

2009
WILLIAM JEWELL COLLEGE
CROSS COUNTRY INVITATIONAL

OCTOBER 10, 2009

Meet Information

- Race Times:
- | | |
|-----------------------------|------------|
| Collegiate/Open Women (5K) | 8:30 a.m. |
| Collegiate/Open Men's (8K) | 9:15 a.m. |
| WJC Alumni and Friends (5K) | 10:00 a.m. |
| Fun Run/Walk (1 mile) | 10:30 a.m. |
- Course: Stocksdale Park is a challenging course with rolling hills. A majority of the course consists of grass terrain across open fields with some sections of the course traveling through dense forest on a wood chipped trail. Spiked shoes are recommended. This course is the site of the 2009 HAAC Championships.
- Stocksdale Park
901 S. LaFrenz Road
Liberty, Missouri 64068
- Entries: Teams may be entered online using ASPI Meetz.
<http://www.aspimeetz.com/12668>
- Entry Fees: \$25.00 per Men's Team and/or \$25.00 per Women's Team
Please make checks payable to William Jewell College Cross Country
- Entry Deadline: Wednesday, October 7, 2009 at 7:00pm
- Awards: No awards will be given.
- Packet Pickup: Team packets may be picked up at 7:30 a.m. at the course.
- Numbers: All participants are required to wear their assigned bib numbers on the front of their jerseys. Please do not pin the removable bottom portion of the bib. This will be removed at the finish chute.
- Parking: Parking is available onsite. Buses may park along the asphalt drive at the entrance of the park. Vans and cars may park in the grass parking lot.
- Trainers: William Jewell College will provide an athletic trainer onsite. A tent will be setup near the finish line.
- Results: Hard copy results will be available at the conclusion of the meet and will also be posted online at www.jewell.edu and at www.aspimeetz.com.
- Facilities: Due to the WJC Homecoming Football game, locker rooms and showers will not be available.
- Additional Info: Please contact Tom Eisenhauer, eisenhauer@william.jewell.edu, (816)415-5292.

Directions

From Kansas City:

Drive north on Interstate 35 to Liberty, turn right on Exit 16 (State Highway 152). Continue on Highway 152, which becomes Kansas Street, through the various shopping center intersections and traffic signals, through the Town Square to Lightburne (Highway 33). You will come to a stop sign at the intersection of Kansas and Lightburne Street. Make a right. You will come to a traffic light, which is the intersection of Lightburne and Mill Street. Make a left. You will come to a traffic light. The campus entrance will be on your left. To get to the course, make a right (away from campus) and continue on E. Mill Street across the railroad tracks. Continue on and make a right on S. La Frenz Road. Follow S. La Frenz until you reach Stocksdale Park on your left. The park is approximately 2 miles from campus.

From Kansas City International Airport:

Leaving the airport, you will travel on Cookingham Drive for 2 1/4 miles. Exit on Interstate 435 South (to St. Louis) and continue on I-435 to the Highway 152 East exit (about 15 minutes). Drive east on Highway 152 (it is about two miles to the edge of Liberty) and continue through the various shopping center intersections and traffic signals. After you cross the intersection of Highway 291, Highway 152 becomes Kansas Street. Continue on Kansas, through the Town Square until you reach Lightburne (Highway 33). Make a right. You will come to a traffic light, which is the intersection of Lightburne and Mill Street. Make a left. You will come to a traffic light. The campus entrance will be on your left. To get to the course, make a right (away from campus) and continue on E. Mill Street across the railroad tracks. Continue on and make a right on S. La Frenz Road. Follow S. La Frenz until you reach Stocksdale Park on your left. The park is approximately 2 miles from campus.

From Interstate 70:

Driving either east or west on Interstate 70, take the Interstate 435 North exit. Continue north on I-435 to Interstate 35 North (Des Moines) exit. Take Exit 16 (State Highway 152) and turn right. Stay on Highway 152 (which becomes Kansas Street) through the various shopping center intersections and traffic signals, through the Town Square until you reach Lightburne. Make a right. You will come to a traffic light, which is the intersection of Lightburne and Mill Street. Make a left. You will come to a traffic light. The campus entrance will be on your left. To get to the course, make a right (away from campus) and continue on E. Mill Street across the railroad tracks. Continue on and make a right on S. La Frenz Road. Follow S. La Frenz until you reach Stocksdale Park on your left. The park is approximately 2 miles from campus.

Stocksdale Park
901 S. LaFrenz Road
Liberty, Missouri 64068