

2017 CCAA XC Championships

Pre-race preparation

- 8+ hours sleep next 5 nights
- good eating
- good hydration
- maintenance running following schedule
- sharpen spikes / clean runners / good laces

Schedule

Monday

tba running practice – usual place

Tuesday

rest day

Wednesday

tba running practice – usual place

Thursday

tba running practice – usual place

Friday

4:30am load vehicles at Faith and Life front entrance Augustana

4:35am depart for airport

7:15am flight departure

1:09pm arrive Montreal

3:30pm course walk / jog & team picture

6:30pm supper at Laval restaurant

8:00pm return to hotel

Saturday

Women		Men	
8:00-8:30	breakfast		
		9:00-9:30	breakfast
10:15	arrive race start	10:15	arrive race start
10:45	easy warmup		
11:05	1-2 min race pace or shorter with lots of recovery	12:10	easy warmup
11:15	Opening ceremonies	11:15	Opening ceremonies
11:20	team mtg at start area	11:20	team mtg in stadium
11:27	Viking cheer	11:27	Viking cheer
11:30	women's race start - run fast		
		11:40	Easy warmup
		12:10	1-2 min race pace or shorter with lots of recovery
		12:20	team mtg at start area
		12:27	Viking cheer
		12:30	race start - run fast

1:30pm community race?

6:00pm awards banquet

Sunday

all day touring Montreal

Monday

8am-3pm touring Montreal
6:55pm Montreal flight departure
9:36pm Edmonton arrival
11:00pm arrive Augustana

Clothing

- be prepared for all possibilities
 - warmups
 - rain gear
 - warmup shoes if wet
 - thin polyester gloves
 - toque
 - scarf
 - tights
 - lycra shorts
 - running shorts
 - 2 thin long-sleeve shirts
 - short-sleeve shirt
 - singlet
- bring your own singlets
- race numbers distributed Saturday morning

Other

- *remember to bring appropriate id for boarding the plane*, eg. driver's license, passport
- bring headphones for plane
- very important to hydrate on airplane - bring large water bottle to fill after going through security
- bring food for plane (breakfast and lunch)
- bring everything, including spikes in carry-on; checked baggage costs extra

Events

1. Team picture: 4:00 pm Friday, race site
 - wear Augustana warmups, bring singlet
2. Awards banquet: 6:00 pm Saturday, Sheraton Hotel, Laval
 - dress semi-formal

Hotel

Quality Suites Laval
2035 Autoroute des Laurentides, Laval QC
(450) 686-6777

Championship website

<http://www.ccaa.ca/sports/xc/championship/information/index>
(has course video)

Gerhard contact

voice mail: 780-679-1521
cell: 780-679-3935
email: glotz@augustana.ca

Robert contact

cell: 780-679-3467
email: robert.renman@gmail.com