



Siena Cross Country Invitational
September 7th, 2019
The Crossings of Colonie, Loudonville, NY

Men's 8km - 9:45am
Women's 5km - 10:30am

Siena Head Coach - John Kenworthy - jkenworthy@siena.edu; 518-786-5064

Scoring: Invitational scoring will be completed for Division I and Non-Division I separately.

Awards: Winning teams, individual winners, & Top 10 in each race will receive recognition and awards.

Results/Timing: Available at finishiright.com

Entry Fee: \$250 per team; \$500 for men and women's combined.

Individual entries (less than 5 from a team) are \$50.

Unattached entries are \$30. Unattached athletes or their coaches should email Coach John Kenworthy for more information.

Checks should be made out to "Siena College Cross Country"

Entries: Entries are due Tuesday 9/3 at 11:59pm. There are no entry limits per team.

Course: The course at the Crossings of Colonie contains two loops (roughly 2km and 3km in length) that can be run multiple times to reach the desired course distance. The course is mostly a natural grass surface with a sandy soil base. The course does have some short pavement crossings but it is very much a "spikes" course. The start stretch is nearly 400m long, and the finish straightaway is over 200m long. The loop layout will allow coaches and spectators to easily access and view most of the race. The terrain is generally flat with sections of short rolling hills. Most of the course is run on open fields.

Park Facilities: The Crossings of Colonie has limited indoor bathrooms, portable toilets will be used to supplement the park bathrooms. Meet headquarters will be located in the park's southern pavilion in the team camp area. Teams should plan to bring their own shelter, if needed.

The park has ample paths, trails, and open space areas which are all open to the public during the meet and are always available for warm ups and cool downs for your teams.

Please advise your athletes not to use the bathrooms or indoor rental space near the park headquarters on the northern side of the park (the buildings by the pond). There is a high likelihood other events or

rentals will be going on in the park, the park (including paths and open spaces) will be available to the general public at all times. Please remain courteous to other park goers.

Parking: All spectators and busses should enter through the main park entrance on Albany Shaker Rd and drive all the way to the back of the park. There will be parking attendants in the final traffic circle to direct traffic onto the grass and into the designated parking area. Please be sure you are not parking on the course.

Teams: All MAAC Schools are invited. Some other regional Division I, Division II, and Division III schools will fill the field when space allows.

Contact: Coach John Kenworthy - jkenworthy@siena.edu; work: 518-786-5064; cell: 518-774-4788

Accommodations and Restaurants: (everything is within 10minutes of the course)

<u>Hotel</u>	<u>Address</u>
Home2 Suites by Hilton Albany Airport	10 Metro Park Rd, Albany, NY 12205
Albany Marriott	189 Wolf Rd, Albany, NY 12205
Staybridge Suites Albany-Wolf Road	39 Wolf Rd, Albany, NY 12205
Courtyard by Marriott Albany Airport	168 Wolf Rd, Albany, NY 12205
Radisson Hotel Albany	205 Wolf Rd, Albany, NY 12205
Red Roof Inn Albany Airport	188 Wolf Rd, Albany, NY 12205
Best Western Albany Airport	200 Wolf Rd, Albany, NY 12205
Homewood Suites by Hilton Albany	216 Wolf Rd, Albany, NY 12205
Hampton Inn Albany-Wolf Road	10 Ulenski Dr, Albany, NY 12205
Hotel Indigo Albany Latham	254 Wolf Rd, Latham, NY 12110
Genoa Importing & Catering	435 Loudon Rd, Loudonville, NY 12211
Moe's Southwest Grille	243 Wolf Rd, Albany, NY 12205
Warehouse Grill and BBQ	219 Wolf Rd, Albany, NY 12205
Professor Java's Coffee Sanctuary	217 Wolf Rd, Albany, NY 12205
Olive Garden	178 Wolf Road, Colonie, NY 12205
Red Lobster	170 Wolf Rd, Colonie, NY 12205
Romano's Macaroni Grill	1 Metro Park Rd, Albany, NY 12205
Which Wich Superior Sandwiches	133 Wolf Rd, Albany, NY 12205
Wolf's 1-11 Restaurant	111 Wolf Rd, Colonie, NY 12205
Chipotle Mexican Grill	105 Wolf Rd, Albany, NY 12205
Subway	88 Wolf Rd, Albany, NY 12205
Smashburger	81 Wolf Rd, Colonie, NY 12205
Panera Bread	65 Wolf Rd, Colonie, NY 12205
Buca di Beppo	44 Wolf Rd, Colonie, NY 12205
Cheesecake Factory	131 Wolf Rd, Albany, NY 12205
Lanie's Cafe	471 Albany Shaker Rd, Albany, NY 12211
Bellini's Italian Eatery	624 New Loudon Rd, Latham, NY 12110
Bellini's Counter	624 New Loudon Rd, Latham, NY 12110
Bella-Napoli Italian Bakery	672 New Loudon Rd, Latham, NY 12110