



**Augustana Campus
University of Alberta
Camrose, Alberta
ACAC Championship
Cross-Country Running Races
Saturday, October 27th, 2012**



Location: Stoney Creek Centre 5320-40 Avenue, Camrose, Alberta
directions map posted on website

Distances and starting times:

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

Categories: ACAC Women (team and individual) ; ACAC Men (team and individual)

Registration: Email entry form to Gerhard Lotz by Thursday, Oct 25
email entry form available at website

Entry Fee: none

Coaches meeting: 8:30 pm, Friday, October 26, Dr. Epp Conference Room, 2-004
Augustana Forum, Augustana Campus, 4901-46 Ave., Camrose
campus map posted on website

Course: A 1 km and 4 km loop which follow the cross-country trails in the valley beside the Augustana campus (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 (look for the ski jump which is across the valley from the Centre). The course crosses one wooden bridge and a paved path in a few places. The course will be well-marked and flagged with orange flags on the left and yellow ones on the right.
course maps posted on website

Awards Lunch: 2:30 – 4:30 pm, Augustana Campus Cafeteria
Lasagna (meat and vegetarian) and salad bar; \$10/person

- medals for top three male and female finishers
- medals for top three men's and women's teams
- team trophies and banners for the first-place men's and women's teams

Facilities: Washrooms are available from the main level outside entrance to the Centre. Showers and change rooms are available in the basement of the Convocation Centre at the Augustana Campus.

Website: www.augustanarunning.ca

Contact: Gerhard Lotz
Augustana Campus, University of Alberta
4901 - 46 Avenue, Camrose, AB T4V 2R3
e-mail: glotz@augustana.ca
phone: 780-679-1521
cell: 780-679-3935

Robert Renman
e-mail: robert.renman@gmail.com
cell: 780-679-1521