

Runners

From: Capital to Coast <c2c@canberrarunners.org.au>
Sent: Tuesday, 16 April 2024 8:18 PM
To: Runners
Subject: Capital to Coast Newsletter 1/24 - we're back and REGOs are OPEN!



**100KM, 3 DAYS, SOLO OR
TEAMS OF 2, 3 OR 4, NEW TRAILS AND
A WHOLE BUNCH OF NEW RUNNING MATES**

A large graphic featuring the text "REGOs OPEN NOW" in a stylized, distressed font. "REGOs" is in blue, "OPEN" is in orange, and "NOW" is in blue. The text is arranged in a semi-circle over a circular photograph of two female runners in green and black athletic gear running on a dirt path. To the right of the graphic, the text "23-25 AUGUST 2024" and "WWW.CAPITALTOCOAST.COM.AU" is written vertically. At the bottom right of the graphic is a small version of the Capital to Coast logo.

FROM THE RACE COMMITTEE.....

Edition 1

Hi everyone,

Welcome to the Capital to Coast 100km multistage trail event for 2024!

We are very excited about bringing this very special multistage 100km trail running experience back again to Canberra and the South Coast and look forward to seeing you on Friday 23 to Sunday 25 August 2024.

Most importantly, REGOS ARE OPEN!

Early bird registrations close on 12 July so make sure you check out the [website](#) for information on how to enter. Your event fee includes a 2024 design C2C t-shirt. These t-shirts are lightweight, are made of quick dry fabric and are designed for running with the distinctive C2C footprint on the back. We cannot guarantee that registrations completed after the early bird date will get their preferred t-shirt size. As always the new colourway is highly anticipated - scroll down to see the 2024 shirt design.

What's new this year? We've listened to your feedback and we will be making some changes to Leg 4 - Braidwood finish at the showgrounds. Stay tuned for a new route at this excellent location. We're also not able to access Deep Creek Dam precinct near Mogo this year, so we are sending out scouts for a new coast leg to replace this one - exciting! Stay tuned for course updates via socials, our website and our newsletters.

If you're part of a team this year there'll be strong encouragement

from us for you to **help out at another stage where you aren't running**. 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.

We're teaming up with some great partners this year - old friends are returning, and we'll have some new ones to announce in due course
#shhhhhhhhhh

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. I encourage you to visit the website regularly and stay up to date via our socials for the latest news and updates.

We look forward to welcoming you to the Capital to Coast 2024 if you are new to our tribe, or welcoming you back for more fun this year!

See you on the trails!

Your Race Committee

C2C100 2024 :-)

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 range of elevation and terrain. Runners can participate as solo runners, completing all nine stages, or as members of relay teams of two, three or four runners.

2024 Merch!



Check out the 2024 t-shirts in the sweet new colourway! All entries come with a 2024 event t-shirt but make sure you register by the early bird cut off to secure your size. Don't forget to ask your team mates their t-shirt size before you register.

Accommodation

For those of you staying in Braidwood or surrounds Saturday night, visit the Braidwood Visitor Information Centre or check out their [website](#) for places to stay and things to see and do.



WHERE WILL YOU BE IN AUGUST?



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