

RED DEER XC RUNNING RACE INFORMATION

Location:	Riverbend Recreation Area, Red Deer		
Date:	Saturday, September 27		
Distances & Starting Times:	Women	5 km (1 loop)	2:45 pm
	Men	8 km (2 loops)	3:30 pm
Runners going:	This is an “unofficial” race mainly for those who have not run both of the first two races and are wanting to get a race in. Please sign up using the on line form if you are interested. I will email those wanting to go to		
Transportation:	We do not have team vehicles for this race so we will have to use our own cars. I have room to take 4 others so if there are more we will need volunteer drivers. Please email me if you have a car that you are willing to drive.		
Augustana departure:	Meet at 11:25 am in the parking lot in front of Faith and Life. Leave at 11:30 am (we will not wait for latecomers)		
Arrive Red Deer:	1:00 pm		
Leave Red Deer:	5:00 pm (after awards presentations)		
Arrive Augustana:	6:30 pm		
Facilities:	Unknown – be wearing your running gear underneath warmups. Be prepared by having options for all possible conditions. There may be an opportunity to wash up and change afterwards, but that is not certain.		
Lunch:	Eat before we leave or bring a bag lunch for the trip. Eat at the time that is the right for your race time. Bring your own drinks for proper hydration.		
Post-race:	Bring your own post-race food.		