

Grande Prairie XC RUNNING RACE INFORMATION

Location:	Grande Prairie (Grande Prairie Regional College)		
Date:	Saturday, September 23		
Distances & Starting Times:	Women	6 km	1:30 pm
	Men	8 km	2:45 pm
Runners going:	To be confirmed.		
Van Loading:	5:40 am Saturday in parking lot in front of Faith and Life		
Leave Augustana:	5:50 am (we will not wait for latecomers - do NOT miss the bus)		
Arrive Grande Prairie:	12:00 pm		
Leave Grand Prairie:	5:00 pm		
Arrive Augustana:	11:00 pm		
Facilities:	Change room and showers available after race - bring your own towels		
Breakfast:	Make your own arrangements - bring, eg., Cafeteria bag, bagels, bananas, juice etc., with you to eat on van		
Snacks:	Should eat 3+ hours before race, again with food you take on bus		
Lunch / supper:	After race on your own.		
Additional:	Bring pillow, school work, reading material, games, etc. Look at this as an epic adventure. The travel is a bit tough on good preparation, but that's ok for this race.		