

ACAC GRAND PRIX #1

XC RUNNING RACE INFORMATION

Location: Strathcona Wilderness Center (SWC)
52535 Range Road 212 (16 km east of Sherwood Park)
note this is a new location

Date: Saturday, September 13

Distances & Starting Times: Women 4 km (1 + 3km loops) 12:00 noon
Men 6 km (2 x 3km loop) 1:00 pm

Runners going: Everyone who signs up by Tuesday. If you do not sign up but still want to go, please email me - we may still have room to take more, but no guarantees.

Vehicle Loading: 9:20 am in parking lot in front of Faith and Life Building

Leave Augustana: 9:30 am (we will not wait for latecomers)

Arrive SWC: 10:30 am

Leave SWC: 2:30 - 3:00 pm (after awards presentations)

Arrive Augustana: 3:30 - 4:00 pm

Facilities: Washrooms on sight. No change rooms. I suggest having your running gear on for the ride.

Breakfast: On your own

Lunch: Bring your own bag lunch (can be arranged at cafeteria the day before for on-campus students). There is no place to buy lunch on site or on the way back.

Other: Bring your own fluids and energy snacks.