

AUGUSTANA CROSS COUNTRY RUNNING RACE INFORMATION

- Location: Augustana Campus, University of Alberta, Camrose
- Date: Saturday, October 11
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| Distances &
Starting Times: | Women | 5 km (1km + 4km loop) | 12:00 noon |
| | Men | 8 km (2 x 4km loop) | 1:00 pm |
- Runners: All runners able are strongly encouraged to run. Let's really have a strong representation at our home race. Please sign up on-line if you are intending to run. If you are not running, you must talk with me about that.
- Leave Augustana: In enough time to be at the race start (XC Stadium) at least 1hour prior to the women's race (see below for pre-race responsibilities that might require you to be earlier).
- Breakfast: You should eat 3 hours+ before the race
- Lunch: Light refreshments available after race. Bring your own lunch so that you can nourish your body as soon as possible after the race.
- Course setup: Those people who are doing course setup meet at Augustana at the "creek" as usual on Friday at 4:15 pm to go out and set the course. Wear running gear and have an old pair of gloves along. You will also be responsible for flag and marker pickup after the race.
- Other responsibilities: Those people who are not helping set the course are responsible for being at the race start at 10:30 to help with any setup that might have to be done, and must stay after the race (up to 2 hours) to help with cleanup.