<u>Augustana Campus, University of Alberta</u>
<u>Camrose, Alberta</u>
<u>ACAC Grand Prix / Saucony Run Alberta Cross-Country Running Race</u>
<u>Saturday, October 11th, 2014</u>

Distances and Starting Times:

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

Registration will take place in the lower level of the Stoney Creek Centre 5320-40 Avenue (on the other side from the main floor entrance) beginning at 10:00 am. 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 (or just follow the Campground signs all the way from Highway 13). Washrooms are available from the main level outside 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 map posted at augustanarunning.ca

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 at augustanarunning.ca
Categories:	ACAC Men; ACAC Women; Open Men; Open Women Team Event (ACAC and Saucony Run Alberta)
Awards:	• medals for top three finishers in the individual ACAC categories • Saucony 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)
Entry Fee:	$5.00 per entry for ACAC runners, $10 per entry for Open runners. Payment by cash or cheque at registration on race day. Make cheques payable to "University of Alberta". Race day registration available on site, but please submit known entries by email (using the Excel Entry Sheet you can find at augustanarunning.ca) to glotz@augustana.ca by Thursday, Oct. 9, if possible.
Contact:	Gerhard Lotz Augustana Campus, University of Alberta 4901 - 46 Avenue Camrose, Alberta T4V 2R3 e-mail: glotz@augustana.ca phone: (780) 679-1521 cell: (780) 679-3935