

LRTHBRIDGE COLLEGE
CROSS COUNTRY RUNNING RACE INFORMATION

Location:	Lethbridge – Nicholas Sheran Park 380 Laval Blvd W		
Date:	Saturday, September 30		
Distances & Starting Times:	Women	6 km (2 x 3 km loop)	11:30 am
	Men	8 km (4 x 2 km loop)	12:30 pm
Runners going:	Limited by transportation availability. Hopefully we can take everybody wanting to go.		
Vehicle Loading:	5:25 am in parking lot outside Faith and Life front entrance		
Leave Augustana:	5:30 am! (we will not wait for latecomers - have your running gear on)		
Arrive Lethbridge:	10:00 am		
Leave Lethbridge:	2:30 pm (after the awards presentations)		
Arrive Augustana:	7:30 pm (this may be optimistic)		
Facilities:	Change room and showers may be available at LC for after race if team wants to go there - bring locks and towels in case, but unlikely.		
Breakfast:	Bring your own breakfast along. Best to eat 3 hours before race		
Lunch:	Bring your own bag lunch.		
Supper:	Bring your own bag supper. Will stop somewhere for optional fast food purchase.		