

## Things to remember for ACAC Championships

- Sat departure:
- 8:30 am, front of Faith & Life
- Sat team meeting:
- shortly before race start near start line
- Viking cheer:
- 3 minutes before women's race start near start line
  - words are on website – know them cold!
- Food:
- try to get pasta / rice Thursday & Friday, not too much red meat
  - appropriate breakfast 3+ hours before race, either before departure or on drive
  - bring your own energy snacks for the trip and the race
  - awards lunch after the race 3:15 pm
- Drink:
- drink water regularly and sufficiently often for a few days before
  - bring water bottle / drinks for trip
  - bring your own fluids for the race
- Clothing:
- prepare for anything
  - 2 pairs running shoes / spikes with variety of length spikes
  - short sleeve shirt, 2 long sleeve shirts, sweatshirt, jacket
  - running shorts, spandex shorts, tights, sweats
  - rain gear / snow gear?!
  - very light gloves
  - toque / earmuffs / headband
  - casual nice or nicer clothes (“team gear”) for ACAC awards lunch
  - with Augustana / red top if possible