

AUGUSTANA CROSS COUNTRY RUNNING RACE INFORMATION

- Location: Augustana Campus, University of Alberta, Camrose
- Date: Saturday, October 13
- Distances & Starting Times: Women 6 km (2km + 4km loop) 12:00 noon
Men 8 km (2 x 4km loop) 1:00 pm
- Runners: All runners able are strongly encouraged to run. Let's really have a strong representation at our home race. Please sign up on-line by Monday, October 8 if you are intending to run. If you are not running, you must talk with me about that.
- Leave Augustana: In enough time to be at the race start (XC Stadium) at least 1 hour prior to the women's race (see below for pre-race responsibilities that might require you to be earlier).
- Breakfast: You should eat 3 hours+ before the race
- Lunch: Light refreshments available after race. Bring your own lunch so that you can nourish your body as soon as possible after the race.
- Course setup: Those people who are doing course setup meet at Augustana at the "creek" on Friday at 4:00 pm to go out and set the course. Wear running gear and have an old pair of gloves along. You will also be responsible for flag and marker pickup after the race.
- Other responsibilities: Those people who are not helping set the course are responsible for being at the race start at 10:30 to help with any setup that might have to be done, and must stay after the race (up to 2 hours) to help with cleanup.
- Team picture: We will take our team picture after race awards. Please keep your singlet and running clothes on for this.
- Viking cheer: We will debut the full version of the mighty Viking Cheer. Please learn the words (on the Race web site page) and have your dancing shoes on! We'll practice it at Wednesday's practice.