

## Augustana winter running 2023

<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 21 Kinsmen Field House, Edmonton
    - 10:00 – 3:00
  - Indoor GP#2 Red Deer Meet – Sat Feb 28 Gary Harris Centre, Red Deer
    - 10:00 – 2:00
  - ACAC indoor championships Sat Mar 18 / Sun Mar 19 Edmonton
    - Saturday afternoon / evening
    - Sunday morning

### Cost

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

### Scholarships

- need to know *by next week Monday Jan 9* who wants to be considered for these
- email or talk with Gerhard
  - Alberta Athletic Scholarships
    - 5 each for men and women per term
    - value \$900 / \$1800
    - full course load (3 x 3 credit courses per term)
    - Canadian citizen
    - Alberta resident or attended Alberta school in previous term
    - nomination by coaches
  - Augustana athletic scholarships
    - 5 – 10 total
    - value \$500 - \$1000
    - full course load (3 x 3 credit courses per term)
    - in good academic standing (previous term)
    - nomination by coaches

- fall term considerations
  - recruitment
  - regular practice participation
    - > four weekly practices for single-sport athletes
    - > three of four weekly practices including Wednesday quality session for multi-sport athletes
  - 3 Grand Prix races
  - ACAC and CCAA Championships
  - general commitment to team
  - performance in races
- winter term considerations
  - specific running training
  - 1 ACAC indoor track meets + ACAC indoor track championships
  - spring race

### **Fund raising requirements:**

#### Adopt-a-Viking

- solicit donations from family, friends, strangers, businesses
- tax deductible!
- \$50 for runners participating in xc Grand Prix Races / ACAC Championships
- \$100 for xc scholarship recipients
- \$50 for runners participating in indoor track
- \$100 for indoor track scholarship recipients
- used in current year if necessary for championship
- builds travel fund for future championships (especially Ontario / Quebec)

### **Eligibility**

- anybody who has not filled out required forms and done drug education course must do so by *Friday Jan 13*
  - 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>
  - 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