

ACAC CROSS COUNTRY RUNNING RACE INFORMATION

Location:	Vermilion Provincial Park, Vermilion		
Date:	Saturday, October 27		
Distances & Starting Times:	Women	6 km (2 x 3 km loop)	12:00 noon
	Men	8 km (3 + 2 + 3 km loop)	1:00 pm
Runners:	Hopefully all runners who are on the ACAC eligibility list and have signed up.		
Leave Augustana:	Saturday, Oct 27 8:25 am load, 8:30 am depart – from front entrance of Faith and Life; 2 vans; Robert & Gerhard driving		
Friday meals:	Try to get some pasta		
Saturday meals:	Breakfast – on your own before departure or bring to eat on way Pre-race snacks and fluids – bring your own ACAC awards lunch at Lakeland College 3:15 pm – attire for awards lunch is casual nice, could wear Augustana red top if you have it, otherwise red or black top		
Facilities:	Washrooms on sight. Showers available at Lakeland College after the race. I suggest having your running gear on for the ride.		
Return Augustana:	Leave Vermilion after awards lunch, arrive Augustana about 6:30 pm.		