

Augustana winter running 2020

<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 MacEwan Meet Sat Jan 25 Edmonton
 - all day 9:00 – 4:30
 - Indoor GP#2 Concordia Meet – Sat Mar 7 Red Deer?
 - 10:00 – 2:00
 - ACAC indoor championships Sat Mar 21 / Sun Mar 22 Edmonton
 - Saturday afternoon / evening
 - Sunday morning

Cost

- transportation costs may be shared
- individual entry fees \$10 - \$20 per meet

Scholarships

- 2 x 5 x \$900 Jimmie Condon Provincial Scholarships?
 - # 1 call: 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 13* who will commit to this
 - email or talk with Gerhard
 - #2 call: 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 13* 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 13*
 - see information on web site Forms page