

# HAMILTON COLLEGE CROSS COUNTRY INVITATIONAL

Saturday, October 11, 2014

- Contacts: Brett or Ellen Hull  
Hamilton College Athletics  
198 College Hill Road  
Clinton, NY 13323  
315-859-4759 - Brett; 315-859-4641 - Ellen  
315-859-4117 - FAX  
Email: [bhull@hamilton.edu](mailto:bhull@hamilton.edu); [ehull@hamilton.edu](mailto:ehull@hamilton.edu)
- Races: 11:00 A.M. - Women's 5K  
12:00 Noon - Men's 8K
- Course: The men will run an 8K course and the women will run a 5K course. Both courses are located on our campus golf course and adjacent hay/corn fields. The surface is grass with one short stretch of gravel. The course terrain is rolling and spikes are recommended. It is essential that all competitors, coaches, and spectators stay off the greens and out of the flagged off areas. Course maps are attached
- Course  
Records: -5000M - 16:56.6 - Beth Whiteman (Queens University) -2003  
-8000M -24:39.9 - Peter Kosgei (Hamilton College) - 2008
- Meet  
Records: -5000M - 16:56.6 - Beth Whiteman (Queens University)  
-8000M -24:39.9 - Peter Kosgei (Hamilton College) - 2008
- Entries: Entries are due by Monday, October 6, 2014. Please enter all possible runners at [www.runnercard.com](http://www.runnercard.com).
- RunnerCard: •Step-by-step Instructions to Create an Account – Follow each step below.
1. If you do not yet have a coach's account, click on "Create Account." If you already have an account, enter your username and password. Update your roster from the previous year.
  2. Enter the Username that you would like to use for this account. Enter the password that you would like to use, twice to verify spelling. It is usually best to select a username and password that are easy to spell. Be sure to write down your username and password. You will need them to get back into your account.
  3. Enter your name and contact information. Fields marked with an "\*" are required. It is usually the primary means of communication from the meet director. When you are finished, click on Next.
  4. Verify that the information is correct. If you need to make any changes, click on Back. If the information is correct, click on Next.
  5. You have created your account. An email verification will be sent in a few minutes including your username and password. This message will be sent to the e-mail address

that you listed in your account.

6. Data Entry: Once your account is set-up, you may follow the online directions listed to add athletes, select a meet, register your athletes, and to verify/print your entries. You can come back to your account at any time to make any needed additions, deletions or corrections. The athletes that are registered into their designated event when the site is closed and locked, are the athletes that will be registered to run. It is very important that your registration be accurate when the site is closed and the registration data is exported. For cross country, you will save yourself time by entering by event rather than by individual.

#### Timing/

Results: Timing will be done by Leone Timing. Unofficial results will be posted on the table behind the scorer's tent. Official results will be available to all coaches at the awards ceremony. Results will also be available at the following web sites:  
<http://www.leonetiming.com> & <http://www.runnercard.com>

Entry Fee: \$150.00 per gender, 300.00 for both men and women. \$20.00 per athlete for teams that have less than 7 runners. *Please make checks payable to "Trustees of Hamilton College."*

Awards: A variety of awards will be presented to the top 10 in each race at 1:00 PM in the finishline area or in the fieldhouse if we have inclement weather.

Scoring: NCAA Rules

Check-in: Meet packets will be available starting at 9:00 a.m. in the fieldhouse.

#### Hotels &

Restaurants: A list of Hotels & Restaurants are enclosed.

Lockers: There will be general locker rooms available for your athletes to shower and change. All locker rooms are located in Alumni Gymnasium.

Parking: We ask that you use the Fieldhouse Parking Lot or North Lot to park vans and buses. Parking on the road along the golf course on Griffin road is not allowed.

#### Sports

Medicine: The athletic training room is located in the fieldhouse. There will also be a trainer located in the finish line area. Please bring your own supplies. Ice and water will be available at the finish line.

## Directions

### To Hamilton:

- *From the East (including NY City):*

New York State Thruway (I-90) westbound to Westmoreland Exit 32. Take 233 South about 5 miles to the foot of College Hill Road (blinking light). Turn right up the hill to the campus.

- *From the West:*

New York State Thruway (I-90) eastbound to Westmoreland Exit 32. Proceed as above.

- *From the South:*

Rt. 12 northbound from Binghamton to Sherburne. In Sherburne, Rt. 12 bears right. Straight ahead is the beginning of 12B North. Follow 12B through Deansboro. Partway between Deansboro and Clinton, turn left on 233 North, about 1.2 miles to the foot of College Hill Road (blinking light). Turn left up the hill to the campus.

- *From the North:*

Rt. 12 South to Utica/New Hartford. In New Hartford, follow signs for Rt.

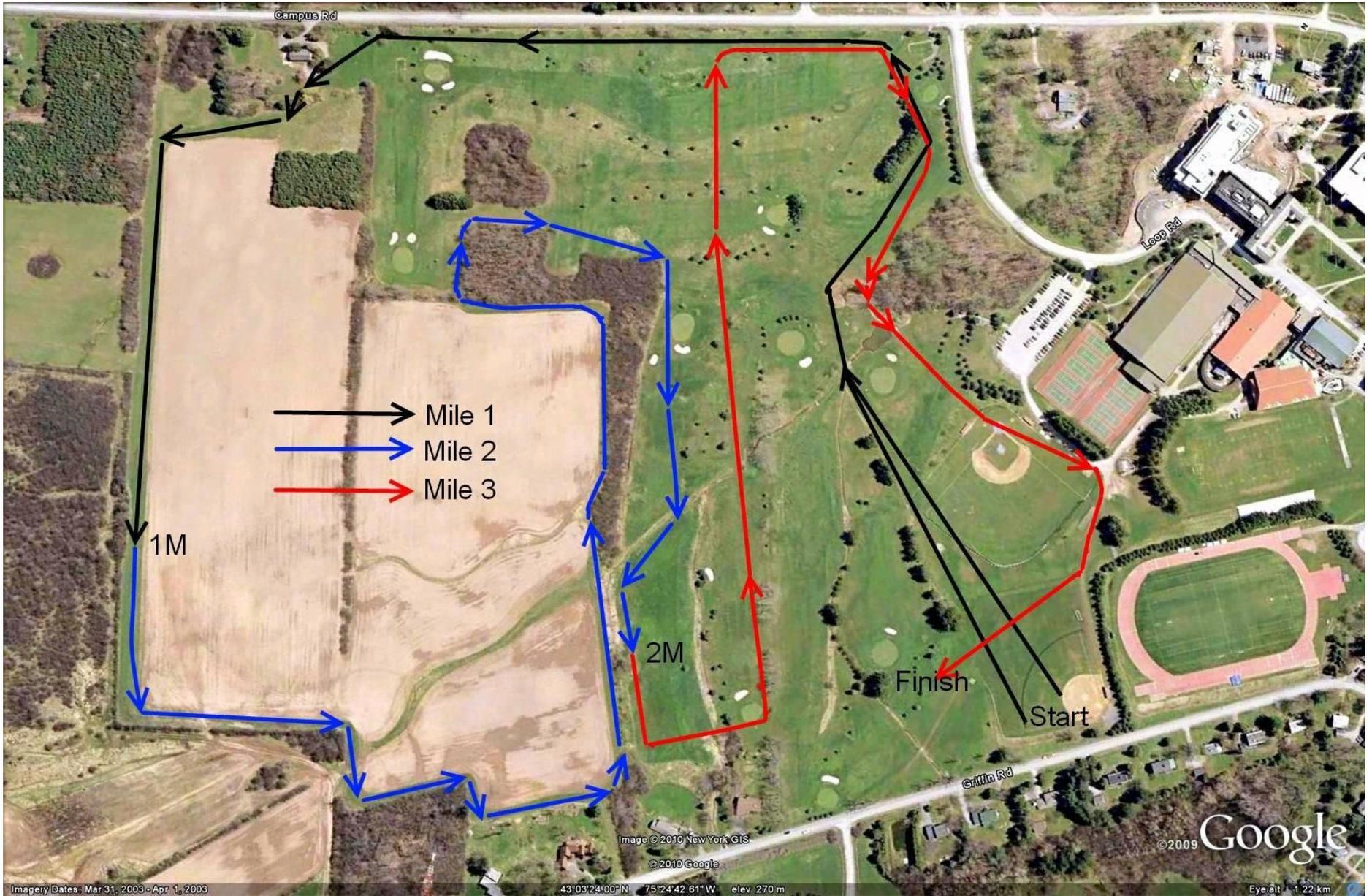
## HAMILTON COLLEGE AREA HOTEL & RESTAURANT LISTING

### Hotels & Motels

<a href="#"><u>Best Western</u></a>	175 N. Genesee St., Utica	315-732-4121
<a href="#"><u>Hampton Inn &amp; Suites</u></a>	201 Woods Park Drive, New Hartford, NY	315-793-1600
<a href="#"><u>Hampton Inn</u></a>	172-180 North Genesee Street	315-733-1209
<a href="#"><u>Holiday Inn</u></a>	Burrstone Road, Utica	315-797-2131
<a href="#"><u>Hotel Utica (Clarion)</u></a>	102 Lafayette Street, Utica	877-906-1912
<a href="#"><u>Motel 6</u></a>	150 N. Genesee St., Utica	315-797-8743
<a href="#"><u>Quality Inn</u></a>	Erie Blvd West, Rome	315-336-4300
<a href="#"><u>Radisson Hotel</u></a>	200 Genesee Street, Utica	315-797-8010
<a href="#"><u>Ramada Inn</u></a>	Campion Road, New Hartford	315-732-4121
<a href="#"><u>Ramada Inn</u></a>	Oneida County Airport	315-736-3377
<a href="#"><u>Red Roof Inn</u></a>	I-90 & Genesee, Utica	315-724-7128
<a href="#"><u>Super 8 Motel</u></a>	309 N. Genesee, Utica (I-90 Exit 31)	315-797-0964
<a href="#"><u>Super 8 Motel</u></a>	Rte. 5, Oneida, NY	315-363-5168
<a href="#"><u>Turning Stone Resort</u></a>	5218 Patrick Road, Vernon	800-771-7711
<a href="#"><u>Miracle Isle Gaming Resort</u></a>	Stuhlman Rd., Vernon	315-829-3400

### Restaurants

<a href="#"><u>Alteri's Restaurant</u></a>	7 College Street, Clinton	315-853-6363
<a href="#"><u>Applebee's</u></a>	4755 Commercial Drive, New Hartford	315-768-3300
<a href="#"><u>Babe's Macaroni Grill</u></a>	80 N. Genesee St., Utica	315-375-0777
<a href="#"><u>Bella Cucina</u></a>	4479 Commercial Drive, New Hartford	315-736-4885
<a href="#"><u>Bon Appetit</u></a>	Hamilton College Dining, Clinton	315-859-4967
<a href="#"><u>Burger King</u></a>	68 Seneca Turnpike, New Hartford	315-797-8531
<a href="#"><u>Carmella's Café</u></a>	53 Seneca Turnpike, New Hartford	315-797-3350
<a href="#"><u>Casa Bella</u></a>	470 French Road, Utica, NY	315-735-2007
<a href="#"><u>Casa Too Mucha</u></a>	13 Genesee St., New Hartford	315-733-2183
<a href="#"><u>Casabs' Deli Café</u></a>	34 Genesee St., New Hartford	315-735-3354
<a href="#"><u>Cavallo's Restaurant</u></a>	40A Genesee St., New Hartford	315-735-1578
<a href="#"><u>Del Monico's Italian Steakhouse</u></a>	147 N. Genesee St., Utica, NY	315-732-2300
<a href="#"><u>Friendly's</u></a>	Sangertown Sq. Mall, NH	315-797-8212
<a href="#"><u>Georgio's Village Café</u></a>	60 Genesee Street, New Hartford	315-792-1111
<a href="#"><u>Grande's Pizzeria</u></a>	12 E. Park Row, Clinton	315-853-7700
<a href="#"><u>Grimaldi's Restaurant</u></a>	418 Bleeker Street, Utica	315-732-7011
<a href="#"><u>Hartford Queen Diner</u></a>	Commercial Dr., New Hartford	315-736-0312
<a href="#"><u>International House of Pancakes</u></a>	535 French Rd., New Hartford	315-724-2930
<a href="#"><u>Kirby's American Restaurant</u></a>	4982 Commercial Drive, Yorkville	315-736-4141
<a href="#"><u>Lupino's Trackside Restaurant</u></a>	401 Main Street, Utica	315-733-7811
<a href="#"><u>McDonald's</u></a>	Meadow Street (12B), Clinton	315-853-8025
<a href="#"><u>Nicky &amp; Johnny's Restaurant</u></a>	Ramada Inn, Campion Rd., New Hartford	<a href="#"><u>315-735-3392</u></a>
<a href="#"><u>Ninety Nine Restaurant</u></a>	8675 Clinton Rd. (The Orchard), New Hartford	315-736-9699
<a href="#"><u>O'Scugnizzo Pizzeria</u></a>	34 Chenango Avenue, Clinton, NY	315-853-1111
<a href="#"><u>Olive Garden</u></a>	4636 Commercial Dr, New Hartford	315-736-2005
<a href="#"><u>Outback Steak House</u></a>	8655 Clinton St. (The Orchard), New Hartford	315-736-0010
<a href="#"><u>Panera Bread</u></a>	4829 Commercial Drive, New Hartford	315-768-1702
<a href="#"><u>Pizza Hut</u></a>	301 Seneca Turnpike, New Hartford	315-733-5357
<a href="#"><u>Pizza Place</u></a>	7 Taylor Avenue, Clinton, NY	315-853-2100
<a href="#"><u>Ponderosa Steak House</u></a>	45 Seneca Turnpike	315-797-6281
<a href="#"><u>Red Lobster</u></a>	1116 Commercial Dr. (5A), New Hartford	315-768-6156
<a href="#"><u>Ruby Tuesday</u></a>	Sangertown Sq. Mall, New Hartford	315-797-4633
<a href="#"><u>Spaghetti Kettle</u></a>	Route 5, Kirkland	315-853-6013
<a href="#"><u>Subway</u></a>	32 College Street, Clinton	315-859-1000
<a href="#"><u>Symeon's Greek Restaurant</u></a>	4941 Commercial Dr., Yorkville	315-736-4074
<a href="#"><u>Taco Bell</u></a>	Sangertown Square Mall, New Hartford	315-733-8476
<a href="#"><u>The Hook</u></a>	90 Seneca Turnpike, New Hartford	315-732-3636
<a href="#"><u>Tony's Pizzeria</u></a>	41 College St., Clinton	315-853-4310
<a href="#"><u>Uno Chicago Grill</u></a>	8655 Clinton St. (The Orchard), New Hartford	315-736-8323
<a href="#"><u>Wendy's</u></a>	76 Seneca Turnpike, New Hartford	315-732-4265
<a href="#"><u>Zebb's Deluxe Grill</u></a>	8428 Seneca Turnpike, New Hartford	315-735-8547



# Hamilton College 5K Course

