

HAMILTON COLLEGE SHORT COURSE INVITATIONAL

Saturday, September 6, 2014

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Races: 12:00 Noon. - Women's 4K
12:35 P.M. - Men's 6K

Entries: Entries are due by Monday, September 1, 2014. Please enter all possible runners at 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 conclusion of

the men's race. 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. *Please make checks payable to: "Trustees of Hamilton College."*

Course

Description: The men will run a 6000m course and the women will run a 4000m 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.

Scoring: NCAA Rules

Check-in: Meet packets will be available starting at 10:30 a.m. in the fieldhouse.

Hotels &

Restaurants: A list of Hotels & Restaurants is 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 campus.

HAMILTON COLLEGE AREA HOTEL & RESTAURANT LISTING

Hotels & Motels

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

Restaurants

| | | |
|---------------------------------|----------------------------------------------|--------------|
| Alteri's Restaurant | 7 College Street, Clinton | 315-853-6363 |
| Applebee's | 4755 Commercial Drive, New Hartford | 315-768-3300 |
| Babe's Macaroni Grill | 80 N. Genesee St., Utica | 315-375-0777 |
| Bella Cucina | 4479 Commercial Drive, New Hartford | 315-736-4885 |
| Bon Appetit | 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 |
| Casabs' Deli Café | 34 Genesee St., New Hartford | 315-735-3354 |
| Cavallo's Restaurant | 40A Genesee St., New Hartford | 315-735-1578 |
| Del Monico's Italian Steakhouse | 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 |
| Grande's Pizzeria | 12 E. Park Row, Clinton | 315-853-7700 |
| Grimaldi's Restaurant | 418 Bleeker Street, Utica | 315-732-7011 |
| Hartford Queen Diner | Commercial Dr., New Hartford | 315-736-0312 |
| International House of Pancakes | 535 French Rd., New Hartford | 315-724-2930 |
| Kirby's American Restaurant | 4982 Commercial Drive, Yorkville | 315-736-4141 |
| Lupino's Trakside Restaurant | 401 Main Street, Utica | 315-733-7811 |
| McDonald's | Meadow Street (12B), Clinton | 315-853-8025 |
| Nicky & Johnny's Restaurant | Ramada Inn, Campion Rd., New Hartford | 315-735-3392 |
| Ninety Nine Restaurant | 8675 Clinton Rd. (The Orchard), New Hartford | 315-736-9699 |
| O'Scugnizzo Pizzeria | 34 Chenango Avenue, Clinton, NY | 315-853-1111 |
| Olive Garden | 4636 Commercial Dr, New Hartford | 315-736-2005 |
| Outback Steak House | 8655 Clinton St. (The Orchard), New Hartford | 315-736-0010 |
| Panera Bread | 4829 Commercial Drive, New Hartford | 315-768-1702 |
| Pizza Hut | 301 Seneca Turnpike, New Hartford | 315-733-5357 |
| Pizza Place | 7 Taylor Avenue, Clinton, NY | 315-853-2100 |
| Ponderosa Steak House | 45 Seneca Turnpike | 315-797-6281 |
| Red Lobster | 1116 Commercial Dr. (5A), New Hartford | 315-768-6156 |
| Ruby Tuesday | 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 |
| The Hook | 90 Seneca Turnpike, New Hartford | 315-732-3636 |
| Tony's Pizzeria | 41 College St., Clinton | 315-853-4310 |
| Uno Chicago Grill | 8655 Clinton St. (The Orchard), New Hartford | 315-736-8323 |
| Wendy's | 76 Seneca Turnpike, New Hartford | 315-732-4265 |
| Zebb's Deluxe Grill | 8428 Seneca Turnpike, New Hartford | 315-735-8547 |

6000 Meters



4000 Meters

