

## **STMU CROSS COUNTRY RUNNING RACE INFORMATION**

Location:	St. Mary's University 14500 Bannister Road SE, Calgary		
Date:	Saturday, October 16		
Distances & Starting Times:	Women	6 km (3 x 2 km loop )	2:00 pm
	Men	8 km (4 x 2 km loop)	3:00 pm
Runners going:	Hopefully we can take everybody wanting to go.		
Vehicle Loading:	8:55 am in parking lot outside Faith and Life front entrance. Masks required in the vehicle.		
Leave Augustana:	9:00 am (we will not wait for latecomers)		
Arrive Calgary:	12:30 pm		
Leave Calgary:	4:00 pm (after cooldown run)		
Arrive Augustana:	7:30 pm (this may be optimistic)		
Facilities:	Outdoor portpotties. No indoor change rooms (have your running apparel on for the trip).		
Food:	Bring your own bag lunch and supper. We'll stop somewhere on the way to get out and eat (about 11 am). We'll probably stop in Airdrie on the way back for quick food to buy on your own for those who want. Bring your own water and energy snacks.		