Things to remember for ACAC Championships

Sat arrival at course:	• close to 10:30 am
Sat team meeting:	 shortly before race start near start line
Viking cheer:	 3 minutes before women's race start near start line words are on website – know them cold!
Food:	 try to get pasta / rice Thursday & Friday, not too much red meat Friday supper food to prepare in hotel kitchenette Saturday breakfast food to prepare in hotel kitchenette appropriate breakfast 3+ hours before race bring your own energy snacks for the race awards lunch at Keyano after the race 3:00 pm
Drink:	 drink water regularly and sufficiently often for a few days before bring water bottle / drinks for trip bring your own fluids for the race
Clothing:	 prepare for anything 2 pairs running shoes / spikes short sleeve shirt, 2 long sleeve shirts, sweatshirt, jacket running shorts, spandex shorts, tights, sweats rain gear / snow gear?! very light gloves toque / earmuffs / headband casual nice or nicer clothes ("team gear") for ACAC awards lunch with Augustana / red top if possible