

Grande Prairie XC RUNNING RACE INFORMATION

Location: Grande Prairie (Grande Prairie Regional College)

Date: Saturday, September 21

Distances & starting times:	Women	6 km	1:30 pm
	Men	8 km	2:45 pm

Runners going: We will be taking 12 runners only due to transportation/cost restrictions. First priority to those likely to be running at Nationals. Second priority to those who have not yet done a race. I will make the call and inform you if there are more wanting to go than we can take.

Travel: We will likely do this as a one-day trip unless most people want to leave Friday afternoon instead.

Itinerary for one-day trip (likely)

Van loading:	5:40 am Saturday in parking lot in front of Faith and Life
Leave Augustana:	5:50 am (we will not wait for latecomers - do NOT miss the bus)
Arrive Grande Prairie:	12:00 pm
Leave Grand Prairie:	5:00 pm
Arrive Augustana:	11:00 pm

Itinerary for Friday departure

Van loading:	3:00 pm Friday in parking lot in front of Faith and Life
Leave Augustana:	3:05 pm (we will not wait for latecomers - do NOT miss the bus)
Arrive Grande Prairie:	9:00 pm Friday
Leave Grand Prairie:	5:00 pm Saturday
Arrive Augustana:	11:00 pm Saturday

Facilities: Change room and showers available after race - bring your own towels

Breakfast (Sat depart): Make your own arrangements - bring, eg., Cafeteria bag, bagels, bananas, juice etc., with you to eat on van

Snacks (Sat depart): Should eat 3+ hours before race, again with food you take on bus

Lunch / supper: After race on your own.

Additional: This will be the 2019 CCAA National Championship course – good chance to preview! Bring pillow, school work, reading material, games, etc. Look at this as an epic adventure. The travel is a bit tough on good preparation, but that's ok for this race.