

Graceland University's 1st Annual "Yellowjacket Classic" Championship Cross Country Meet

Saturday, October 25, 2008



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This is a Dedicated Cross Country Course that is of National Championship Quality

The following teams have already confirmed entry in the 2008 Meet:

MidAmerica Nazarene University
Grand View College
Baker University
Graceland University
Judson University
Ottawa University
Stephens College
William Woods University

Lindenwood University
Mount Mercy College
William Jewell College
Park University
Benedictine College
Trinity Christian College
Ashford College
Graceland University

Northwood University (texas)
Missouri Valley College
Central Methodist University
Saint Ambrose University
William Penn University
Longview CC
Culver-Stockton College

More quality teams are still pending.

MEET INFORMATION:

Date: Saturday, October 25th, 2008

Time: 11:00 am Women's 5000 Meters
11:45 am Men's 8000 Meters

Course Information:

This is a dedicated cross country course set on a 100 acres of soft rolling hills and grass running paths landscaped with hedges and a variety of fall blooming flowers. The starting area is 100 meters wide and 800 meters long without any narrowing or turns. Both the 5K and the 8K courses provide a minimum of a 500 meter straight away to the finish line. All the running paths are at least 10 meters wide and the Kentucky blue grass/rye running paths are mowed to 1.5 inches and rolled frequently to ensure good footing and a fast race. This course was host to the fastest NAIA men's 8K time in 2007. This is NOT a "loop" course. The 5K is approximately 4,500 meters of new trails and the 8K is approximately 7,000 meters of new trails. No need to be an Olympic runner to view your athletes throughout the race as this course is extremely spectator friendly. The course is exceptionally well marked with paint, signs and flag rope to eliminate the possibility of your athlete making a wrong turn.

Course Location: Located due East of the Graceland campus on University Place and immediately behind the Industrial Hardfacing East Production Plant.

Directions:

Coming from the South:

Take I-35 North to Lamoni Exit 4. Turn Left (West) onto Hwy 69. Turn left on Smith Street and proceed straight $\frac{3}{4}$ of a mile. The course and parking is located on the Left behind the Industrial Hardfacing East Production Plant.

Coming from the North:

Take I-35 South to Lamoni Exit 4. Turn right (West) onto Hwy 69. Turn left on Smith Street and proceed straight $\frac{3}{4}$ of a mile. The course and parking is located on the Left behind the Industrial Hardfacing East Production.

Additional bus/car parking is located just East across the street and on the campus by the football field. A shuttle will be operating for your convenience.

Entries: All entries will be done Online at : <http://trackmeet.aspisolutions.com/team/index.asp?IDMeet=2122>
Entry site will open Monday, October 13, 2008 at 6:00 am.
Entry site will close Wednesday, October 22, 2008 at 8:00pm.

Entry Deadline: All entries must be completed and declared by Wednesday, October 22, 2008 at 8:00 pm.

Entry Fee: \$80 per Gender/Team. Make checks payable to: Graceland Cross Country

Awards: **Trophies will be awarded to the top 3 men's and women's teams.**
Medals will be awarded to the top 15 male and female runners.
Commemorative T-Shirts will be available while supply lasts

Results: Results will be made available promptly at the conclusion of the races and the award ceremony at the course. The results will also be posted on the Graceland University website www.graceland.edu .

Contact Info: **Kent Allshouse**
allshous@graceland.edu
515-554-6865 (cell)
641-784-5464 (office)

Team Travel Information:

Travel time to Graceland University from:

Des Moines, Iowa	1:15
Kansas City, Missouri	2:15
Chicago, Illinois	5:30
St. Louis, Missouri	5:15
Wichita, Kansas	4:30
Omaha, Nebraska	2:30
Minneapolis, Minnesota	4:45

Lodging:

Lamoni, Iowa:

Super 8 Motel	641-784-7500
Chief Lamoni Motel	641-784-3329

Bethany, Missouri (25 min away):

Super 8 Motel	660-425-8881
Family Budget Inn	660-425-7915

Eagleville, Missouri (13 min away):

Eagle's Landing	660-867-5228
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Osceola, Iowa (25 min away):

Super 8 Motel	641-342-6594
Regal Inn	641-342-2123
American Inn	800-396-5007
Day's Inn	641-342-6666
Terrible's Lakeside Casino	641-342-9511

Restaurants:

Lamoni, Iowa:

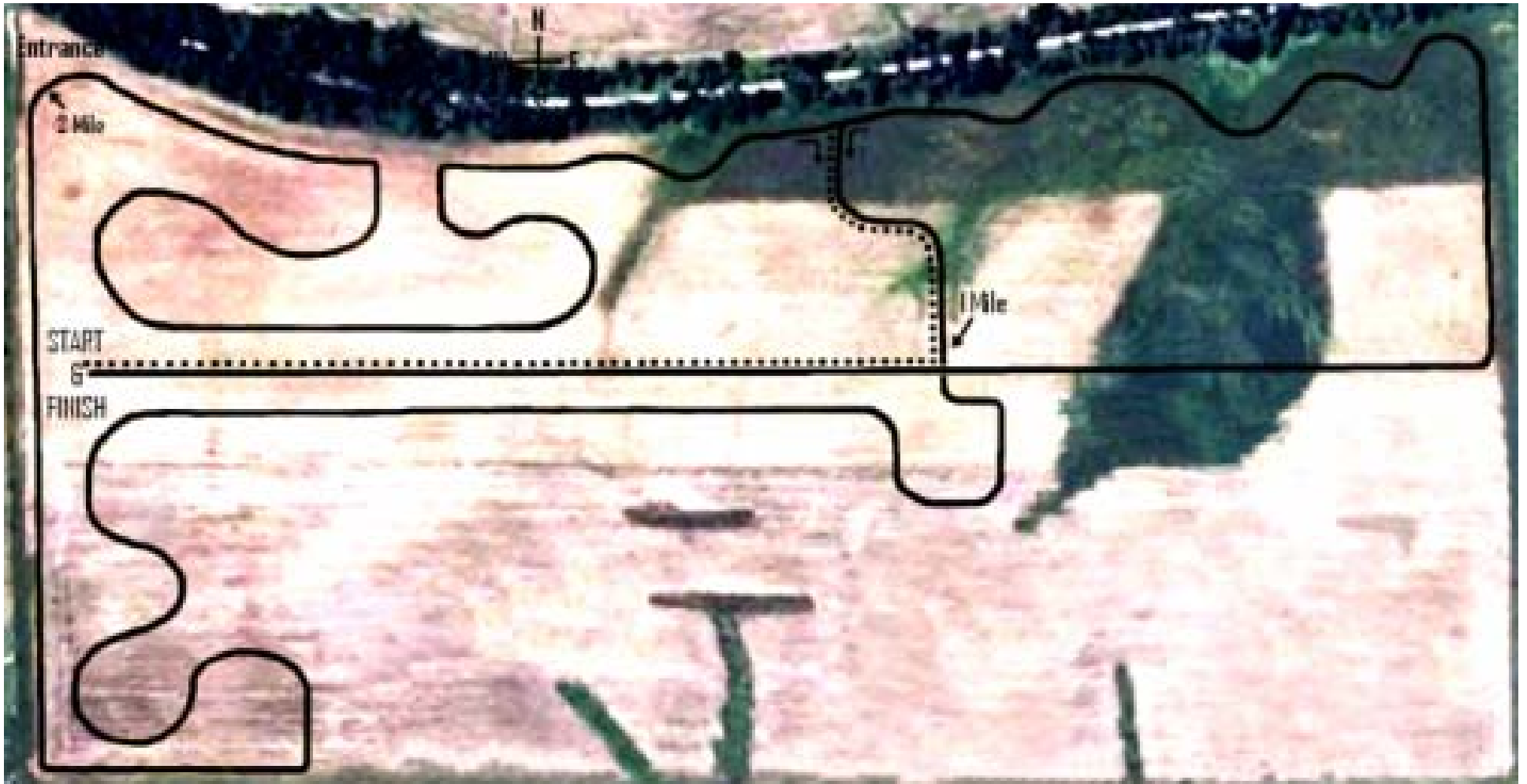
Pizza Hut	641-784-6775
Pizza Shack	641-784-3396
Subway	641-784-7484
Quilt Country	641-784-6342
Casey's Pizza	641-784-8877

Bethany, Missouri (25 min away):

Toot Toot	660-425-7001
McDonald's	660-425-6904
Wendy's	660-425-6888
Dairy Queen	660-425-7515
Taco Bell	660-425-7760
Subway	660-425-7827
Pizza Hut	660-425-2271

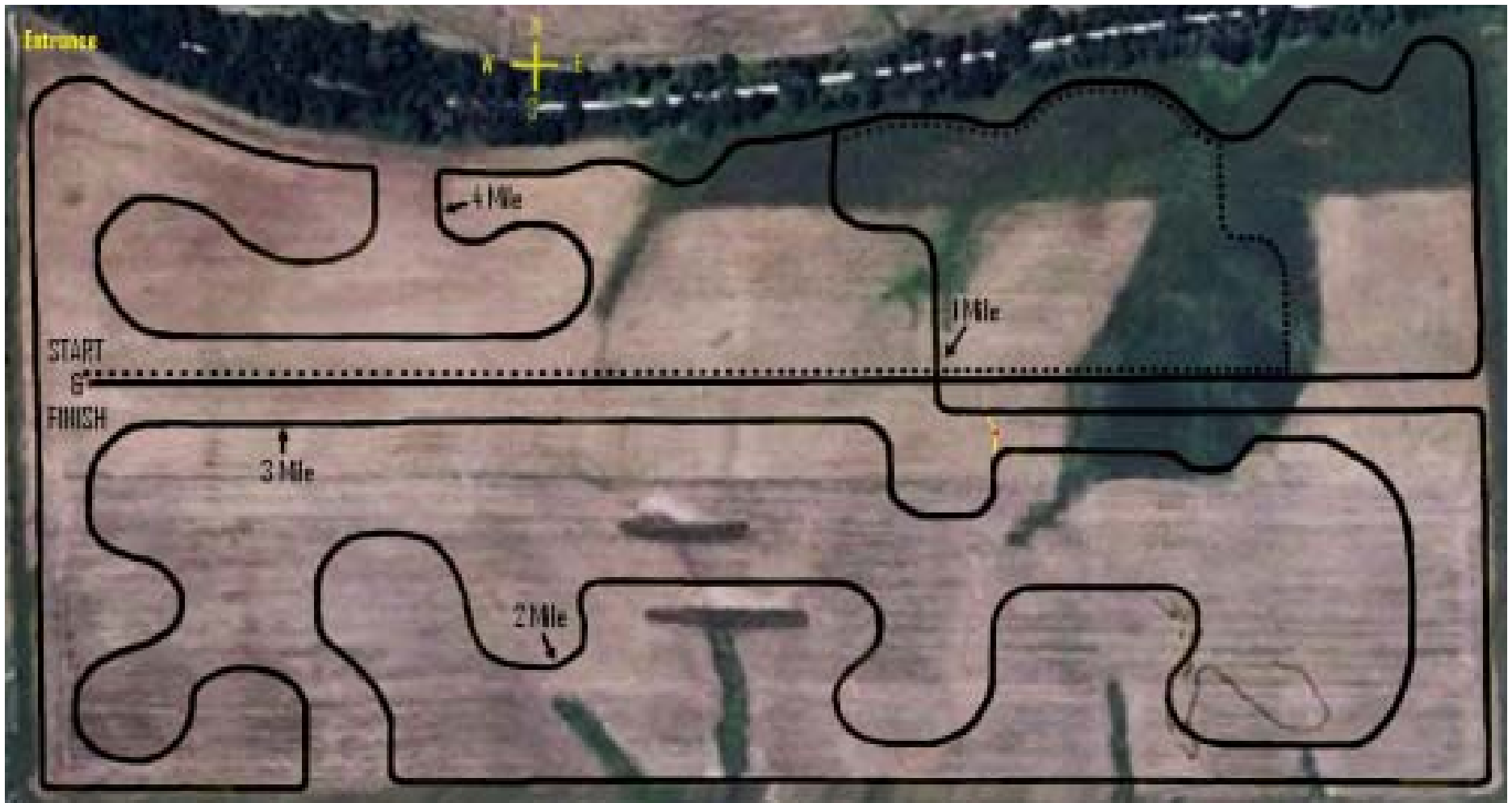
Osceola, Iowa (25 min away):

McDonalds	641-342-3992
Arby's	641-342-1400
Pizza Hut	641-342-6009
Taco Bell	641-342-4024
Subway	641-342-7484
China Star	641-342-1441



Women's 5000 meter

Follow the solid line the first time and the dotted line the second over the same trail.



Men's 8000 meter

Follow the solid line the first time and the dotted line the second over the same trail.