

## **CROSS COUNTRY RUNNING RACE INFORMATION**

Location:	Lakeland College		
Date:	Saturday, September 29		
Distances& Starting Times:	Women	6 km	12:00 noon
	Men	8 km	1:00 pm
Runners going:	We hope to be able to take everyone who signs up. Please sign up on-line by Monday on the form found at <a href="http://augustanarunning.ca/racing/race-signup-form/">http://augustanarunning.ca/racing/race-signup-form/</a>		
Van Loading:	8:30 am outside Faith and Life main doors		
Leave Augustana:	8:35 am (we will not wait for latecomers)		
Arrive Vermilion:	10:30 am		
Leave Vermilion:	3:00 pm (after awards presentations)		
Arrive Augustana:	5:00 pm		
Facilities:	Washrooms on sight. Showers may be available at Lakeland College after the race if there is enough interest. I suggest having your running gear on for the ride.		
Breakfast:	On your own (can be arranged at the cafeteria on Thursday for Friday supper pickup for on-campus students). You can eat breakfast on the bus 3-4 hours before your race start.		
Lunch:	I recommend you bring your own bag lunch (can be arranged at cafeteria the day before for on-campus students). We may stop quickly at Subway in Vermilion or Burger Queen! in Viking on the way back also for those who want to buy lunch.		
Other:	Bring your own fluids and energy snacks.		