

CCAA Coaches and Citizens X-C Running Race

Saturday, November 10, 2007

Wapiti Nordic Ski Trails – Biathlon Stadium
Grande Prairie, AB

The GPRC Wolves X-Country running team, along with the Wapiti Nordic Ski Club, is pleased to host an all comers 5 km event after the conclusion of the 2007 CCAA Cross Country Running Championships.

Course:

The 5 km course is set on wide, grass covered cross country ski trails, with a few single track sections, at the Wapiti Nordic Ski Centre. Either flats or 9mm spikes are suitable for the terrain. The course consists of two loops – a 2 km loop followed by a 3 km loop. (This is the same loop being used for the CCAA race.) The course starts and finishes in a biathlon stadium and includes much rolling terrain and a few substantial hills.

Schedule:

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|------------|----------------------------------|
| 12:30 p.m. | CCAA Womens Race |
| 1:30 p.m. | CCAA Mens Race |
| 2:30 p.m. | Coaches and Citizens Race |

Registration:

- \$7 per athlete (maximum \$20 per immediate family) for pre-registration 10 per athletes on race day
- Runners are strongly urged to pre-register. Email (bcorcoran@gprc.ab.ca) or fax (780-539-2888) entries to Bill Corcoran before Thursday, November 8 at 4:30 p.m.
- Pick up numbers and pay for entries at the Biathlon Stadium at the Wapiti Nordic Trails after 12:30 p.m. on race day.

Awards:

- Ribbons for the top 6 in each category

Categories:

- Girls Elementary and Junior High (Grade 9 and under)
- Boys Elementary and Junior High (Grade 9 and under)
- Girls High School (Grade 10-12)
- Boys High School (Grade 10-12)
- Womens Open
- Mens Opens
- Womens Masters 40 and over
- Mens Master 40 and over

Further Information:

Contact **Bill Corcoran** (bcorcoran@gprc.ab.ca) or (780) 539-2735 (w) or (780) 538-2369 (h)