

## **STMU CROSS COUNTRY RUNNING RACE INFORMATION**

Location:	St. Mary's University 14500 Bannister Road SE		
Date:	Saturday, September 15		
Distances & Starting Times:	Women	6 km (3 x 2 km loop)	12:00 noon
	Men	8 km (4 x 2 km loop)	1:00 pm
Runners going:	Hopefully we can take everybody wanting to go.		
Vehicle Loading:	7:00 am in parking lot outside Faith and Life front entrance		
Leave Augustana:	7:05 am (we will not wait for latecomers - have your running gear on)		
Arrive Calgary:	10:30 am		
Leave Calgary:	3:00 pm (after the awards presentations)		
Arrive Augustana:	6:30 pm (this may be optimistic)		
Facilities:	Indoor washroom facilities. Change room and showers at STMU for after race if team wants to go there - bring towels in case, but unlikely we will do this.		
Breakfast:	Bring your own breakfast along		
Lunch:	Bring your own bag lunch, preferably. We'll stop in Airdrie on way back for quick food to buy on your own for those who want.		