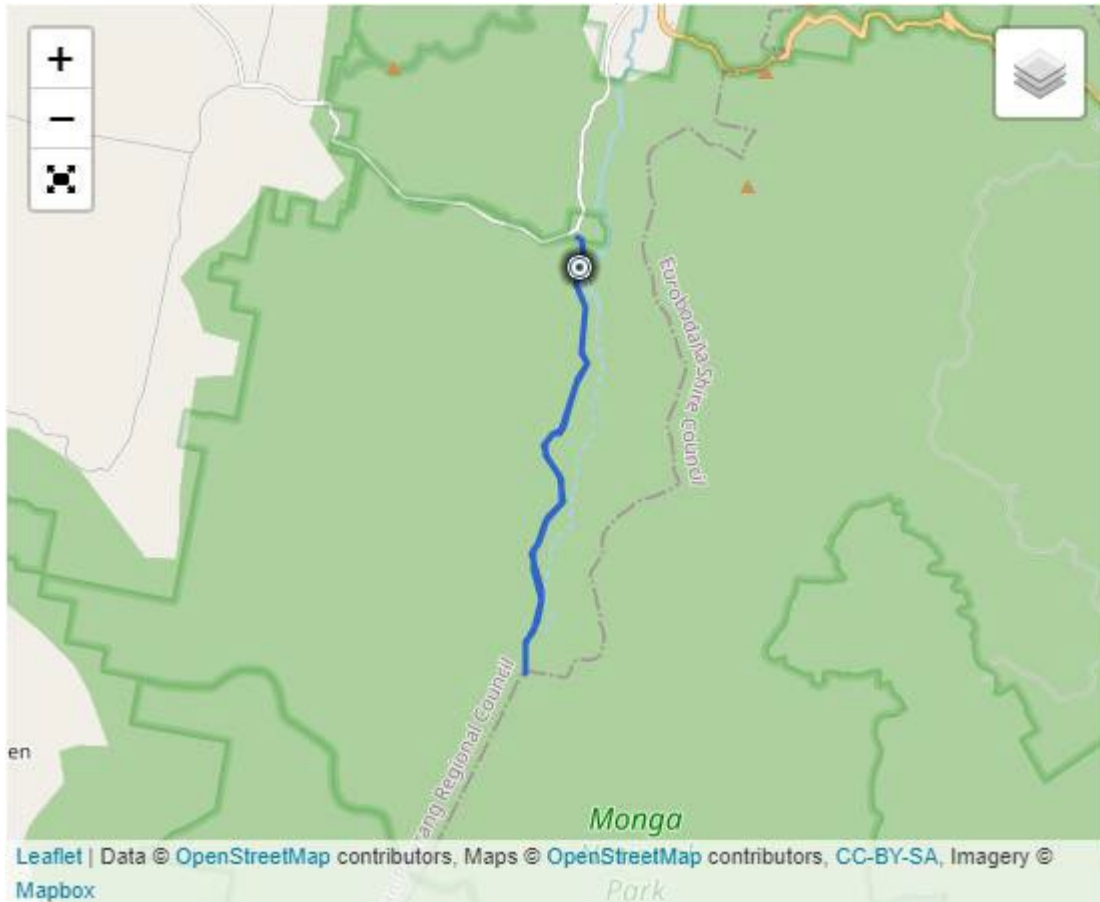
	<b>Check in - from 6:30am</b>
	Start – 6:45am
	Finish (Cut-off) - 8:40am
	<a href="#">Start/Finish</a> (Google Maps), intersection of River Forest Rd and Milo Rd
	<a href="#">25 mins drive</a> from Braidwood or <a href="#">45 mins drive</a> from Batemans Bay. Please enter the stage via Kings Hwy and River Forest Rd – <b>do not attempt to enter via Araluen Rd and Monga Lane!</b>
	Parking at the start/finish (Mongarlowe River Picnic Area)
	Stock up beforehand

This is an out and back stage from the Monga Village area in the Monga National Park south of Braidwood. The course follows River Forest Rd alongside the Mongarlowe river with flat and gently sloping sections and a small creek crossing. Have your cold weather gear ready for the early start although it can get humid in the forest. Breezes from the coast often generate low clouds that engulf the surrounding forest in what the locals refer to as the Monga Mist.

**Terrain:** Dirt roads, firetrails, small shallow creek crossings

The course

[Click to download GPX file](#)



# STAGE 6 - Old Nelligen - 10km

## Yuin Country



	<b>Check in - from 10:15am</b>
	Start – 10:30am
	Finish (Cut-off) - 11:45am
	Start at Old Nelligen Rd, and Finish at Lookout Rd, Benandarah (Google Maps)
	45 mins drive from Stage 5 via River Forest Rd and Kings Hwy and 15 mins drive to finish, via the outskirts of Bateman's Bay
	Parking on the dirt roads at the start and finish areas
	Visit the village of Nelligen

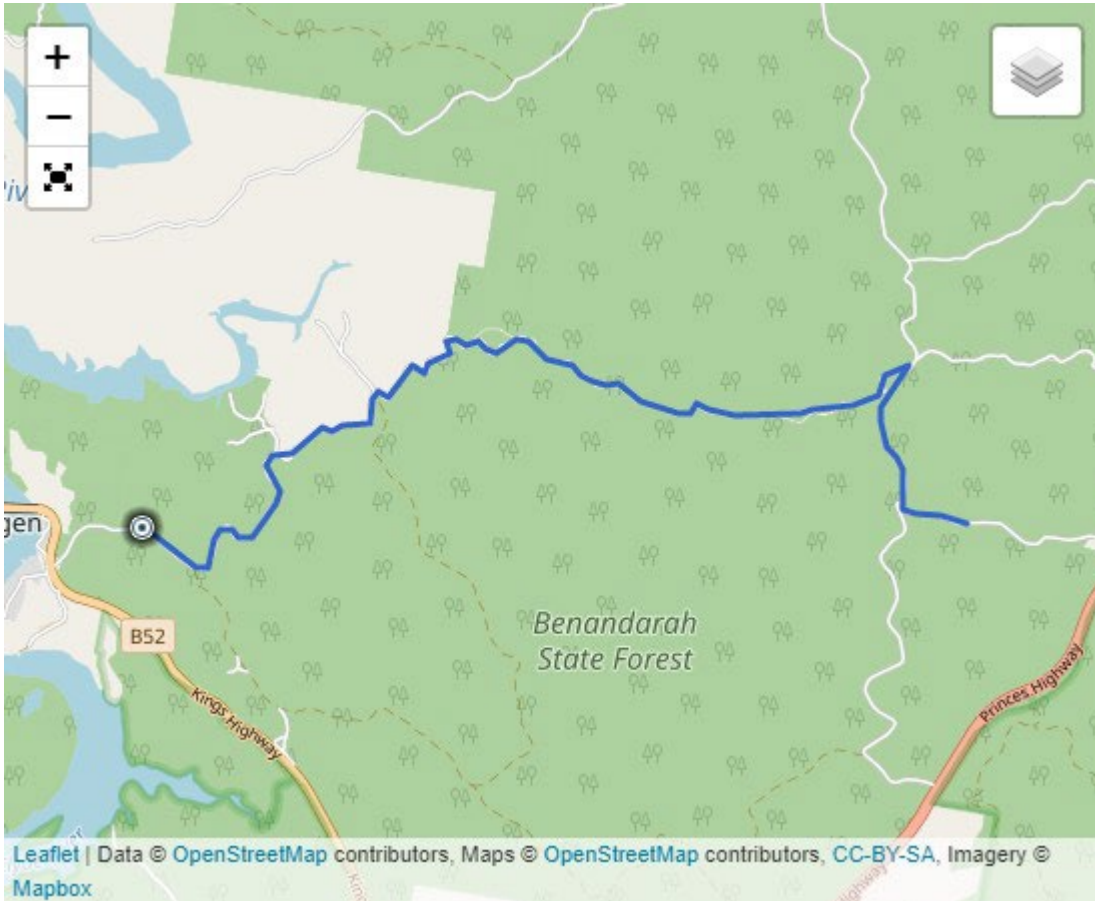
Starting on the outskirts of Nelligen village, this is a firetrail point to point run along Old Nelligen Road and Lookout Road. This stage has great views as it winds its way through farms and the Benandarah State Forest. The finish line is at the eastern end of Lookout Road near the Princes Highway.

**Terrain:** Firetrails, small shallow creek crossings



The course

[Click to download GPX file](#)



# STAGE 7 - Deep Creek Dam - 8km

## Yuin Country



	<b>Check in - from 1:00pm</b>
	Start – 1:15pm
	Finish (Cut-off) - 2:15pm
	<a href="#">Start/Finish</a> (Google Maps) at the end of Deep Creek Dam Rd
	15 mins drive from Stage 6 via Bateman's Bay
	Parking at the start and finish areas
	Visit the village of Mogo or The Garden Café at the Eurobodalla Regional Botanic Garden. The Garden Café is open until 3pm. Call 4471 2400 to book a table.

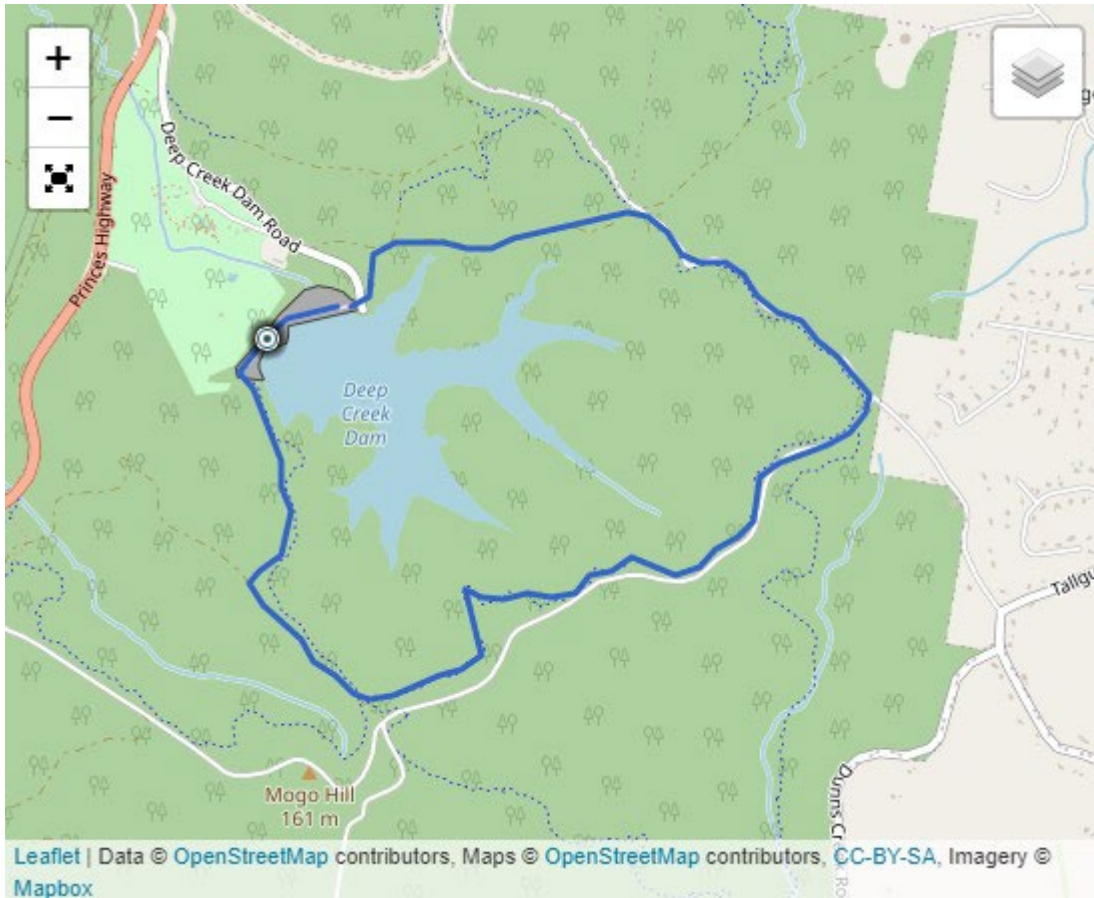
Deep Creek Dam at the Eurobodalla Regional Botanical Garden is a picturesque reservoir just outside the small heritage town of Mogo. The stage involves one clockwise loop of the dam following the well-worn firetrails and single tracks with water views of the dam and your first glimpses of the coast. The final few hundred metres are along the sealed road beside the dam, perfect for a sprint finish.

This is a great lunchtime picnic stage for spectators too. Find a nice spot and enjoy the location and watch the runners finishing the stage.

**Terrain:** Firetrails and single tracks.

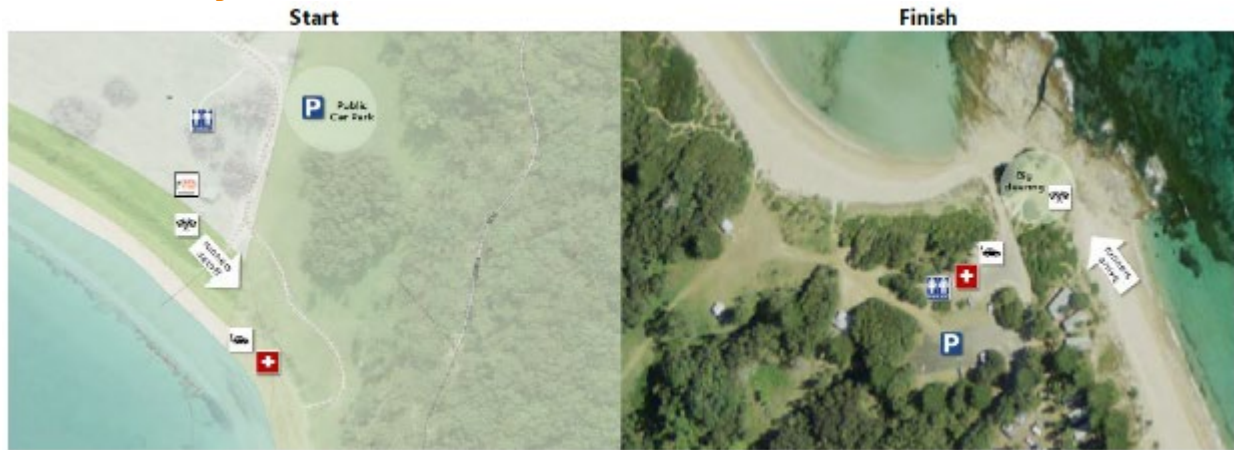
## The course








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# STAGE 8 - Coast Finish - 12km

## Yuin Country



	<b>Check in - from 3:15pm</b>
	Start – 3:30pm
	Finish (Cut-off) - 5:15pm
	<u>Start</u> off Maloney’s Beach (Hibiscus Close Reserve), and <u>Finish</u> on Mill Beach (Murramarang Beach Reserve) (Google Maps)
	<u>20 mins drive</u> from Stage 7 and <u>20 mins drive</u> to finish area
	Parking at the start area at Maloney’s Beach and at the finish area at Murramarang Resort
	Visit the village of Mogo

This is a challenging but rewarding rollercoaster of a final stage along stunning coastal tracks and through the Murramarang National Park. The first half is entirely single track hugging the coastline and the second half along the Old Coast Road. When you finally emerge from the trails into the Murramarang Resort, you make your way on to Mill Beach with a final 200m along the beach to the finish.

This is an iconic stage of the Capital to Coast, one that will live long in the memory of both participants and spectators. A fantastic way to finish the event!

**Terrain:** Stairs, single trail, fire trail, and beach finish!

The course

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