

ACAC CROSS COUNTRY RUNNING RACE INFORMATION

Location:	Birchwood Trails, Fort McMurray		
Date:	Saturday, October 25		
Distances & Starting Times:	Women	5 km (5km loop)	12:00 noon
	Men	8 km (2 x 4km loop)	1:00 pm
Runners:	All runners who are on the ACAC eligibility list and have signed up.		
Leave Augustana:	10:30 am, Friday, Oct 24 from front entrance of Faith and Life		
Friday meals:	Lunch - bring your own lunch for the trip to eat while driving Supper – hotel rooms have kitchenettes, bring good pre-race food to prepare yourself (non-recommended option: eating at restaurant on your own)		
Saturday meals:	Breakfast – bring good pre-race food to prepare yourself in hotel room (non-recommended option: eating at restaurant on your own) ACAC awards lunch at 3:00 pm. Attire for awards lunch is “Team gear” – wear casual nice with Augustana red top if you have it, otherwise red or black top		
Return Augustana:	Leave Fort McMurray after awards lunch, arrive Augustana about 11:30 pm.		