

2007 GLIAC Cross Country Championships



Hosted by Mercyhurst College and Gannon University

Championship Information

The Mercyhurst College and Gannon University men's and women's cross country teams will be hosting the 2007 GLIAC Cross Country Championships on Saturday, Oct. 20 at Pleasant Ridge Park in Fairview, Pa. The women's race will open the Championships at 11 a.m. with a 6,000-meter run, followed by the men's 8,000-meter run at 11:45 a.m.

Scheduled of Events

Saturday, Oct. 21

9:00 a.m.	Course opens for inspections
9:30 a.m.	Athletic training opens
10:50 a.m.	National Anthem
11 a.m.	Women's 6,000-meter championship race
11:45 a.m.	Men's 8,000-meter championship race
1 p.m.	Awards

Course Location

The championship meet will take place at Pleasant Ridge Park in Fairview, Pa., which is located approximately 15 miles southwest of downtown Erie, Pa.

Directions

From I-90:

- Proceed on Interstate 90 East until you reach the Fairview Exit 16 (Route 98)
- Turn Left onto Avonia Road (Route 98) and go 2 miles.
- Turn Left onto Route 20 West (West Ridge Road) and go 1.5 miles
- Turn Left onto Dobbler Road. You will see a sign for Pleasant Ridge Park and the GLIAC Conference.
- Go South on Dobbler Road for .1 miles and turn Right on Barker Road. By this time you will see the GLIAC Conference Course. •
- The Parking Lot for School Busses and Vans will be located on your left.
- Parking for spectators is available along the roads bordering Pleasant Ridge Park

From I-79 (Peach Street/Exit 24):

- Turn right at the Entrance to Family First going East on Oliver Road to Old Oliver Road. (.4 miles)
- When you reach Route 19 (Peach Street) Turn Left (North) (.2 miles)
- You will proceed to North to the entrance for Interstate 90 West, which is on the left side of the road.
- Proceed on Interstate 90 West until you reach the Fairview Exit 16 (Route 98) (8.6 miles)
- Turn Right onto Avonia Road (Route 98) and go 2 miles.
- Turn Left onto Route 20 West (West Ridge Road) and go 1.5 miles.
- Turn Left onto Dobbler Road You will see a sign for Pleasant Ridge Park and the GLIAC Conference (Turn Left)
- Go South on Dobbler Road for .1 miles and turn Right on Barker Road. By this time you will see the GLIAC Conference Course. •
- The Parking Lot for School Busses and Vans will be located on your left.
- Parking for spectators is available along the roads bordering Pleasant Ridge Park.

Programs

Event programs will be provided by Gannon University and can be picked up on site for no cost.

Results

Following competition, results will be posted at the site of the events. Complete results will also be posted on the Mercyhurst College athletic website (www.hurstathletics.com) following completion of both races.

Awards

After the men's race, there will be an awards ceremony held at the Pleasant Ridge Park Pavilion. There will be a team champion trophy for both the men and women while the individual champions will receive a "Most Valuable GLIAC Cross Country" plaque. The first seven finishers in each race will be declared first team all-conference while those finishing 8-14, will be named second team all-conference. Awards for runner and freshman of the year will also be announced.

Hotels

There are several hotels in the general area but the best location is directly off of Interstate 90 Exit 24. Exit 24 is approximately 14 miles from Pleasant Ridge Park the site of Conference Race.

Exit 24 is the hub of Erie's shopping, hotel and food choices. There are several choices for lodging and eating.

HOTEL	PHONE NUMBER	ADDRESS
Comfort Inn	814-866-6666	8051 Peach Street
Courtyard by Marriott	814-860-8300	7792 Peach Street
Holiday Inn Express	814-217-1100	8101 Peach Street
Econo Lodge	814-866-5544	8050 Peach Street
Restaurants		
Damon's Grill	814-866-7427	7165 Peach Street
Applebees	814-866-8210	7790 Peach Street
Quaker Steak and Lube	814-864-9464	7851 Peach Street
Safari Grill	814-868-9200	Peach & I 90
Cracker Barrel	814-868-2500	7810 Interstate Drive
Longhorn Steakhouse	814-866-7003	6750 Peach Street
Olive Garden	814-866-1105	5945 Peach Street
Texas Roadhouse	814-864-9494	7475 Peach Street
Restaurants within 1 mile of Pleasant Ridge Park		
Burger King	814-474-1908	Corner of Rt 20 and Rt 98
Subway	814-474-1447	7402 West Ridge Rd (Rt 20)