

2023 ACAC XC Championships

Pre-race preparation

- 8+ hours sleep next 7 nights
- good eating
- good hydration
- easy running taper - no intensity for 3 days prior
- sharpen spikes / clean runners / good laces before travel

Schedule

Friday

12:55pm load van at Faith and Life front entrance Augustana
 1:00pm depart for Lethbridge
 5:30pm arrive Lethbridge
 5:30pm check in at hotel
 6:00pm pasta supper at local restaurant

Saturday

Women		Men	
8:00-9:00	breakfast	8:30-9:30	breakfast
11:00	arrive race start	11:00	arrive race start
11:20	easy warmup		
11:40	1-2 min race pace or shorter with lots of recovery		
11:55	team mtg in stadium	11:55	team mtg in stadium
11:57	Viking cheer	11:57	Viking cheer
12:00	race start - run fast		
		12:20	easy warmup
		12:40	1-2 min race pace or shorter with lots of recovery
12:55	team meeting & cheer	12:55	team meeting & cheer
		1:00	race start - run fast

Saturday

2:30pm Awards lunch
 4:30pm depart Lethbridge
 9:30pm arrive Augustana

Clothing

- be prepared for all possibilities
 - warmups
 - rain gear
 - warmup shoes if wet
 - thicker gloves/mittens for warmup
 - thin polyester gloves for race
 - short-sleeve shirt
 - scarf / buff
 - tights
 - lycra shorts
 - running shorts
 - 2 thin long-sleeve shirts
 - toque
 - singlet
 - arm warmers
- singlets (bring your own – get one from Gerhard before Friday if you don't have your own)
- race numbers distributed on race morning

Meals / Other

- eat good lunch before or bring good bag lunch to eat during drive
- important to hydrate on trip
- pasta pre-race supper at local restaurant

Events

1. Team picture: after races on site
 - Augustana singlet
2. Awards lunch: 2:30 pm Saturday, Sandman Signature Lethbridge Lodge
 - wear casual nice clothes / Augustana gear

Accommodation

Sandman Signature Lethbridge Lodge
- 320 Scenic Drive S., Lethbridge, Alberta 403-328-1123

Brianna contact

cell: 780-281-0919 (cell)
email: briannlschultz@gmail.com

Gerhard contact

cell: 780-679-3935
email: glotz@ualberta.ca

Robert contact

cell: 780-679-3467
email: robert.renman@gmail.com