



# GREAT LAKES REGION

PURDUE UNIVERSITY  
NOVEMBER 15, 2008

## Championships Personnel

Director of Athletics	Morgan Burke	(765) 494-3189
Sr. Associate Athletics Director/ Sports Administrator	Roger Blalock	(765) 494-3203
Tournament Manager	Michael Turner	(765) 494-4452 work (765) 479-4251 cell
Assistant to Tournament Manager	Pam Bales	(765) 494-4311
Cross Country Trainer	Kara Kessans	(765) 494-3245
Purdue Team Physician	Dr. Greg Rowdon	(765) 494-7757
Media Relations	Tanner Lipsett	(765) 494-3197
Marketing/Promotions	Heather Hoesly	(765) 494-3146
Public Address Announcer	Dennis McNulty	
Head Coach	Jack Warner	(765) 494-1584
Assistant Distance Coach	Kelly Phillips	(765) 494-5722
Assistant Distance Coach	Conor Holt	(765) 494-3218

## Division I Cross Country Subcommittee

Robyne Johnson, subcommittee chair  
Director of Track & Field/Cross Country  
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Assistant Director of Championships  
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Fax: 317/917-6210  
E-mail: [lsuscha@ncaa.org](mailto:lsuscha@ncaa.org)

## Race Schedule

Friday, November 14, 2008

12:00 p.m. – 5:30 p.m. → The race course will be open for team inspection

Saturday, November 15, 2008

10:30 a.m. → National Anthem

10:40 a.m. → Women Called to Start

11:00 a.m. → Women's 6,000 Meter Race Begins

11:30 a.m. → Men Called to Start

11:45 p.m. → Men's 10,000 Meter Race Begins

## Coaches' Meeting

The Coaches' Meeting for the championships will take place on Friday, November 14, 2008 at 6:00 p.m. in Lambert Fieldhouse. Lambert Fieldhouse is adjacent to our basketball arena (Mackey Arena) with plenty of parking next to the facility. A member of the championships staff will be there to greet you and direct you to the meeting area. Only head coaches and officials are required to be present, however, assistant coaches are welcome. A light meal will be served prior to the meeting. Dinner is set to be served promptly at 6p.m. with the meeting starting at 6:15p.m.

Delta Timing Group (DTG) will assign chips per your declarations made at that morning's practice and inserted in your team packets to be picked up at this time. Packages will include a copy of the team's entry form, athlete numbers, timing chips, important phone numbers, facility maps, parking passes, and other pertinent information.

## Entry Forms

The entry form for the championships can only be submitted online (through Direct Athletics) and can be accessed via the following websites (the entry forms WILL NOT be sent to your institution):

- NCAA website: <http://www.ncaa.org/wps/ncaa?ContentID=2084>
- USTFCCCA website: <http://ustfccca.cstv.com/>
- Direct Athletics website: <http://www.directathletics.com>
- Purdue University website: <http://purduesports.cstv.com>

Coaches will be allowed to submit a maximum of 15 student-athletes on the entry form. Only the 15 student-athletes listed on the entry form may compete in the regional and/or national championships meets. Coaches will not be able to change the 15 student-athletes on the entry form should the team qualify for the national championships meet. Coaches must submit the forms **ONLINE by 5 p.m. Eastern Standard Time, Thursday November 6**. Institutions submitting late entries are subject to a fine. Each institution should print a copy of its entry forms to hand carry to the regional and national sites.



## **Regional Meet Declaration Deadline**

The Delta Timing Group (DTG) trailer will open 12 noon to 4pm Friday the 14<sup>th</sup> at the Cross Country Course...during this time coaches will need to declare their final 8 athletes with DTG. Packages with Chips will be ready for coaches to pick up at the coaches' meeting that evening. If you will not make it out to the course by 4pm on Friday, declarations will need to be emailed to John M Ferguson with DTG [john.ferguson@deltatiming.com] by 4pm.

Each coach will be responsible for sending seven, and only seven, runners to the start line. Institutions which compete more than seven runners will be disqualified from the regional meet and will not have the opportunity to advance to the national championship meet.

## **National Championship Meet Declaration**

Coaches whose teams advance to the national championships meets will declare during packet pickup (Sunday, November 23) eight of the 15 runners submitted on their original entry form (seven competitors and one substitute). The runners declared for the national championships meets may be different than those that competed at the regional meet, but all must have appeared on the original entry form submitted by the November 6 deadline.

## **Facility Information**

Christened on September 8, 2001, with the Purdue Open, the Varsity Cross Country Course is one of only three cross country-specific courses in the Big Ten Conference.

The course is the brainchild of former head coach Mike Poehlein, who served the Boilermaker cross country program from 1973 through 2003. Always trying to advance Boilermaker running on the national scene, Poehlein began the planning for the course in 2000 and construction began within six months.

After the 2001 season, the running course was reconfigured with the result being the layout that exists today. The course is situated just south of the Varsity Soccer Complex on the west side of the West Lafayette campus. This championship level course has beautifully groomed 20 foot wide trails of grass that cut through flat, rolling, and hilly terrain. The starting area is over 100 meters wide which can accommodate a large number of teams easily. From the start area you go 800 meters before you have any significant turns. The first 2k is flat for both the men and women. For the men the 2k to the 5k is going to be hilly while the women will be hilly from the 2k to the 3k. From there to the finish the course is relatively flat which should produce some great racing. The course was altered to provide more viewing by the spectators. On the men's course the 5k, 7k, and 9k all pass through the same point. The ladies will run adjacent to the finish area five times. Both courses have a common start and finish line

In its first two years, the Varsity Cross Country Course served as the host course for the 2001 Indiana Intercollegiate, the 2002 Big Ten Championships and the 2002 NCAA Great Lakes Regional Championships.

The Varsity Cross Country Course can be set up for races ranging from 4K to 10K, and can accommodate approximately 10,000 spectators alongside the winding running paths.

## **DIRECTIONS TO PURDUE UNIVERSITY**

### **65 South**

- Exit #193 SR 231 - two exits for SR 231. Take the second at exit #193.
- SR 231 South to SR 52 - (about 10-12 miles. Red flashing light).
- Left on 52 - Go through two stoplights, take ramp to Purdue/West Lafayette, approx. 5 miles.

Now on Northwestern Ave.

**Cross Country Course:** Go to third stoplight and turn right on Cherry Lane, field at end of Cherry Lane

### **65 North**

Exit #175 (SR 25)

- Off the exit, turn left at stop light.
- Go to stoplight, turn right onto #52 (Sagamore Parkway)
- Go to Yeager Road, turn left. (BP Gas Station on corner)
- Go to next stop light, Northwestern Ave., turn left.

**CC Course:** Go to third stoplight and turn right on Cherry Lane, field at end of Cherry Lane

### **From the North or East via SR 26**

- Take SR 26 to US 52 (Sagamore Parkway)
- Turn right (North) on US 52
- Follow US 52 across river to West Lafayette
- Turn left on Yeager Road (stay in right lane) BP on corner
- Follow Yeager Road to Northwestern Ave. – turn left

**CC Course:** Go to third stoplight and turn right on Cherry Lane, field at end of Cherry Lane

### **From #231 South**

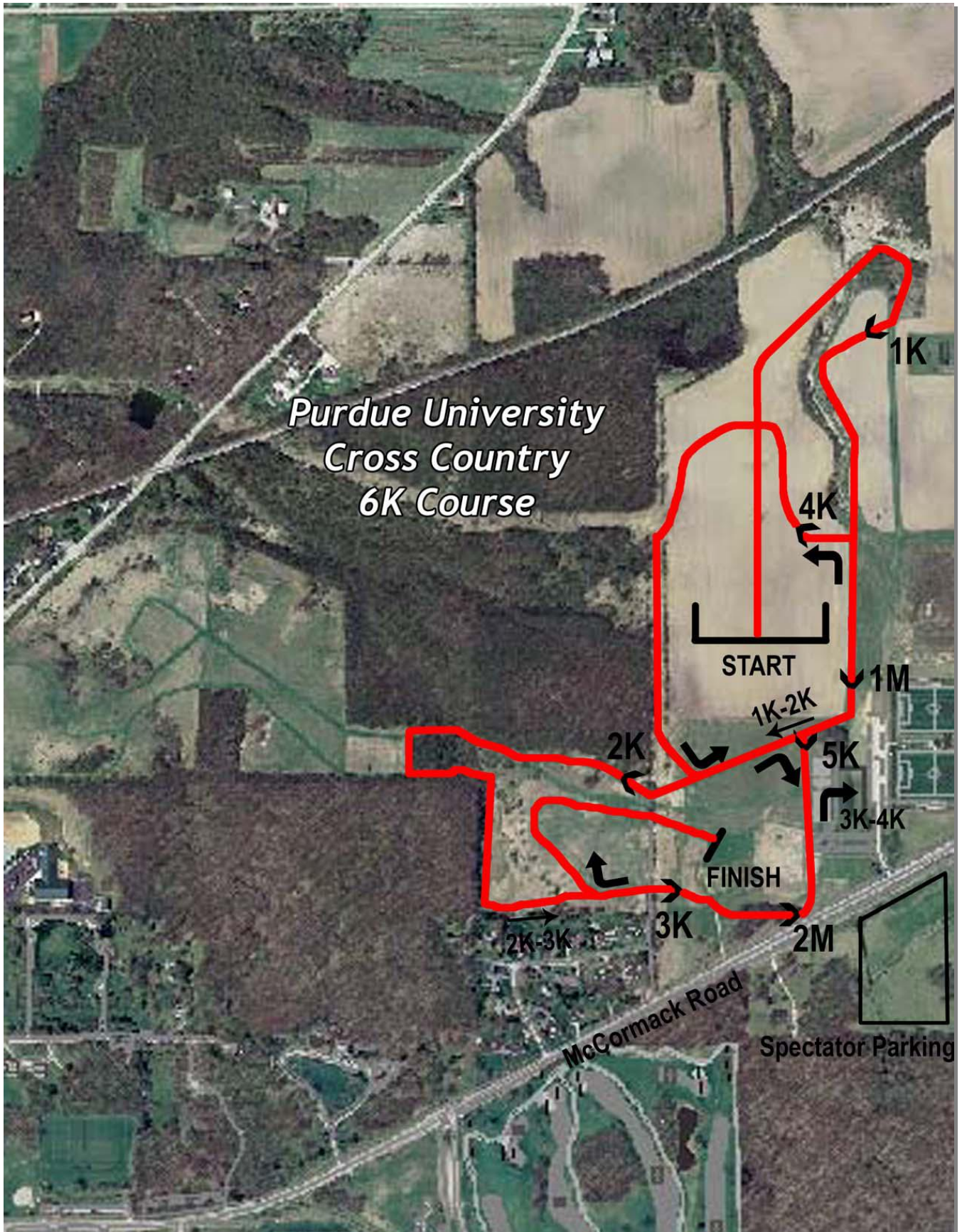
- Follow 231 into West Lafayette. Turns into South River Road once you cross the river.
- Turn right on SR 26 (State Street)
- Continue into campus
- Turn right on Grant Street
- Turn left at light onto Northwestern Ave.
- Mackey Arena, IAF Gym, and Mollenkopf: will be on your left after next traffic light

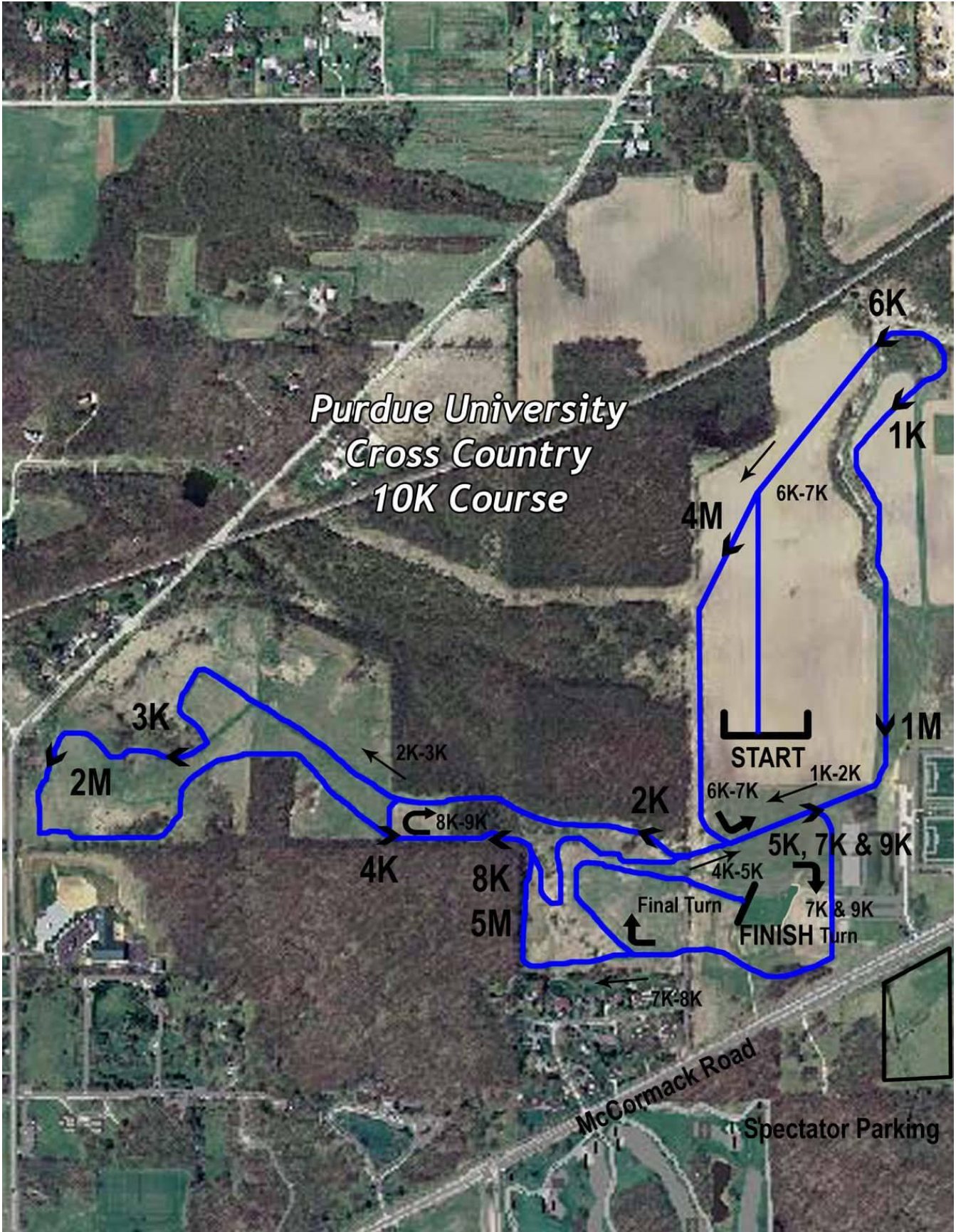
**CC Course:** Go past Mackey Arena to Cherry Lane and turn left, field is at the end of Cherry Lane.

Map Information:

[http://www.purdue.edu/campus\\_map/](http://www.purdue.edu/campus_map/)

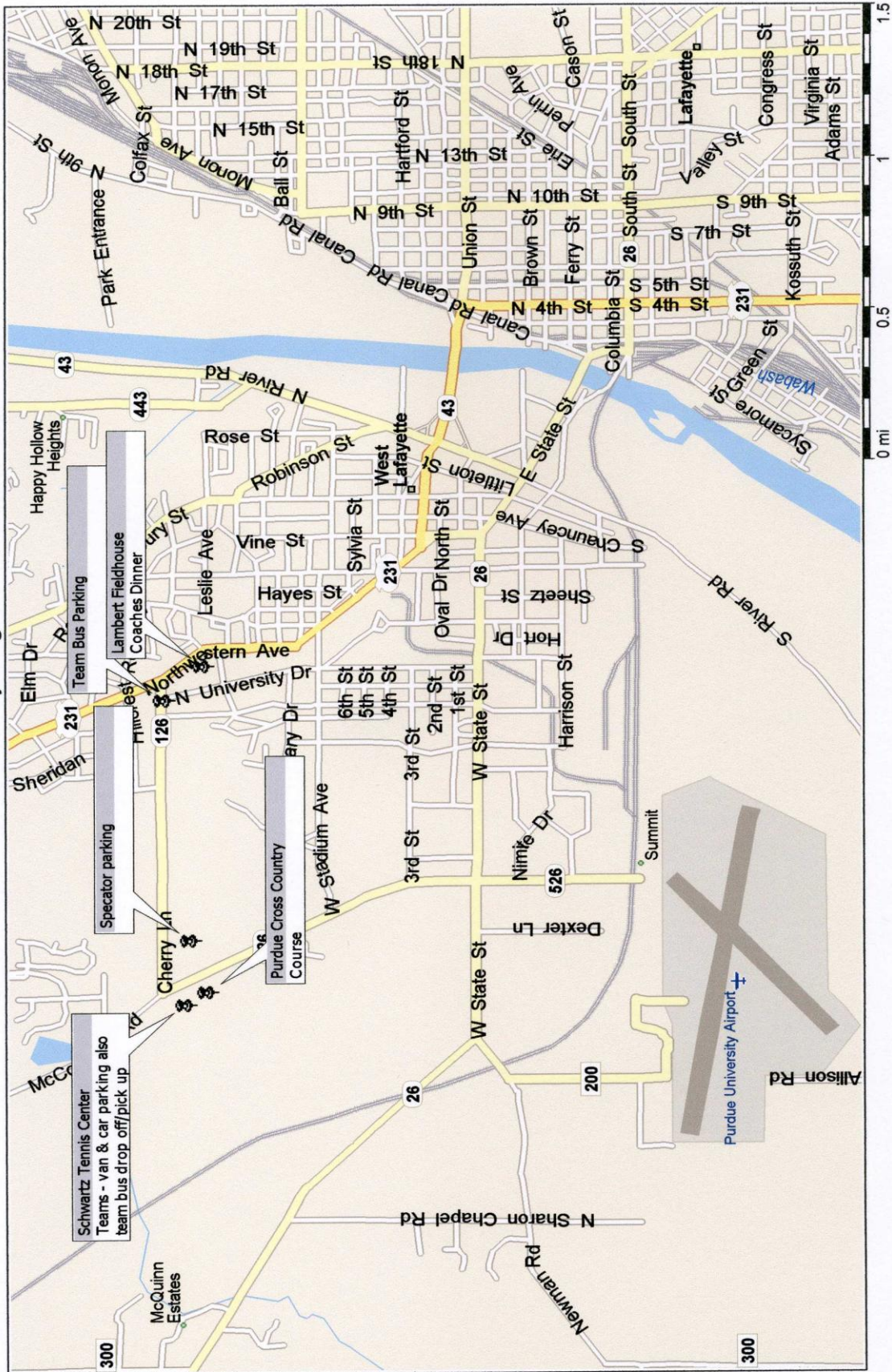






Local map:

2008 NCAA Cross Country Regionals, United States



## **Parking**

Team parking will be available for vans and cars by the Schwartz Tennis Center and the Varsity Soccer Complex which is located just north of the course. Team buses will be able to drop off/pick up teams at the Schwartz Tennis Center. The buses will make a loop through the parking lot then they will park at the north end of the Football Stadium Parking Lot, see map on page 8. Spectator parking will be available for \$10 per car. Spectators are to park in the lot across from the course and the tennis center, see map on page 8. Admission will not be charged to enter the championships, only for parking.

## **Media and Championships Websites**

Results for the event will be available at [www.NCAA.com](http://www.NCAA.com) and [www.deltatiming.com](http://www.deltatiming.com) with a link at [www.purduesports.cstv.com](http://www.purduesports.cstv.com). Coaches, media members and SID attendance also will be provided a copy of the results at the conclusion of each race.

## **SID/Media Information**

There will be no credentials given out for the regional meet. However, if you do plan on attending, please contact Tanner Lipsett ([tlipsett@purdue.edu](mailto:tlipsett@purdue.edu)). There will be no electricity out on the course to post recaps/results. For internet access the Press Box at the Varsity Soccer Complex will be available.

## **Locker Facilities**

No locker room facilities will be available at the Purdue Cross Country race course. Please pay close attention to all of your valuables.

## **General Information**

There will be a lead vehicle for each race. A trainer's cart will also follow behind each race.

At the conclusion of the men's race, the top ten individuals and top four teams from both the men's and women's races will be honored. Coaches, please have your athletes available for this announcement and recognition.

## Sport Medicine Department

On behalf of Purdue University and the Sports Medicine Department, we would like to welcome you to West Lafayette and the 2008 NCAA Regional Cross Country Championships.

The following services will be available in the Medical area of the Cross Country Course:

Treatment and Taping Tables

Taping Supplies

Hydrocollators and Ice

Water and Cups

Electrical Stimulation Unit

Ultrasound Unit

Emergency Equipment

First Aid Supplies

If your team will be traveling **without** an athletic trainer, treatment with electrical modalities will require a written prescription from your team physician. Please contact us before the championship if your team will not be traveling with an athletic trainer.

All visiting athletic trainers are asked to please check in with the medical personnel in the tent before the championship. All athletic trainers will be able to enter the shoot and finish area during the finish of both races if they have checked in prior to the start of the races.

We will stay on-site until 45 minutes after the last race for medical attention.

If you have any questions or have any special needs, please feel free to contact us at

(765) 494-3245 or (765) 413-5671. We look forward to seeing you at the championships.

## Sports Medicine Contact Information

<b>Kara Kessans</b> PT, DPT, ATC, CSCS Track and Field & Cross Country Athletic Trainer	(765) 413-5671 (C) (765) 494-3245 (W)
<b>Jessica Lipsett</b> ATC, DPT Assistant Athletic Trainer	(765) 337-6410 (C)
<b>Ashley Anderson</b> , ATS Athletic Training Student	(765) 496-3155 (W)
<b>Denny Miller</b> ATC, PT Head Athletic Trainer	(765) 404-9450 (C) (765) 494-3245 (W)
<b>Dr. Greg Rowdon, MD</b> Team Physician	(765) 494-1829 (W) (765) 427-8616 (C)
<b>Dr. Alayne Sundstrom, DO</b> Team Physician	(765) 494-1829 (W) (765) 427-6012 (C)
<b>Urgent Care</b> PU Student Health Center	(765) 494-1724
<b>Home Hospital</b> 2400 South St Lafayette, IN	(765) 449-5188 (765) 449-5077 (ER)
<b>St. Elizabeth Medical Center</b> 1501 Hartford St. Lafayette, IN	(765) 423-6011 (765) 423-6271 (ER)
<b>Pharmacies</b> CVS (US26 & US52) Walgreen's (US52 & Salisbury)	(765) 448-1325 (765) 497-2300

## Dining – Greater Lafayette Area

<http://www.homeofpurdue.com/dining.html>

### Pizza

Arni's at Market Square  
2200 Elmwood Av., L. 765-447-1108

Monical's Pizza  
3457 Bethel Dr, WL 765-464-2885

Bruno's  
212 Brown Street, WL 765-743-1668

Papa John's at Purdue West  
1400 W. State St., 765-743-2800

CiCi's Pizza at International Square  
3861 SR 26 E., L. 765-446-2424

Pizza Hut at Purdue West  
1400 W. State St., WL, 765-743-4055

Domino's  
134 W. State St., WL 764-743-3000

Sorrento's Pizza  
307 Sagamore Pkwy., WL 765-463-5581

### Family Dining

Applebee's  
3009 Northwestern Ave., WL 765-463-0308

O'Charley's at Tippecanoe Mall  
2413 Sagamore Pkwy W., L 765-446-9466

Bob Evans  
4300 SR 26 E., L 765-448-4707

Olive Garden  
4151 SR 26 E., L 765-447-0074

Buffalo Wild Wings  
360 Brown St., WL 765-743-1188

Outback Steakhouse  
3660 SR 26 E., L 765-449-1790

Chili's  
3980 SR 26 E., L 765-449-8430

Pepe's Mexican Restaurant  
2525 Sagamore Pkwy S., L 765-448-1888

Christos'  
1018 Sagamore Pkwy., WL 765-497-3164

Red Lobster  
820 Sagamore Pkwy N., L 765-447-5056

Cracker Barrel  
40 Frontage Rd, SR 26 E., L 765-447-9544

Scotty's Brewhouse  
352 E. State Street, WL 765-746-3131

Don Pablo's  
50 N. Creasy Lane, L 765-449-0511

Spageddies Italian Kitchen  
3990 SR 26 E., L 765-449-0773

Logan's Roadhouse  
3840 SR 26 E., L 765-446-1551

TGI Friday's at Lafayette Pavilions  
110 S. Creasy Lane, L 765-449-9051

Lone Star Steakhouse  
405 Sagamore Pkwy W., L 765-449-4907

Texas Roadhouse  
3615 SR 38 E., L 765-446-0404

### Fine Dining

Bistro 501  
501 Main Street, Downtown, L 765-423-4501

Mountain Jack's  
4211 SR 26 E. at I-65, L 765-448-1521

Hour Time Restaurant in Best Western  
4343 SR 26 E. at I-65, L 765-448-4669

Red Seven  
200 Main Street, Downtown, L 765-742-7337

**Fast Food & Subs**

Arby's Roast Beef  
531 Sagamore Pkwy W., WL 765-463-2133

Buffalo Wild Wings  
360 Brown Street, WL 765-743-1188

Burger King  
1069 Sagamore Pkwy W, WL 765-463-6713

Camille's Sidewalk Café  
1056B Sagamore Pkwy W., WL 765-463-6200

Chick-Fil-A  
3836 SR 26 E., L 765-446-2053

Culver's Frozen Custard  
340 N Creasy Ln., L 765-449-1169

Einstein Brothers Bagels  
201-203 Northwestern Ave, WL 765-743-8933

Jimmy John's  
720 Northwestern Ave., WL 765-743-8600

Kentucky Fried Chicken  
609 Sagamore Pkwy W, WL 765-463-6212

Long John Silver's & A&W Rootbeer  
240 E. State St., WL 765-743-0318

MacAllister Deli at Lafayette Pavilions  
100 S Creasy Lane, L 765-449-2300

McDonald's  
605 W Stadium Ave., WL 765-743-7518

McDonald's  
124 E. State Street, WL 765-743-6069

**For the Sweet Tooth**

Cold Stone Creamery at Laf. Pavilions  
100 S Creasy Lane, L 765-447-4400

Dairy Queen  
1602 W State St., WL 765-743-6610

Krispy Kreme  
4030 SR 26 E., L 765-447-2379

McDonald's  
613 Sagamore Pkwy W, WL 765-497-4663

Moe's Southwest Grill  
332 E State St, WL 765-743-5000

Noodle's & Company  
103 N Chauncey Ave., WL

Panera Bread  
328 E State St., WL 765-746-2400

Potbelly Sandwich Works  
111 S. River Rd Suite A, WL 765-743-2993

Qdoba Mexican Restaurant  
139 Northwestern Ave, WL 765-807-0338

Sonic  
150 S. Creasy Lane, L 765-447-7700 (Laf. Pavilion)

Subway  
113 Northwestern Ave., WL 765-743-0889

Subway  
1400 W State St, WL 765-743-7827

Subway  
1060 Sagamore Pkwy W, WL 765-497-7827

Taco Bell  
1016 Sagamore Pkwy W, WL 765-463-1010

Wendy's  
252 E State St., WL 765-743-5885

Wendy's  
701 Sagamore Pkwy W, WL 765-463-4939

Silver Dipper Ice Cream  
307 Sagamore Pkwy W., WL 765-464-1973

Snowbear Frozen Custard  
338 E State St., WL 765-746-2930

Sonic at Lafayette Pavilions  
100 S. Creasy Lane, L

## Area Accommodations

<http://www.homeofpurdue.com/stayingthenight.html>

Baymont Inn  
312 Meijer Dr., at I-65  
Lafayette  
765-446-2400 or 888-240-7958

Knights Inn  
4100 SR 26 E at I-65  
Lafayette  
765-447-5611 or 800-843-5644

Best Western Lafayette Executive Plaza  
4343 SR 26 E at I-65  
Lafayette  
765-447-0575 or 888-295-2346

Lees Inn & Suites  
4701 Meijer Court at I-65  
Lafayette  
765-447-3434 or 800-733-5337

Comfort Suites  
31 Frontage Road at I-65  
Lafayette  
765-447-0016 or 800-228-5150

Marriott TownPlace Suites  
163 Frontage Road at I-65  
Lafayette  
765-446-8668 or 800-257-3000

Courtyard by Marriott  
150 Fairington Ave (opening fall of 2008)  
Lafayette  
765-426-6944

Quality Inn & Suites  
4221 SR 26 E at I-65  
Lafayette  
765-447-9460 or 877-424-6423

Days Inn & Suites  
151 Frontage Road at I-65  
Lafayette  
765-446-8558

Red Roof Inn  
4201 SR 26 E at I-65  
Lafayette  
765-448-4671 or 800-733-7663

Fairfield Inn  
4000 SR 26 E  
Lafayette  
765-449-0083 or 800-228-2800

Signature Inn  
4320 SR 26 E at I-65  
Lafayette  
447-4142 or 800-822-5252

Hampton Inn  
3941 SR 26 E at I-65  
Lafayette  
765-447-1600 or 800-HAMPTON

Super 8  
4301 SR 26 E at I-65  
Lafayette  
765-447-5551 or 800-800-8000

Hilton Garden Inn  
356 E State Street at Wabash Landing  
West Lafayette  
765-743-2100 or 877-STAY-HGI

Union Club Hotel at Purdue University  
101 N Grant Street  
West Lafayette  
765-494-8900 or 800-320-6291

Holiday Inn Express  
201 Frontage Road at I-65  
Lafayette  
765-449-4808 or 800-HOLIDAY

University Plaza Hotel  
3001 Northwestern Avenue  
West Lafayette  
765-463-5511 or 800-777-9808

Holiday Inn Select - City Centre  
515 South Street - Downtown  
Lafayette  
765-423-1000 or 800-423-1137

## Miscellaneous Information

This link is to the Greater Lafayette Visitors Bureau that provides local information such as, Attractions, Shopping, Movie Theatres, Area Dining Guide, Hotels, Place of Worship, etc.: <http://www.lafayette-in.com/>

### MOVIE THEATRES

Wabash Landing 9 765-447-3446  
State Road 26 West at Route 43 On the Levee  
West Lafayette

Eastside 10 Theater 765-447-3446  
Off State Road 26 East  
Between US 52 and Creasy Lane  
Lafayette

Lafayette 7 765-447-3446  
McCarty Lane between State Road 38 East and Creasy Lane  
Lafayette

### Shopping Centers and Mall

Tippecanoe Mall 765-448-6176  
2415 Sagamore Parkway South  
Lafayette

Market Square Shopping Center 765-742-6969  
2200 Elmwood Avenue  
Lafayette

Wabash Landing 765-746-1603  
342 E. State Road 26 West  
West Lafayette

Lafayette Pavilion (New Fall 2007)  
Creasy Lane & State Road 26 East  
Lafayette