



Getting to Springfield is easy. The city is located in the southwest region of Missouri and is a short drive from cities such as Kansas City, Mo., St. Louis, Mo, Tulsa, Okla. and Fayetteville, Ark.

The Springfield National Airport (SGF) is one of the fastest growing air hubs in the nation. With more than 50 daily departures the airport is serviced by Allegiant Air, American Connection, American Eagle, Delta Connection, Northwest Airlines, and United Express. SGF recently completed construction of a brand new terminal that has brought even greater air access to the area. A new Branson Airport, serviced by AirTran and Sun Country Air, opened in May just 45 minutes away.

Known as the destination airport for nearby tourist mecca Branson and the Ozark Mountain Country, Springfield-Branson National Airport is the regional hub for one-stop flights to more than 400 destinations, including 18 foreign cities. In 2005 a record number 900,000 passengers passed through SGF's gates. SGF's list of non-stop cities continues to grow as SGF currently offers non-stop travel to 12 destinations including Atlanta, Chicago, Dallas / Ft. Worth, Denver, Detroit, Las Vegas, Memphis, Minneapolis, Orland, Phoenix, St. Louis and Tampa.

**AMERICAN**

(AA) 1.800.433.7300  
Flies to Chicago, Dallas, St. Louis

**ALLEGIANT**

(G) 1.702.505.8888  
Flies to Las Vegas, Orlando, Tampa.  
Phoenix

**DELTA**

(DL) 1.800.221.1212  
Flies to Atlanta

**NORTHWEST**

(NW) 1.800.225.2525  
Flies to Detroit, Minneapolis, Memphis

**UNITED**

(UA) 1.800.864.8331  
Flies to Chicago, Denver

Springfield is serviced by most major rental car companies including Avis, Budget, Enterprise, Hertz, National and Thrifty. The area also features service by multiple charter bus companies such as Branson Shuttle, Fisk Transportation, Grey Line, Show-Me Coaches and White Knight Bus Lines with buses seating 18 to 58 passengers available including entertainment and sleeper coaches. In addition to the national companies Springfield's Fisk Transportation provides an extensive fleet of rental vans in sizes of 7, 10, 12 and 15 passengers sure to keep the supply above visiting team's demands. Enterprise also features rental of 15 passenger vans.

<b>Avis</b>	<b>Budget</b>	<b>Enterprise</b>	<b>Hertz</b>	<b>National/Alamo</b>	<b>Thrifty</b>
417.865.6226	417.831.2662	417.862.0753	417.865.1681	417.865.5311	417.866.8777
800.331.1212	800.527.0700	800.736.8227	800.654.3131	800.227.7368	800.367.2277

Enterprise Rent-A-Car, the official rent-a-car company of the NCAA, is providing special rates for all fans traveling to NCAA competition around the country. For more information, visit Enterprise online or call 866-536-6222 for more information. Use the NCAA championship code, NA08S32 to receive your special rate.

**Fisk Transportation**

(15 passenger vans, mini-buses, etc.)  
417.862-2900

**White Knight Transportation**

(Charter Bus, Entertainment Bus, etc.)  
573.814.5466  
800.508.6546

**Cavallo Bus Lines**

(Charter Bus, etc.)  
417.869.4190  
877.869.4190

For those traveling by ground Springfield can be accessed by several four lane highways and interstates including Interstate-44, and Missouri Highway's 13, 60, and 65 which provide easy access from any direction.

Below are distances from various major cities and Midwest university cities and towns:

Branson, MO - 35 mi.	Little Rock, AR - 234 mi.	Carbondale, IL - 330 mi	Ames, IA - 391 mi.
Joplin, MO - 80 mi.	Lawrence, KS - 236 mi.	Des Moines, IA - 348 mi.	Champaign, IL - 399 mi.
Fayetteville, AR - 145 mi.	Wichita, KS - 248 mi.	Charleston, IL - 356 mi.	Dallas, TX - 430 mi.
Kansas City, MO - 174 mi.	C. Girardeau, MO - 276 mi.	Lincoln, NE - 365 mi.	Indianapolis, IN - 458 mi.
Tulsa, OK - 185 mi.	Memphis, TN - 285 mi.	Omaha, NE - 385 mi.	Iowa City, IA - 459 mi.
Columbia, MO - 206 mi.	Manhattan, KS - 287 mi.	Normal, IL - 386 mi.	Nashville, TN - 480 mi.
St. Louis, MO - 220 mi.	Oklahoma City, OK - 290 mi.	Peoria, IL - 386 mi.	Cedar Falls, IA - 482 mi.
Jonesboro, AR - 223 mi.	Norman, OK - 301 mi.	Terre Haute, IN - 386 mi.	Chicago, IL - 512 mi.
Topeka, KS - 230 mi	Macon, IL - 329 mi.	Evansville, IN - 389 mi.	Minneapolis, MN - 602 mi.

Once you arrive in Springfield your stay will be comfortable. Springfield, Mo has over 6,000 hotel rooms, with accommodations as close as one mile from the competition facility. Not that Springfield's hotel offerings should ever come up short several surrounding cities, including Branson, Mo. and Marshfield, Mo, can provide significant additional lodging. The number of hotel offerings in the Springfield area should allow teams and spectators to always find an affordable hotel rate regardless of demand.

A trio of hotels will serve as headquarters for the 2009 Midwest Regional hosted by Missouri State including the University Plaza Hotel and Convention Center, the Ramada Oasis Hotel and Convention Center and the Doubletree Hotel. All are providing special rates for teams and spectators.

**University Plaza Hotel and Convention Center**

Special NCAA Cross Country Rate: \$89

(www.UPSpringfield.com)

333 S John Q. Hammons Parkway

Springfield, Missouri 65806

Phone: (417) 864-7333

Sales Contact: Leigh Ann Garren

Distance to Course: 4.2 Miles

**Doubletree Hotel**

Special NCAA Cross Country Rate: \$79

(www.DoubleTree.com)

2431 N. Glenstone Ave.

Springfield, MO 65803

Phone: (417) 831-3131

Sales Contact: Deborah Yocum

Distance to Course: 3.0 Miles



**Oasis Hotel and Convention Center**

Special NCAA Cross Country Rate: \$76

(www.SpringfieldOasis.com)

2550 North Glenstone Ave.

Springfield, Missouri 65803

Phone: (888) 532-4338

Sales Contact: Debbie Julich

Distance to Course: 3.2 Miles



In addition to hotel accommodations the University Plaza Hotel, located by the MSU campus and just five miles west of the Missouri State cross country facility via the four-lane Chestnut Expressway features 43,000 square feet of meeting space. Another 112,000 square feet of meeting space is available directly across the street at the recently constructed Springfield Expo Center where banquets and meetings can be held. Ample parking is available in this area at adjacent parking lots used for the Springfield Expo Center and Springfield's "AA" Baseball Stadium.

From pre-race meals to post race celebrations restaurants and catering services of all kinds are in high supply in the Springfield area. Most runners favorites are in town including Olive Garden, Zio's, Macaroni Grill, Pasta House as well as many local favorites. Runners will enjoy Springfield's ban on smoking in its local restaurants.

A selection of restaurants of the category frequented by cross country teams: (Area code is 417)

<b>Restaurant</b>	<b>Region</b>	<b>Address</b>	<b>Phone</b>	<b>Category</b>
Azenzare	East	1908 S Glenstone Ave	567-3463	Italian
Bambino's	Campus	1141 E Delmar St	862-9999	Italian
Brunos	Downtown	416 South Ave	866-0007	Italian
D'Arpino's	South	3014 S National Ave	889-9898	Italian
D'Giacinto	Southwest	2259 S. Campbell Ave	882-5156	Italian
Fazolli's	North	2137 N. Glenstone Ave	832-8711	Italian
Fazolli's	South	2055 E. Independence	882-0073	Italian
Gilardi's	Campus	820 E Walnut St	862-6400	Italian
J. Parrino's	South	1550 E. Battlefield	882-1808	Italian
Macaroni Grill	South	1286 E. Battlefield	881-7804	Italian
Mr. Goodcents	East	521 S. Glenstone Ave	863-2900	Italian & Subs
Mr. Goodcents	North	203 E. Kearney Ave	863-7722	Italian & Subs
Mr. Goodcents	South	3342 S National Ave	886-8200	Italian & Subs
Nona Italian American Café	Downtown	306 South Ave	831-1222	Italian
Olive Garden	South	3105 Glenstone Ave	886-3168	Italian
Ott's Pasta	Campus	1437 E. Cherry St	863-8843	Italian – Catering Only
Pasta Express	South	3250 E. Battlefield	890-1345	Italian
Pasta Express	South	3025 W. Republic Rd	888-3048	Italian
Pasta House	South	4109 S National	883-5678	Italian
Pasta Pronto	Campus	1933 S. National Ave	887-7272	Italian
Zio's Italian Kitchen	South	1249 E Kingsley St	889-1919	Italian
Applebees	North	2430 N. Glenstone Ave	863-2200	American
Applebees	South	1855 E. Primrose Ave	883-4700	American
Cheddar's	South	1950 E. Primrose Ave	889-8998	American
Chili's	South	3020 S Glenstone Ave	886.3630	American
TGI Friday's	South	3242 S. Stewart Ave	883-2600	American
Lambert's Café	Ozark	1800 W State Highway J	581-7655	American
Golden Corral	North	2734 N. Kansas Expressway	862-6800	Buffet
Ryan's Family Steakhouse	North	1950 E. Kearney	862-6133	Buffet
Jimmy John's	Downtown	322 E Walnut St	832-0500	Sub Shop
Jimmy John's	North	2645 N. Kansas Expressway	863-011	Sub Shop
McAlister's Deli	North	2445 N. Kansas Expressway	866-2331	Sandwiches / Salads
Panera Bread Co	Campus	500 S National Ave	862.9898	Sandwiches / Salads
Panera Bread Co	North	2535 N. Kansas Expressway	520-1313	Sandwiches / Salads
Panera Bread Co	East	2924 E. Sunshine Ave	880-0440	Sandwiches / Salads
Planet Sub	Campus	533 S Kimbrough Ave	862-4782	Sub Shop
Subway	Campus	605 E Harrison St	863-7827	Sub Shop
Subway	Northeast	1923 E. Kearney St	862-6000	Sub Shop
Subway	North	2721 N. Kansas Expressway	869-7827	Sub Shop
Quizno's	Northwest	3459 W. Kearney St	862-9777	Sub Shop
Quizno's	Downtown	431 S. Jefferson Ave	866-9991	Sub Shop

The above list is just a small sample of the restaurants in Springfield. Contact the Springfield Visitors and Convention Bureau for more (800) 678-8767.

While you are visiting Springfield there are a wide variety of attractions and entertainment options including downtown night life, movie theaters, live shows, shopping and more. For night life each of the team hotels has a restaurant and bar or head downtown to South Avenue for bars, live music, coffee shops and art galleries.



Some team friendly entertainment options include:

Bass Pro Shops (World's Largest)  
1935 S. Campbell Ave  
(417) 887-7334

Battlefield Mall  
2825 S. Glenstone Ave.  
(417) 883-7777

Springfield Art Museum  
1111 E Brookside Dr  
417-837-5700

Campbell 16 Movies  
4005 South Ave.  
(417) 326-3264

Springfield 8 Movies  
3200 E. Monclair St.  
(417) 882-7479

Hollywood Theater Movies  
415 W. College St.  
(417) 799-3456

Contacts for general shopping and special needs:

Walgreens (North)  
1140 E. Kearney St.  
(417) 869-5112

Walgreens (Campus)  
1155 E. St. Louis St.  
(417) 862-5302

Taylor Health Center (Campus)  
901 S. National Ave. by Bookstore  
(417) 836-4000

Price Cutter  
1901 E. Division St.  
(417) 866-5502

Dillon's  
1960 E. St. Louis St.  
(417) 895-3120

Wal-Mart (North)  
1923 E. Kearney St.  
(417) 865-1250

Wal-Mart (South)  
2021 E. Independence St.  
(417) 886-8209

City Cab  
(417) 865-7700

Yellow Cab  
(417) 862-5511

Ridge Runner Sports (South)  
3057 S. Fremont Ave.  
(417) 882-5590

Ridge Runner Sports (Downtown)  
431 S. Jefferson Ave.  
(417) 862-5590

The Starting Block (South)  
1254 E. Republic Rd.  
(417) 890-7200

# Local Map (Springfield, Mo.)

