

RED DEER XC RUNNING RACE INFORMATION

Location:	Red Deer College, Gary W. Davis Canada Games Centre, Red Deer		
Date:	Saturday, September 14		
Distances & Starting Times:	Women	6 km (3 loops)	12:00 noon
	Men	8 km (4 loops)	1:00 pm
Runners going:	We will take everyone who is wanting to go. Please sign up using the on-line form by Tuesday, September 10.		
Transportation:	Vans.		
Augustana departure:	Meet at 8:55 am in the parking lot in front of Faith and Life. Leave at 9:00 am (we will not wait for latecomers)		
Arrive Red Deer:	10:30 am		
Leave Red Deer:	3:00 pm (after awards presentations)		
Arrive Augustana:	4:30 pm		
Facilities:	Unknown – be wearing your running gear underneath warmups. Be prepared by having options for all possible conditions. There may be an opportunity to wash up and change afterwards.		
Meals:	Eat breakfast before we leave and bring a bag lunch for after the race. Eat at the time that is the right for your race time. Bring snacks to supplement if necessary. Bring your own drinks for proper hydration.		
Post-race:	Bring your own post-race food.		