

Augustana winter running 2024

<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, 60m, 4x400m, 4x200m events

Schedule

- training program is on our website
- group runs
 - Monday & Thursday 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
- track meets
 - Indoor GP#1 Concordia Meet Sat Jan 27 Kinsmen Field House, Edmonton
 - approximately 9:00 – 3:00
 - Indoor GP#2 Red Deer Meet – Sat Feb 10 Gary Harris Centre, Red Deer
 - approximately 10:00 – 3:00
 - ACAC indoor championships Sat Mar 16 / Sun Mar 17 Edmonton
 - Saturday afternoon / evening
 - Sunday morning

Cost / Responsibilities

- indoor track pass (see information below)
- Adopt-a-Viking fund raising requirement (see below)

Scholarships

- need to know *by next week Tuesday Jan 16* who wants to be considered for these
- email Brianna, Gerhard, and Robert
- Alberta Athletic Scholarships
 - \$12,600 (7 x \$1800) total for men and women
 - 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 \$100 - \$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
 - minimum 1 ACAC Indoor Grand Prix track meet + 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
- \$200 for xc scholarship recipients
- \$50 for runners participating in indoor track races
- \$100 for indoor track scholarship recipients
- deadline *Wednesday, January 31*
- must confirm donation submission by email to Brianna & cc'd to Gerhard and Robert
- 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 *Tuesday Jan 16*
 - see information on web site Forms page

Indoor track passes

- each runner 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