

# HAMILTON COLLEGE CROSS COUNTRY INVITATIONAL

Saturday, October 9, 2010

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Races: 11:00 A.M. - Women's 5K  
12:00 Noon - Men's 8K

Entries: Entries are due by Monday, October 4, 2010. 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.

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: \$100.00 per gender, 200.00 for both men and women. \$15.00 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.
- Course
- Description: The men will run an 8K course and the women will run a 5000m course which is located on our campus golf course and adjacent hay/corn fields. The surface is mainly grass with one short stretch of gravel. There is no macadam. The course terrain is rolling and spikes are recommended. It is essential that all competitors and spectators stay off the greens and out of flagged areas. Course maps are enclosed.
- 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
- 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. 12B and Clinton. Follow Rt. 12B to Clinton. At the 2<sup>nd</sup> traffic light, go straight ahead onto College Street. Follow College Street to campus.

## HAMILTON COLLEGE AREA HOTEL & RESTAURANT LISTING

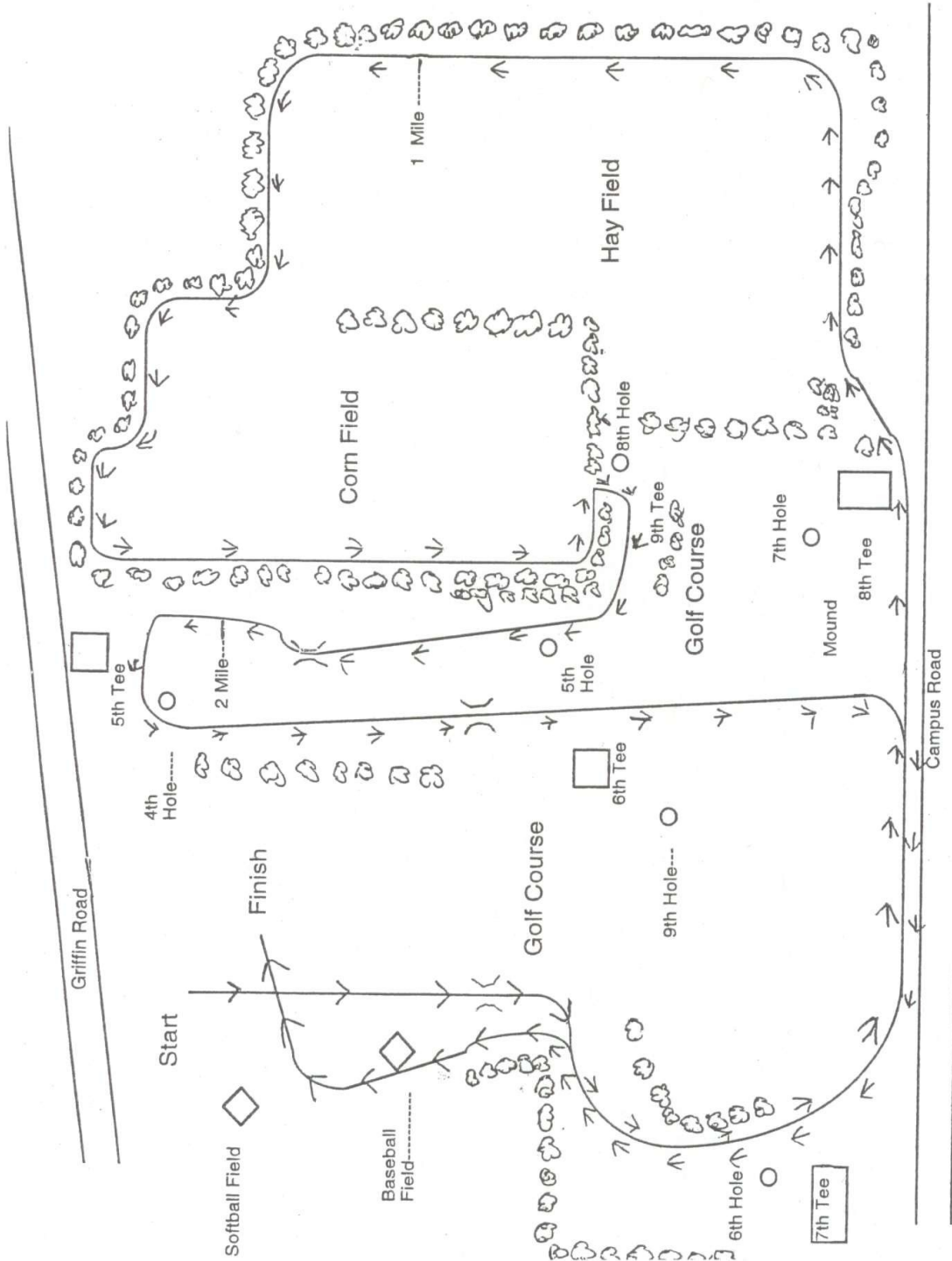
### Hotels & Motels

<a href="#"><u>Best Western</u></a>	175 N. Genesee St., Utica	315-732-4121
<a href="#"><u>Hampton Inn</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</u></a> (Clarion)	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

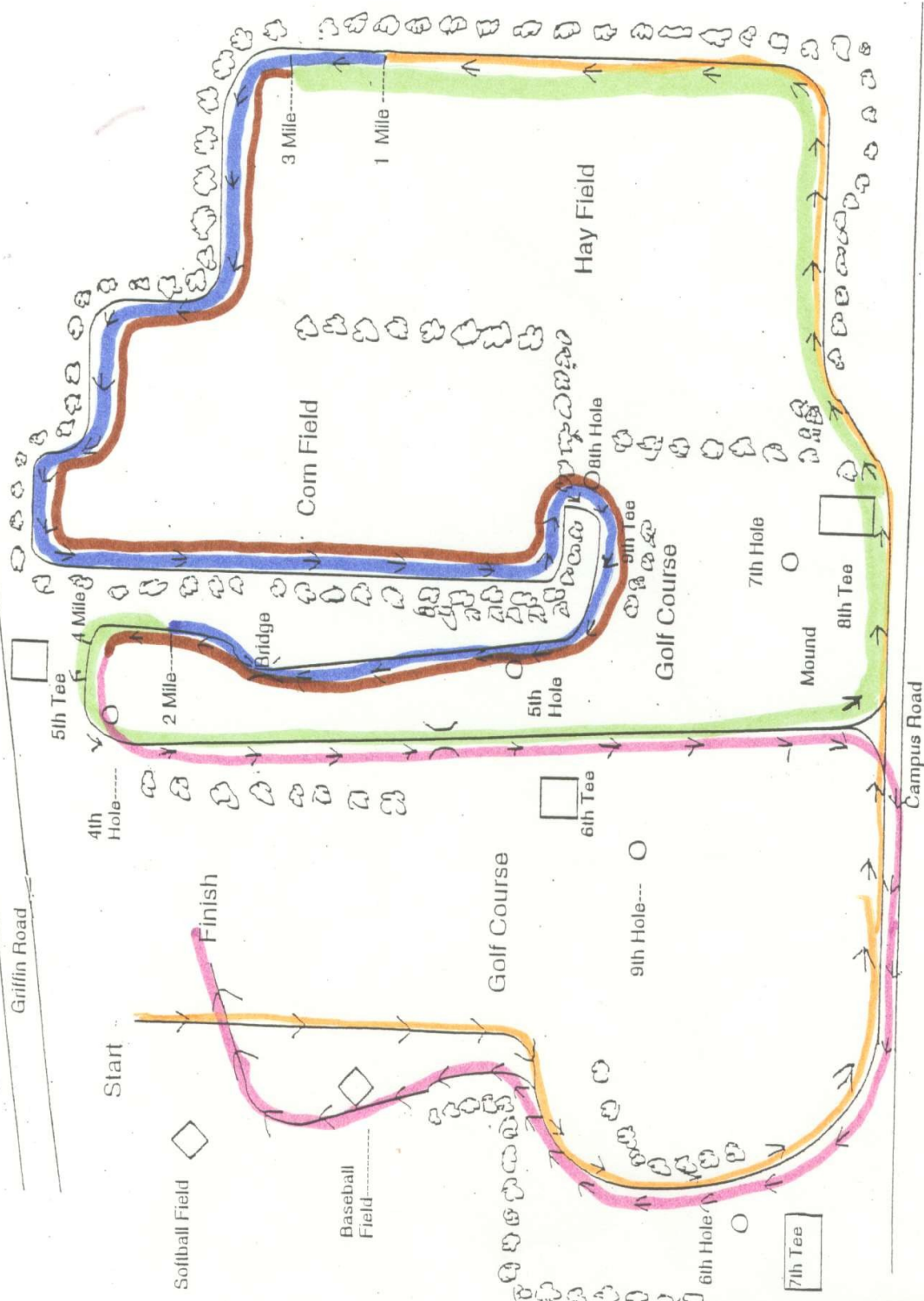
<a href="#"><u>Alteri's Restaurant</u></a>	7 College Street, Clinton	315-853-6363
<a href="#"><u>Applebee's</u></a>	4755 Commercial Drive, New Hartford	315-768-3300
<a href="#"><u>Babe's Macaroni Grill</u></a>	80 N. Genesee St., Utica	315-375-0777
<a href="#"><u>Bella Cucina</u></a>	4479 Commercial Drive, New Hartford	315-736-4885
<a href="#"><u>Bon Appetit</u></a>	Hamilton College Dining, Clinton	315-859-4967
Burger King	68 Seneca Turnpike, New Hartford	315-797-8531
Carmella's Café	53 Seneca Turnpike, New Hartford	315-797-3350
Casa Bella	470 French Road, Utica, NY	315-735-2007
Casa Too Mucha	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
Friendly's	Sangertown Sq. Mall, NH	315-797-8212
Georgio's Village Café	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
Hartford Queen Diner	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
Lupino's Trackside Restaurant	401 Main Street, Utica	315-733-7811
McDonald's	Meadow Street (12B), Clinton	315-853-8025
McDonald's	57 Seneca Turnpike, New Hartford	315-735-4722
Nicky & Johnny's Restaurant	<a href="#"><u>Ramada Inn, Campion Rd., New Hartford</u></a>	<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>Outback Steak House</u></a>	8655 Clinton St. (The Orchard), New Hartford	315-736-0010
Panera Bread	4829 Commercial Drive, New Hartford	315-768-1702
<a href="#"><u>Pizza Hut</u></a>	301 Seneca Turnpike, New Hartford	315-733-5357
Pizza Place	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
Spaghetti Kettle	Route 5, Kirkland	315-853-6013
Subway	32 College Street, Clinton	315-859-1000
Symeon's Greek Restaurant	4941 Commercial Dr., Yorkville	315-736-4074
Taco Bell	Sangertown Square Mall, New Hartford	315-733-8476
<a href="#"><u>The Hook</u></a>	90 Seneca Turnpike, New Hartford	315-732-3636
Tony's Pizzeria	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
Wendy's	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



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