

## Mid America Youth Basketball



### *Ruston Tournament Invitational*

**May 1st & 2nd 2010**

#### **Tournament Info:**

- MAYB is bringing a tournament to Ruston, LA!
- All teams are invited to play!

#### **Grade Levels:**

- **Boys:** 3rd, 4th, 5th, 6th, 7th, 8th , 9/10th, 11/12th
- **Girls:** 3rd, 4th, 5th, 6th, 7th, 8th , 9/10th, 11/12th
- There will be a 3 game minimum guarantee.
- Teams will be participating from all areas.
- The competition will be great!
- Come have a great time with us!
- **All games being played at Louisiana Tech's Maxie Lambright Sports Facility**



Register online at [www.MAYB.com](http://www.MAYB.com) or call 316-284-0354.

**Lodging:** For lodging information click <http://www.mayb.com/Lodging/>

## Where is Ruston?:

### Location

North Central Louisiana, crossroads of Interstate 20 and Highway 167, running east to west and north to south respectively.

### Population

42,612

### Climate/ Elevation

Average Annual 64.8 F

Average January 46.1 F

Average July 82.2 F

Average Annual Rainfall 48.7"

Average Annual Snowfall 1.5"

Days over 90° F 94

Days under 32° F 50

Elevation 311"

### Driving Distance:

- Alexandria 96 miles 1:45 hr.min
- Baton Rouge 216 miles 4:00 hr.min
- Lafayette 182 miles 3:30 hr.min
- Monroe 32 miles 30 min
- Shreveport 69 miles 1:00 hr.min
- New Orleans 332 miles 5:00 hr.min
- Dallas 256 miles 4:00 hr.min
- Houston 325 miles 5:00 hr.min
- Birmingham 427 miles 5:30 hr.min
- Atlanta 528 miles 7:30 hr.min
- Little Rock 169 miles 3:00 hr.min

## Lodging in Ruston:

### America's Best Value Inn

I-20 and Hwy 167, Ruston, LA

(318) 251-0000 or 800-528-1234

Fifty-two rooms with continental breakfast, refrigerator in some rooms, and pool.

### Budget Lodge

1301 Goodwin Road, Ruston, LA

(318) 255-0354

[www.budgetlodge.com](http://www.budgetlodge.com)

Eighty-one rooms offering continental breakfast, micro/wave/refrigerator, coffee maker, iron/ironing board in all rooms and laundry service. Special weekly and group rates are available. Pets are welcomed.

### Comfort Inn

1951 North Service Road East, Ruston, LA

(318) 242-0070 or 800-424-6423

[www.comfortinn.com](http://www.comfortinn.com)

Fifty-seven rooms, continental breakfast, microwave/refrigerator, coffee maker, iron/ironing board, hair dryer, free high-speed Internet access, and outdoor swimming pool. Small meeting space is available for use.

### Days Inn

1801 North Service Road East, Ruston, LA

(318) 251-2360 or 800-DAYS INN

[www.daysinn.com](http://www.daysinn.com)

Sixty rooms, continental breakfast, microwave/refrigerator, free local calls, newspaper, and cable.

### Fairfield Inn and Suites

1707 Roberta Ave., Ruston, LA

(318) 251-9800

[www.marriott.com](http://www.marriott.com)

Eighty-two rooms including suites with complimentary hot breakfast, free in-room high-speed internet access, indoor swimming pool, indoor whirlpool, complimentary 24-hour coffee and tea, fax and copy service, same day dry cleaning service, guest laundry and exercise room, microwave/refrigerator, iron/ironing board, hair dryer and complimentary newspaper included in each room. Small meeting rooms are available for use.

### Hampton Inn

3315 North Trenton, Ruston, LA

(318) 251-30-90 or 800-HAMPTON

[www.hamptoninn.com](http://www.hamptoninn.com)

Eight two rooms with breakfast buffet, coffee maker, iron/ironing board, free local calls/faxes, in-room movies/games, outdoor pool, onsite guest laundry, business center, and fitness center. A small meeting room is available for use.

### Holiday Inn Express Hotel & Suites

1825 Roberta Avenue, Ruston, LA

(318) 513-9777 or 877-409-7737

[www.holidayinnexpress.com](http://www.holidayinnexpress.com)

Sixty-five rooms and seventeen suites offering express start breakfast, microwave/refrigerator, coffee maker, iron/ironing board, hair dryer, free high-speed wireless connection, fax/copy service, free local calls, and 25" or 27" inch TV, fitness center and outdoor swimming pool. Small meeting rooms are available for use.

### Howard Johnson Hotel

401 North Service Road, Ruston, LA  
(318) 255-5901 or 800-799-4559  
[www.hojo.com](http://www.hojo.com)

One hundred forty rooms with room service, microwave/refrigerator, coffee maker, iron/ironing board, high-speed wireless internet, laundry services and a fitness center. Group rates are available. Conference facility accommodates up to 275 people. Pets are welcomed

### Relax Inn

1300 North Trenton, Ruston, LA  
(318) 255-2911

Thirty-four rooms with complimentary coffee & donuts, HBO/Cable TV, king sized beds in all rooms, truck parking.

### Super 8

1101 Cooktown Road, Ruston, LA  
(318) 255-0588 or 800-800-8000  
[www.super8.com](http://www.super8.com)

Forty-two rooms with microwave/refrigerators, free local calls, guest laundry, TV/HBO, and a pool. Jacuzzi suites are available.

### Sleep Inn and Suites

106 South Service Road East, Ruston, LA  
(318) 232-1100  
[www.choicehotels.com/hotel/la168](http://www.choicehotels.com/hotel/la168).

Seventy-eight rooms offering complimentary continental breakfast, free high speed internet, health and fitness center, indoor pool and spa, business center with fax and copy service, refrigerator/microwave, hair dryer, coffee maker and iron/ironing board in all rooms. Small meeting rooms are available for use.

### Travel Inn

1705 West California, Ruston, LA  
(318) 255-3256

Twenty-three rooms, kitchenettes, cable TV/HBO/ESPN.

## Restaurants in Ruston:

### Blue Light Café

902 Arlington St., Ruston  
(318) 513-2230

A Ruston soul food tradition featuring down home cooking in a relaxing atmosphere.

### Cicero's Italian Grill Restaurant

214 N. Trenton St., Ruston  
(318) 254-0391

A fresh, causal restaurant in the historic district. Menu includes a variety of Italian classics made from recipes that have been handed down from generation to generation.

### Corner's Café

232 College Ave., Grambling  
(318) 247-8030

Menu includes catfish, po-boys, chicken wings and chicken tenders served with a Louisiana flavor.

### **Crescent City Coffee**

1007 N. Trenton St., Ruston  
(318) 232-5282

Serving delicious coffees, flavored drinks and beignets, this local coffee shop is located just along the entrance way into the downtown district.

### **Dawg House Sports Grill**

102 North Homer St., Ruston  
(318) 513-1188

Sports bar and restaurant with diverse dining menu ranging from salads to sandwiches, burgers and even a little taste of Mexico.

### **Doody's Diner**

3731 Elm St., Choudrant  
(318) 768-4428

Great po-boys, hamburgers and country fried steak. A good lunch time spot.

### **Dowlings Smokehouse**

1313 Cooktown Rd, Ruston  
(318) 513-9966

A barbecue lover's delight. Featuring ribs and chicken, along with pulled pork and brisket all served on a bun or three different types of sourdough bread.

### **Dubach Café**

182 Main St., Dubach  
(318) 777-9224

This café specializes in burgers, fish, grilled cheese and BLTs.

### **El Jarrito**

306 West California Ave.  
704 Celebrity Dr.  
(318) 251-0600

Authentic Mexican dishes in a traditional Mexican atmosphere at two locations.

### **Hot Rod's Bar-B-Que**

1911 Farmerville Hwy., Ruston  
(318) 254-8010

Hot Rod's serves some of the best ribs and brisket with all the trimmings in Ruston!

### **JR's Restaurant**

2721 Martha St., Simsboro  
(318) 247-6007

A dinner only restaurant, come and enjoy another local spot filled with good southern cooking and friendly atmosphere.

### Lee's Cajun Café

2017 Farmerville Hwy.  
Ruston

(318) 255-8506

Enjoy Cajun and seafood inspired dishes at this New Orleans style restaurant.

### Log Cabin Mesquite Grill

1906 Farmerville Hwy.,  
Ruston

(318) 255-8023

A local favorite known for it's great steaks, seafood and Tex-Mex menu.

### Monjuni's Italian Café and Grocery

101 N. Trenton St., Ruston

(318) 251-2222

A favorite place for fabulous traditional Italian cuisine at a reasonable price in the downtown district.

### Papa Joe's

206 West California Ave.

Ruston

(318) 251-8846

Featuring New Orleans style po-boys all served on toasted French bread.

### Ponchatoulas

109 East Park Ave., Ruston

(318) 254-5200

Featuring exceptional New Orleans style cuisine served in a casual atmosphere in the downtown district. Menu includes a mix of seafood delicacies to enjoy.

### Rabb's Steak House

2647 South Service Rd. West,

Ruston

(318) 255-1008

An upscale taste with a down home flavor, sample a juicy burger or a tantalizing steak all made to order. Catch local and national bands performing on the restaurant's stage.

### Russell Bee's Soul Food

805 Larson St., Ruston

(318) 251-2414

A soul food restaurant with a different meal everyday. The restaurant offers country cooking ranging from fried chicken and collard greens to fried pork chops and mashed potatoes. Open for lunch only.

### Shelly's Southern Home Cooking

2537 Hwy. 33, Ruston  
(318) 254-5212

All-day dining in a laid-back atmosphere, serving favorites like pork ribs, barbeque chicken, baked beans, macaroni and cheese, coleslaw and pasta salad. Open for lunch only.

### Sundown West Tavern Patio & Grill

111 Park Ave., Ruston  
(318) 255-8028

Dine inside or on the patio at this downtown dining pleasure, known for its burgers and sandwiches. Enjoy live music on weekend nights.

### Sweet Pea's Soul Food

500 S. Monroe St., Ruston  
(318) 251-2805

Buffet style soul food restaurant with a different menu for everyday. Some of the menu favorites include chicken & dumplings, candied yams, hamburger steak and smothered pork chops. Open for lunch only.

### The Cake Plate

110 N. Monroe St., Ruston  
(318) 255-2355

A sandwich and soup restaurant, enjoy a choice of chicken salad, ham, turkey or roast beef served on three types of bread, topped off with a fresh baked cookie of your choice.

### The Frothy Monkey

201 N. Trenton St., Ruston  
(318) 251-8888

A local favorite, stop by and enjoy over 30 different blends of tea and coffee. A breakfast and lunch menu is also available to complement the beverage.

### Tia Maria's

102 North Monroe St.  
Ruston  
(318) 254-2050

Large Mexican menu from salads to chimichangas, offers a variety of authentic Mexican flavor.

## About Ruston:

*Culinary is a part of everyday culture in the piney woods of north Louisiana. Food can be so much more than just what we eat to survive; it can be an invigorating centerpiece of daily life. It can be a constant source of inspiration and fulfillment. A few days spent in Lincoln Parish enjoying southern hospitality, home grown and home cooked meals, topped by a generous helping of peach cobbler a la mode will allow you to return to your daily routine with increased enthusiasm and zest for life. But, we don't stop at just enticing your culinary senses, we heighten your sense of adventure. With one of the top ranked mountain bike trails in the South, Ruston and Lincoln Parish are full of outdoor excitement. Lincoln Parish Park is the crown jewel of the North Louisiana Mountain Bike Trail, but we also have three lakes within 25 miles of Ruston, the top ranked golf course in Louisiana by Golf Digest, Squire Creek Country Club, and two universities, Louisiana Tech and Grambling State, with outstanding athletic programs and events. And what trip would be complete without something to take home. Historic Downtown Ruston offers some of the finest shopping in the South. With a relaxed atmosphere and a collection of locally owned stores, Ruston is just the right fit for each shopper from young to the young at heart. Come to Lincoln Parish and start your own adventure.*

*President/CEO*

*Ruston Lincoln Parish Convention and Visitors Bureau*

The Official Ruston Lincoln Parish Visitors Guide  
2111 North Trenton Street  
Ruston, LA 71270  
(318) 255-2031  
(800) 392-9032  
Fax: (318) 255-3481  
[www.experienceruston.com](http://www.experienceruston.com)

