

Augustana winter running 2022

<http://augustanarunning.ca/>

Idea / overview

- we run for enjoyment and fitness
- foundation for spring / summer running and fall xc
- ACAC indoor track series
 - 3000m, 1500m, 1000m, 600m, 300m, 4x400m, 4x200m events

Schedule

- training program is on our website
- group runs
 - main time: Monday evening 8:00 pm at Recreation Center / rink track (or Community Center / fieldhouse track)
 - getting used to indoor surface and turns
 - usually warmup, a few short (200m / 400m / 600m) repeats, cooldown
 - additional indoor time: Thursday evening 8:00 pm Recreation Center (or Community Center)
- track meets
 - Indoor GP#1 Concordia Meet Sat Jan 22 Kinsmen Field House, Edmonton
 - all day 11:00 – 5:00
 - Indoor GP#2 Red Deer Meet – Sat Feb 19 Gary Harris Centre, Red Deer
 - 10:00 – 2:00?
 - ACAC indoor championships Sat Mar 26 / Sun Mar 27 Edmonton
 - Saturday afternoon / evening
 - Sunday morning

Cost

- indoor track pass (see information below)
- perhaps modest contribution for travel and individual meet entry fees

Scholarships

- \$1800 Jimmie Condon Provincial Scholarships?
 - # 1 call: fall xc running, running training, one of Indoor GPs, championships
 - training following program – 4 runs/week or 1-2 runs/week for skiers/biathletes
 - need to know *by next week Monday Jan 10* who will commit to this
 - email or talk with Gerhard
 - #2 call: fall xc running, running training and one or two 5+ km road races in spring
 - anyone who wants to be considered on this basis will have to submit a short document (*eg. pdf or Word*) outlining a plan *by next week Monday Jan 10* indicating what the nature of the running training will be in spring/summer and which road race(s) will be done
 - also indicate if you will do any of the indoor meets and running plans for winter
 - email or meet with Gerhard

Eligibility

- anybody who has not filled out required forms and done drug education course must do so by *Monday Jan 10*
 - see information on web site Forms page

Indoor track passes

- each individual must procure a pass before running at the track
- 1 Day Pass - \$4.00 ; 1 Month Pass - \$14.70 ; 4 Month Pass - \$46.20
- getting passes:
 - online – link at <https://www.camrose.ca/en/recreation-and-leisure/track-passes.aspx#Prices>
 - Community Services office in the Recreation Centre
8:00 am - 12:00 pm & 1:00 pm - 4:30 pm, Monday to Friday
 - Aquatic Centre reception when Community Services office closed

COVID protocols

- full vaccination required for Augustana athletes
- full vaccination required for ACAC competition
- full vaccination requirement for Community Centre entry
 - Community Centre staff check at entrance
 - Alberta vaccine record with QR code (paper or digital) will be the only valid Alberta-issued proof of vaccination accepted
 - valid photo identification that matches the vaccine record
 - equivalent documentation for non-Alberta residents
- if you are displaying any COVID symptoms do not come to practice or meets
- wear masks for all in-person meetings & travel, inside indoor track facilities when not running