

Graceland University's
2nd Annual "Yellowjacket Classic"
Championship Cross Country Meet
Saturday, October 24, 2009
Women 5K & Men 8K Races



**This is a Dedicated Cross Country Course and is
of National Championship Quality**

**This course was host to the fastest NAIA men's 8K time in the Nation in 2007
– Noah Too (MNU) 23:51**

Last year this meet hosted 21 quality collegiate teams and by all indications it will be even bigger this year. The starting area and trails are very wide and the footing is exceptional. Your athletes will not be squeezed by narrow trails and will be able to run "their" race without obstruction in good view of parents and coaches at all times.

MEET INFORMATION

Date: Saturday, October 24th, 2009

Time: 1:00 pm Women's 5000 Meters
1:45 pm Men's 8000 Meters

(we have moved the start times back as requested by several coaches to ease travel burden and to ensure warmer temperatures in case of a cold October day)

Course Information:

This is a dedicated cross country course set on 100 acres of soft rolling hills and grass running paths. 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.

Entries: All entries will be done Online at : <http://www.aspimeetz.com/12725>
Entry site will open Monday, October 12, 2009 at 6:00 am.
Entry site will close Thursday, October 22, 2009 at 6:00pm.

Entry Deadline: All entries must be completed and declared by Thursday, October 22, 2009 at 6:00 pm.

Entry Fee: \$100 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

Course Location:

Located due East of the Graceland campus on Smith Street 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 precede straight $\frac{3}{4}$ of a mile. The course and parking is located on the Left behind the Industrial Hardfacing East Production Plant.

Additional bus/car parking is located just East across the street and on the campus by the football field.

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:

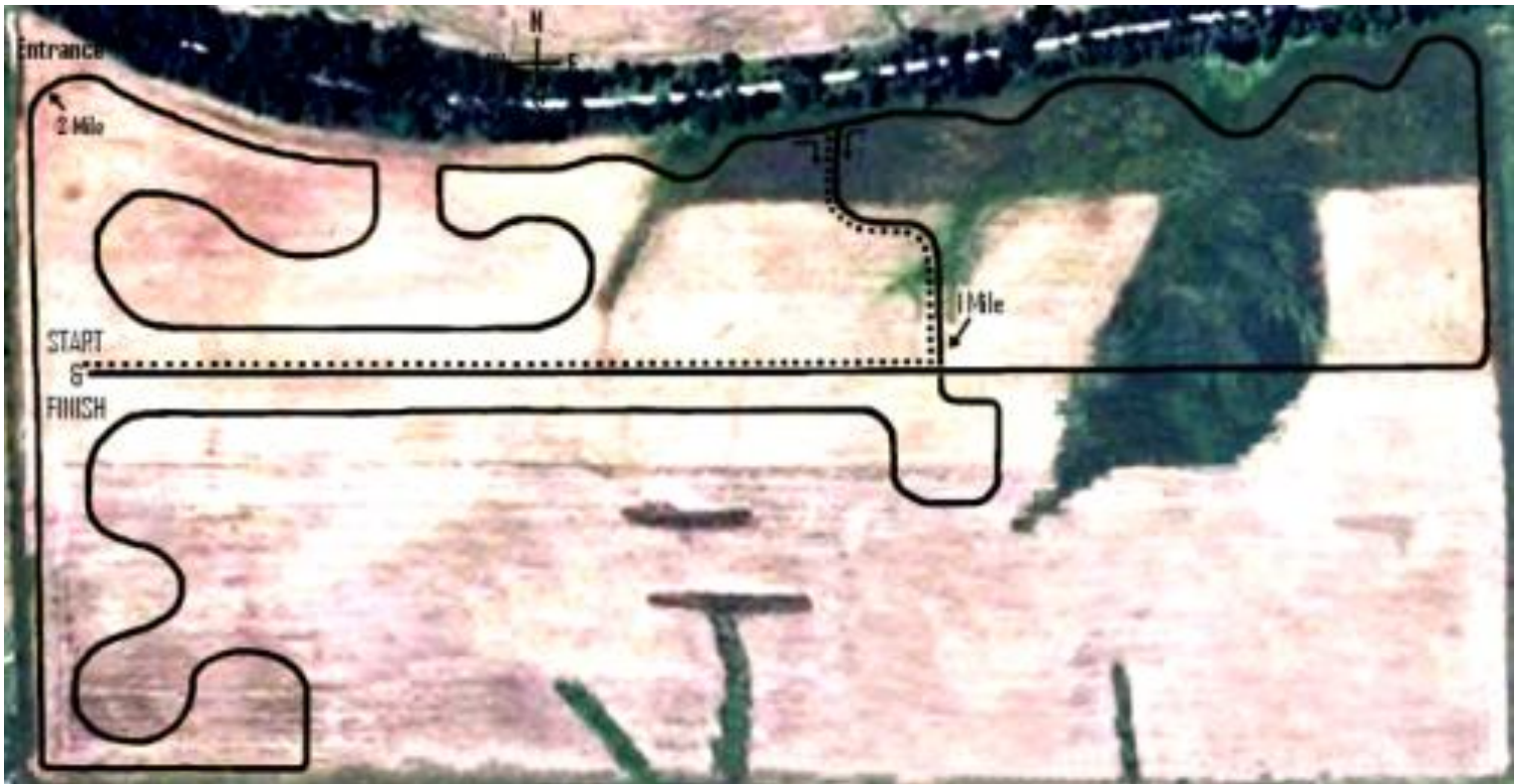
Pizza Hut	641-784-6775
Pizza Shack	641-784-3396
Subway	641-784-7484
Quilt Country	641-784-6342
Casey's Pizza	641-784-8877

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

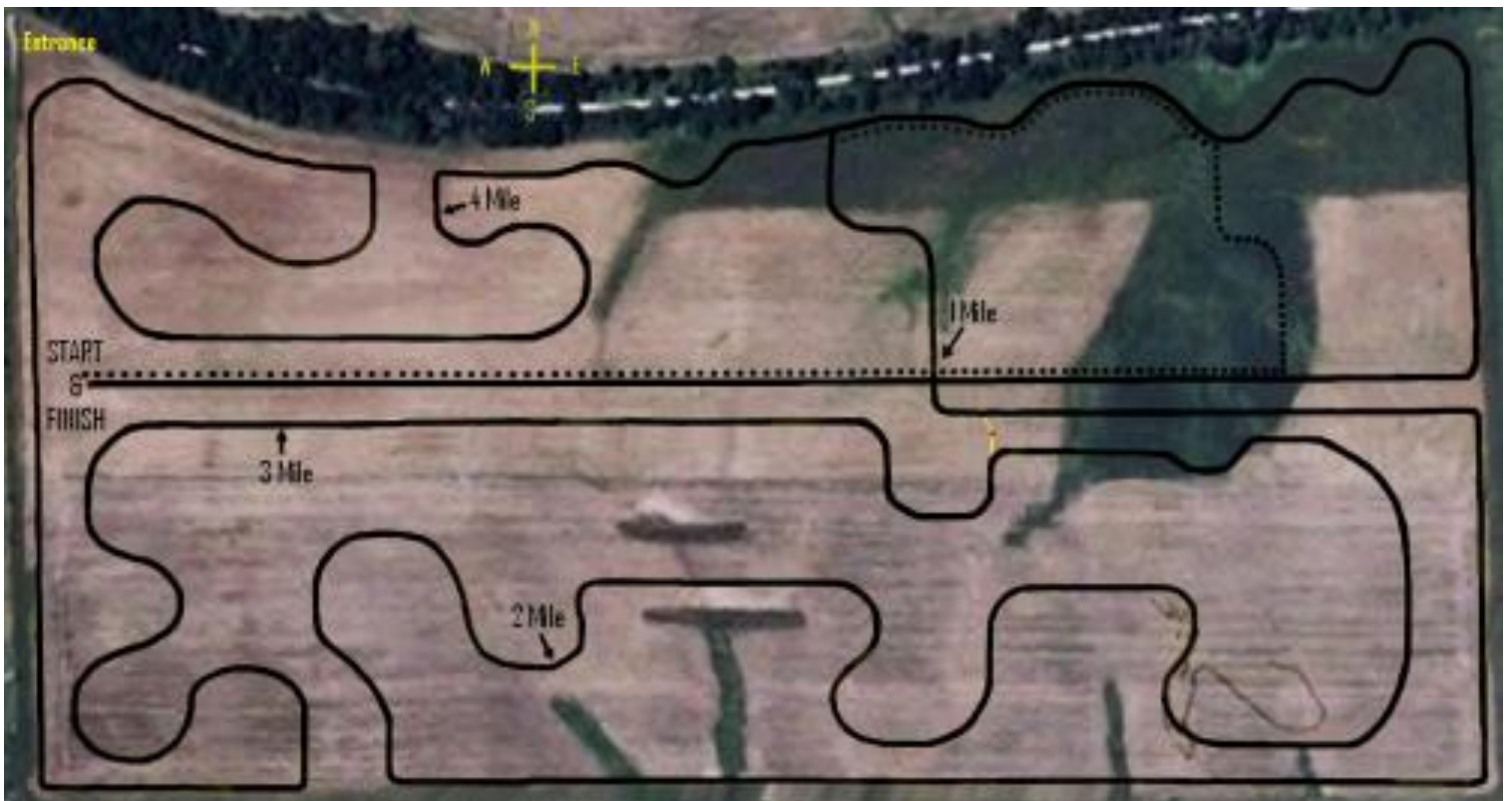
Osceola, Iowa (25 min away):

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.