



# CHAMPIONSHIP CROSS COUNTRY AND DISTANCE RUNNING CLINIC

August 8, 2009 • Ames High School • Ames, IA

The Most Comprehensive Coaching Clinic in the Nation!

SPONSORED BY:



## CLINIC LODGING

“Clinic Special” lodging information for Friday, August 7.

\*Ask for the Cross Country & Distance Running Clinic rate (see below)

### Quality Inn Starlite Village

2601 East 13th street

Ames, IA 50010

(515) 232-9260

\*Clinic rate \$72.00 (Book by August 1)

### Holiday Inn Express

2600 E 13th St

Ames, IA 50010

(515)-232-2300

\*Clinic rate \$79.00 (Book by July 7)

# DIRECTIONS TO AMES HIGH SCHOOL

1921 Ames High Drive  
Ames, IA 50010

### From I-35 Exit 113

1. Go west on 13<sup>TH</sup> Street:
2. Head west on 13<sup>TH</sup> street, going through the stoplights at the intersection at Dayton and Duff avenues until you get to Grand Ave.:
3. At the stoplight intersection of Grand Ave. and 13<sup>TH</sup> St., take a right (north):
4. Follow Grand until 20<sup>TH</sup> Street intersection.
5. Turn left (west) at 20<sup>TH</sup> St. Stay on 20<sup>TH</sup>, which will take you through one stop sign and over a set of railroad tracks and right to Ames High School.

