

**INDIANA ALL STAR RUNNING CLUB
2012 USATF NATIONAL CHAMPIONSHIPS
Saturday, December 8**

* All times below are local times (MOUNTAIN).

**If you do not participate in Friday's course review, then it is 7:00AM Saturday.

The course closes Saturday at 8:00 AM.

| | Walk & Jog COURSE | BREAKFAST before . . . | Arrive to Tent & last Snack | WARM-UP | Go to Staging Tent | RACE begins |
|-----------------------------------|----------------------------|---------------------------|--------------------------------|---------|-----------------------|----------------|
| SUB- BANTAMS GIRLS | FRI 1:00 PM SAT 7:00 AM | 7:00 | 7:30 | 8:00 | 8:30 | 9:00 |
| BANTAM GIRLS | FRI 1:00 PM SAT 7:00 AM | 7:00 | 8:30 | 9:00 | 9:30 | 10:00 |
| BANTAM BOYS | FRI 1:00 PM SAT 7:00 AM | 7:30 | 9:00 | 9:30 | 10:00 | 10:30 |
| MIDGET GIRLS | FRI 1:00 PM SAT 7:00 AM | 8:00 | 9:30 | 10:00 | 10:30 | 11:00 |
| MIDGET BOYS | FRI 1:00 PM SAT 7:00 AM | 8:30 | 10:00 | 10:30 | 11:00 | 11:30 |
| YOUTH GIRLS | FRI 1:00 PM SAT 7:00 AM | 9:00 | 10:30 | 11:00 | 11:30 | 12:00 |
| YOUTH BOYS | FRI 1:00 PM SAT 7:00 AM | 9:00 | 11:00 | 11:30 | 12:00 | 12:30 |
| INTER. GIRLS | FRI 1:00 PM SAT 7:00 AM | 9:00 | 11:30 | 12:00 | 12:30 | 1:00 |
| YOUNG WOMEN | FRI 1:00 PM SAT 7:00 AM | 9:00 | 12:30 | 1:00 | 1:30 | 2:00 |

Awards Ceremony - Saturday 6:00 PM at the Albuquerque Convention Center

PRE-RACE BREAKFAST - ALLOW PLENTY OF TIME TO DIGEST

1. DO NOT eat until you are full.
 2. DO eat healthy foods - Power Bars, granola, apple, banana.
 3. STAY AWAY from bacon, eggs, juice & too much milk.
 4. DO NOT eat foods with processed sugar - NO cookies.
 5. DO NOT eat fruit with lots of citric acid - NO oranges.
 6. DO NOT drink Gatorade before the race. Save this for afterwards.
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