

Grande Prairie XC RUNNING RACE INFORMATION

Location:	Grande Prairie (Grande Prairie Regional College)		
Date:	Saturday, September 14		
Distances & starting times:	Women	6 km	1:00 pm
	Men	8 km	2:00 pm
Runners going:	We will be taking 13 runners max only due to transportation/cost restrictions. First priority to those likely to be running at ACACs. Second priority to those who have not yet done a race. You will be informed if there are more wanting to go than we can take.		
Travel:	We will do this as a one-day trip.		
Itinerary for one-day trip			
Van loading:	5:10 am Saturday in parking lot in front of Faith and Life		
Leave Augustana:	5:20 am (we will not wait for latecomers - do NOT miss the bus)		
Arrive Grande Prairie:	11:30 pm		
Leave Grand Prairie:	4:00 pm		
Arrive Augustana:	10:00 pm		
Facilities:	Change room and showers available after race - bring your own towels		
Breakfast (Sat depart):	Make your own arrangements - bring, eg., Cafeteria bag, bagels, bananas, juice etc., with you to eat on van		
Snacks (Sat depart):	Should eat 3+ hours before race, again with food you take on bus		
Lunch / supper:	After race on your own.		
Additional:	Bring pillow, school work, reading material, games, etc. Look at this as an epic adventure. The travel is a bit tough on good preparation, but that's ok for this race.		