

Augustana Campus, University of Alberta, Camrose, Alberta
ACAC Running Room Grand Prix #5 / New Balance Run Alberta
Cross-Country Running Race
Saturday, October 15th, 2016

Race description:

ACAC Women / Open	5 km (1 km loop + 4 km loop)	starts at 12:00 noon
ACAC Men / Open	8 km (2 x 4 km loop)	starts at 1:00 pm

The races will be based out of the Stoney Creek Centre 5320-40 Avenue (on the other side from the main floor entrance). To get to the Centre follow 53 Street south from Highway 13 (48 Avenue). When 53 Street curves west turning into Parkview Drive keep to the left and then turn at the first left onto 39 Avenue. Look for street signs directing you to Stoney Creek Centre. Washrooms are available from the main level outside side entrance to the Centre. Showers and change rooms are available on request in the basement of the Convocation Centre at the Augustana campus located at 4901 - 46 Avenue. There will be light refreshments and an award presentation following the race. Complete information and a map are posted at augustanarunning.ca/augustana-race .

Course: A 1 km and 4 km loop which follow the grass cross-country trails in the Stoney Creek Valley (approximately 1/3 up, 1/3 down, and 1/3 flat). The course starts and ends in the stadium area below the Stoney Creek Centre. The course crosses one wooden bridge and a paved path in a few places. It is very suitable for spikes. The course will be well-marked and flagged with orange flags on the left and yellow ones on the right. Course maps and a course video are posted at augustanarunning.ca/augustana-race .

Categories: ACAC Men; ACAC Women; Open Men; Open Women
Team Event (ACAC and New Balance Run Alberta)

Registration: Please submit known entries using the on-line form you can find at augustanarunning.ca/augustana-race by Thursday, Oct. 13, if possible. Race day registration available on site starting at 10:00 am for last minute entries only, please.

Entry Fee: \$5 per entry for ACAC runners, \$10 per entry for Open runners.
Payment by cash or cheque at registration (starting at 10:00 am) on race day. Make cheques payable to "University of Alberta". ACAC teams may ask to be invoiced.

Awards:

- medals for top three finishers in the individual ACAC categories
- New Balance Run Alberta prizes for top three finishers overall
- Augustana Open Cross-Country trophy awarded to the ACAC mixed team with the lowest combined total for their top 3 men and top 3 women (using ACAC or Grand Prix placing)

Sustainability: Bottle, can, and plastic cup recycling will be available. Please consider using your own cup / container for post-race drinks.

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