

SAIT CROSS COUNTRY RUNNING RACE INFORMATION

Location:	Confederation Park, Rosemount Community Center 10 St NW & about 26 Ave (Calgary)		
Date:	Saturday, October 4		
Distances & Starting Times:	Women	5 km (1+2+2 km loops)	12:00 noon
	Men	8 km (4 x 2 km loop)	1:00 pm
Runners going:	Hopefully we can take everybody wanting to go.		
Vehicle Loading:	7:10 am in parking lot outside Faith and Life front entrance		
Leave Augustana:	7:15 am (we will not wait for latecomers - have your running gear on)		
Arrive Calgary:	10:30 am		
Leave Calgary:	3:00 pm (after the awards presentations)		
Arrive Augustana:	6:00 pm (this may be optimistic)		
Facilities:	Only portapotties at Confederation Park. Change room and showers at SAIT for after race if team wants to go there - bring locks and towels in case.		
Breakfast:	Bring your own breakfast along		
Lunch:	Bring your own bag lunch, preferably. We'll stop in Airdrie on way back for quick food to buy on your own for those who want.		