

# 2014 A.I.I. Cross Country Championships

## Visitors Information Guide

Nov. 8, 2014 - Ashford University  
Clinton, Iowa



Ashford University Athletics



Friday, Nov. 7

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6:30 p.m. Pre-Race Dinner  
Teams are invited to enjoy a pre-race dinner in the St. Francis Gym on the campus of Ashford University. Following the event, all teams are welcome to come to the Ashford basketball games inside Kehl Arena. Admission is free to all those that wish to attend.

Saturday, Nov. 8

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10 - 11 a.m. Team Warmups  
11:00 a.m. Women's Championship Race  
12:00 p.m. Men's Championship Race  
12:45 p.m. Team & Individual Awards Presentations

## Race Day Protocol

South Campus Complex, 1650 South 14th St.

There will be one hour to warm up prior to the start of both races. During this time, coaches will meet to get the layout of the course.

Championship banners will be presented to the winning teams at the conclusion of the men's race.





## Welcome

Welcome to Clinton, Iowa and Ashford University. As a participant in the NAIA, Ashford University asks that you join us in supporting character-driven intercollegiate athletics. Help us create a positive competitive environment by showing respect for student-athletes, officials and spectators. Ashford University is committed to the NAIA Champions of Character principles of Integrity, Respect, Responsibility, Sportsmanship and Servant Leadership at all times and we ask for your help to create a positive playing environment.

## Team Parking

Parking for team buses will be available in the Ashford University South Campus lot on Saturday morning. South Campus does have a parking lot in the back of the facility, however buses are not allowed to park there due to space restrictions.

## Team Procedures

### Pre-Meet & Practice

Teams will have access to the track next to the course at South Campus for warm-up and stretching.

## Athletic Training

Certified Athletic Trainers Tiffany Bull, Mike Trappen and Lisa Erickson will be on site throughout the tournament. The training room is located just next to the men's restroom and will be open one hour prior to the race. Ice will be available for competitors once the race concludes. Please coordinate sports medicine needs with Tiffany at [tiffany.bull@ashford.edu](mailto:tiffany.bull@ashford.edu) or (563)242-4023 ext. 7846.

## Ticket Prices

Admission to the event will be free to the public.

## Fan Parking

Free parking will be available on campus on a first come-first serve basis at South Campus. Fans will be instructed to park at in the main parking lot for the event.



## Championship Contacts

A.I.I. Commissioner	Ted Briedenthal	ted@SAMIsports.com
A.I.I. SID	Paul Ebner	ebnerp@uhv.edu (361)485-4421
Ashford Director of Athletics	Andy Eberhart	andy.eberhart@ashford.edu (563)242.4023 ext. 7824 cell: (563)249-5980
Ashford SID	Ryan Thomas	ryan.thomas@ashford.edu (563)242-4023 ext. 7994 cell: (563)321-0893
Ashford Cross Country Coach	Sheena James	sheena.james@ashford.edu (563)242-4023 ext. 7782 cell: (563)321-3755
Event Management Coordinator	Cassy Broderick	cassy.broderick@ashford.edu (563)242-4023 ext. 7997 cell: (563)421-1741
Athletic Trainer	Tiffany Bull	tiffany.bull@ashford.edu (563)242-4023 ext. 7846 cell: (563)249-3161
Athletic Trainer	Michael Trappen	tiffany.bull@ashford.edu (563)242-4023 ext. 7048 cell: (563)249-8922
Athletic Trainer	Lisa Erickson	tiffany.bull@ashford.edu (563)242-4023 ext. 7103 cell: (563)321-0540
Administrative Assistant	Michelle Burton	michelle.burton@ashford.edu (563)242-4023 ext. 7282



## Airports

Quad City International Airport (code: MLI)- Moline, Ill.- The Quad City International Airport is located approximately 48 miles from campus, approximately 1 hour south of Clinton. Airlines: United, Delta, Allegiant, American

Eastern Iowa Airport (code: CDI) - Cedar Rapids, IA- The Eastern Iowa Airport is located approximately 81 miles from campus, approximately 1 hour and 45 minutes west of Clinton. - Airlines: United, Delta, Allegiant, American, Frontier

Chicago O'Hare International Airport (code: ORD)- Chicago, IL - O'Hare International Airport is located approximately 141 miles from campus, approximately 2 hours and 45 minutes east of Clinton. Services all major airlines.

Chicago Midway International Airport (code: MDW) - Chicago, IL - Midway International Airport is located approximately 148 miles from campus, approximately 2 hours and 45 minutes east of Clinton. Services all major airlines.





## Driving Directions to South Campus 1650 South 14th St.

### **From Highway 61 traveling North**

Exit 61 at exit 137 for Hwy 30 DeWit/Clinton. Stay on Hwy 30 for 18.3 miles. Turn left at the light on to 14th St. Continue on 14th St. for 0.7 miles at which point South Campus will be on the left side of the road.

### **From Interstate 88 traveling West**

Exit I-88 at exit 36 toward US 30 W/Clinton. In 0.3 miles merge onto Como Road and stay straight to go onto Lincoln Rd/ US 30 W (crossing into Iowa). Stay on US 30 for 23.6 miles. Once you have crossed into Iowa, US 30 becomes 8th Ave. South. Stay on 8th Ave. South for .2 miles. Turn left onto South 4th Street. Continue on South 4th St. for .6 miles. Turn right onto 11th Ave S/US-30 W/US-67 S. Continue to follow US-30 W/US-67 S for .6 miles. Turn right onto 15th Ave South. Take the 3rd right to stay on 15th Ave. South. Turn left onto S 14th St. South Campus will be on the right side of the road.

### **From Highway 67 traveling South**

Follow Highway 67 South. It will become 3rd Street. Follow 3rd Street as it curves to the right and back to the left; you are now on 4th Street. Take a right onto 13th Ave. North. Take a right onto 7th Avenue North. 7th Ave N becomes N Bluff Blvd.. Turn left onto S 14th St. South Campus will be on the right

### **From Highway 67 traveling North**

Take a right onto Highway 30 West. Follow that road until you have to take a left onto South 14th St. South Campus will be on your left.



# Hotels and Nearby Restaurants

## Hotels

Hampton Inn  
2783 Wild Rose Dr.  
Clinton, Iowa 52732  
(563)243-5555

Holiday Inn Resort  
2800 S. 5th St.  
Clinton, Iowa 52732  
(563)242-9300

CountryInn & Suites  
2224 Lincoln Way  
Clinton, Iowa 52732  
(563)244-9922

Comfort Inn  
1301 17th St.  
Fulton, Ill. 61252  
(815)589-3333

Oak Tree Inn  
2300 Valley West Court  
Clinton, Iowa 52732  
(563)243-1000

## Restaurants

Applebees  
2114 Lincoln Way  
Clinton, Iowa 52732  
(563)242-0279

Rastrellis (Local Italian)  
238 Main Avenue  
Clinton, Iowa 52732  
(563)242-7441

Candlelight Inn  
511 Riverview Drive  
Clinton, Iowa 52732  
(563)243-3200

La Feria  
116 5th Ave. South  
Clinton, Iowa 52732  
(563)243-0831

The Oaks  
3330 Harts Mill Road  
Clinton, Iowa 52732  
(563)242-7032

Pizza Ranch  
1347 11th Ave. North  
Clinton, Iowa 52732  
(563)242-3598

Pizza Hut  
2712 S. 25th St.  
Clinton, Iowa 52732  
(563)243-5300

Hy-Vee Buffet  
904 South 4th St.  
Clinton, Iowa 52732  
(563)243-6162

Jimmy Johns  
830 North 2nd St.  
Clinton, Iowa 52732  
(563)242-3242

Culvers  
2625 Lincoln Way  
Clinton, Iowa 52732  
(563)242-2206

Subway  
807 North 2nd St.  
Clinton, Iowa 52732  
(563)242-7827

Maidrite  
2328 Valley West Court  
Clinton, Iowa 52732  
(563)242-1144



START

FINISH

S 14th St

S 14th St

Dunham St

Barker St

Concord

Stanhope

Harrison St

22nd Ave S

25th Ave S

28th Ave S

Site A

Site B

US 101