

Washington University in St. Louis

**2008-09
Visiting Team Guide**



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Department of Athletics

To Visiting Institutions:

Washington University is pleased to welcome you to St. Louis. We look forward to hosting your institution's participating athletes, coaches, official representatives and spectators on our campus during the 2007-08 sports year.

We believe you will find the information provided to be helpful as you plan your travel. If you have special needs that have not been addressed, please give us a call a few weeks in advance so we can assist you. Check out our homepage at <http://bearsports.wustl.edu> for additional facts.

Intercollegiate competition on Washington University's campus is conducted in a non-discriminatory manner which encourages enthusiasm while maintaining good sportsmanship and a positive attitude among spectators and participants in support of their teams. We, like you, expect the conduct before, during, and after competition to exemplify the highest traditions of intercollegiate athletics.

On behalf of all of us at Washington University, we are pleased to extend a warm welcome.

Sincerely,

John Schael
Director of Athletics

Administrative and Support Staff

Area Code (314)

Athletic Director	John Schael.....	935-5288
Assistant Athletic Director	Joe Worlund	935-5247
Senior Woman Administrator.....	Nancy Fahey	935-4702
Marketing and Promotions	Trevor MacDonald.....	935-9233
Head Athletic Trainer	Rick Larsen	935-6461
Assistant Athletic Trainer	Mike Berry.....	935-6461
Assistant Athletic Trainer	Anna Braun	935-6461
Assistant Athletic Trainer Intern.....	Kelly Mitchell.....	935-6461
Sports Information Director	Chris Mitchell	935-5077
Assistant Sports Information Director	Vincent Novicki.....	935-4709
Facility Manager	Andrew Koch	935-4703
Assistant Facility Manager.....	Jeff Newcomer.....	935-4703
Equipment Manager.....	Mike Frank	935-5260
Intramurals and Club Sports	Sean Curtis	935-5128
Associate Intramurals and Club Sports.....	Lynn Imergoot.....	935-4708
Intramural Secretary	Kathy Lasater.....	935-5193
Administrative Assistant.....	Paula Hardy-Mumm	935-4712
Receptionist.....	Bettie King	935-5220
Administrative Aide	Jean Ouellette	935-4104
Football Secretary	Pat Smith.....	935-4666
Accounting Assistant.....	Iris Wright.....	935-5262

Coaching Staff

Baseball	Ric Lessmann	935-5945
Men's Basketball	Mark Edwards.....	935-5168
Men's Basketball Assistant	Tim Whittle.....	935-4714
Women's Basketball	Nancy Fahey	935-4702
Women's Basketball Assistant.....	Bobbi Morse.....	935-7135
Cross Country	Jeff Stiles	935-7307
Cross Country Assistant.....	Lane Lohr	935-9809
Football	Larry Kindbom	935-7308
Football Assistant	Brian Allen.....	935-5273
Football Assistant.....	Scott Mueller.....	935-4710
Football Assistant	Jim Ryan	935-5221
Women's Golf	Sean Curtis	935-4708
Men's Soccer.....	Joe Clarke.....	935-5174
Women's Soccer	Jim Conlon	935-4706
Softball	Leticia Pineda-Boutté.....	935-8549
Swimming & Diving.....	Brad Shively.....	935-5296
Swimming & Diving Assistant.....	Beth Whittle	935-7490
Men's Tennis	Roger Follmer.....	935-6801
Women's Tennis.....	Kelly Stahlhuth.....	935-5204
Track and Field	Jeff Stiles	935-7307
Track and Field Assistant	Lane Lohr	935-9809
Volleyball.....	Rich Luenemann	935-4713

Athletic Office	935-5220
Athletic Department FAX	935-5545
Sports Information FAX	935-5077
Emergency	935-5555

Transportation

Rental Vans

The Washington University Athletic Department has made arrangements with Enterprise Rent-a-Car to offer visiting teams the same daily rates (including unlimited mileage) as Washington University receives. The rates, if you are interested in renting from Enterprise are:

\$54 per day for a minivan

\$90 per day for a 15 passenger van

(314) 863-6886 - they can assist you with all your rental van needs.

Enterprise Airport Hours

7 Days a week 6 AM - 11 PM

Upon Arrival in St. Louis

Proceed to the baggage area and locate the Enterprise Counter. Enterprise will direct you to a shuttle pickup area and take you to the Enterprise office to pickup your rentals

Buses

Washington University's Athletic Department recommends the following three local bus companies.

Cavallo: 1-800-527-5675

Mid-American: 1-800-365-8687

Central States: 1-888-731-8436

Parking Regulations

1. Parking is available for visiting team vans and cars only in the parking lot near the football field, or in the new snow way garage on the north side of the Athletic Complex. Enter Snow Way off of Big Bend. The garage entrance is just down on your right. If you follow the garage to the top floor, you can walk out at campus level just behind the fraternities, near the tennis courts and not far from the entrance to the Athletic Complex and the track. Drivers must be courteous and avoid parking in the spots designated as "handicap only" unless tagged to do so.
2. Buses should not turn in Olympian Way. A bus drop off is available off Big Bend on the back side of the Athletic Complex. Buses should not park in the loading dock area. Drivers must park in the lots at the far east end of campus (adjacent to Skinker Boulevard) or in the parking lot North of the Athletic Building off of Big Bend. There are no exceptions to this policy.
3. You may be picked up by your buses at the loading dock (Big Bend Boulevard). However, buses will not be allowed to remain there during the contest.
4. Baseball and Softball parking for teams as well as fans is available in the yellow lots northeast of the fields off Olympian Way near the Business School. Cars without proper permits parked in the dorm garage south of the fields will be subject to ticketing. Also, be aware that there is no Parking on Forsyth
5. If you have a concern with your parking arrangements, please contact Joe Worlund, Assistant Athletic Director (314-935-5247) well in advance of your scheduled event.
6. Campus parking lots are indicated on the attached campus map.

Hotels

On Campus

Charles F. Knight Center
Corner of Throop Drive & Snow Way, St. Louis, MO 63130
Contact: Front Desk, 314-933-9400
Rate: \$109, Includes Free Continental Breakfast, Wireless Internet & Snack Pantry

Near Campus

Drury Inn & Suites (4 miles from campus)
2111 Sulphur Ave., St. Louis, MO 63139
Contact: Jennifer Grunzinger, 866-377-2024
Rate: \$89-\$99, includes hot breakfast, parking

Crowne Plaza (2 Miles from campus)
7750 Carondelete, Clayton, MO 63105
Contact: Cindi Braskine, 314-719-1144
Rate: \$89-\$169

Cheshire Lodge (1 mile from campus)
6300 Clayton Road, St. Louis, MO 63117
Contact: Kim Kolb, Phone: 314-647-7300
Rate: \$73-\$83

Hampton Inn & Suites - Forest Park (3 miles from campus)
5650 Oakland Avenue, St. Louis, MO 63110
Contact: Liza Werner, Phone: 314-450-2121
Rate: \$99-\$119, Includes breakfast, Parking, Hi-Speed Internet

Sheraton Clayton Plaza (2 miles from campus)
7730 Bonhomme Ave, Clayton, MO 63105
Contact: Mitzi Bax, 314-863-4306
Rate: \$79

Residence Inn Galleria (4 miles from campus)
1100 McMorrow Ave, St. Louis, MO 63117
Contact: Audrey Stoerzbach, 314-862-1900, Ext. 2012
Rate: \$119, Includes Breakfast

Near Lambert Airport

Renaissance St. Louis Hotel (15 min. from campus)
9801 Natural Bridge Rd
St. Louis, MO 63145
Contact: Mia Turner-Harris, 314-890-3047
Rate: \$59-\$89

Downtown

Courtyard St. Louis Downtown (7 miles from campus)
2340 Market Street, St. Louis, MO 63105
Contact: George Peck, 314-241-9111
Rate: \$69-\$89

Pavilion (Hilton) (8 miles from campus)
#1 South Broadway, St. Louis, MO 63102
Contact: Herb Half, 314-641-8837
Rate: \$69-\$99

Residence Inn-Downtown (7 miles from campus)
525 S. Jefferson Avenue, St. Louis, MO 63103
Contact: Chris Becker, 314-890-3035
Rate: \$99-199, Includes breakfast

Drury Inn-Union Station (7 miles from campus)
20th & Market Streets, 201 South 20th St., St. Louis, MO 63103
Contact: Jennifer Grunzinger, 314-989-1100
Rate: \$89-\$99, includes hot breakfast, parking

Other Hotels

Parkway Hotel (four miles from campus)
4550 Forest Park Blvd, St. Louis, MO 63108
Contact: Tina Torgerson, 314-256-7714
Rate: \$114-124

Courtyard Creve Coeur
828 North New Ballas Rd., Creve Coeur, MO 63146
Contact: Amy Heller, 314-993-0515, Ext. 635
Rate: \$69-\$89

St. Louis Marriott West (20 min. from campus)
660 Maryville Center Dr., St. Louis, MO 63141
Contact: Lucia Morando, 314-878-2747
Rate: \$79-\$109

Drury Inn-Creve Coeur (7 miles from campus)
I-270 & Olive Blvd, 11980 Olive Blvd., Creve Coeur, MO 63141
Contact: Jennifer Grunzinger, 314-231-3900
Rate: \$89-\$99, includes hot breakfast, parking

Restaurants

Washington University/Clayton/University City Loop

Applebee's Neighborhood Grill
6734 Clayton Rd.
(314) 647-0505
\$7-\$10

Boston Market
6690 Clayton Rd.
(314) 647-4500
\$6-\$7

Einstein's Bagels
Clayton Rd (next to Schnuck's)
(314) 644-1360
\$6-\$7

International House of Pancakes
8049 Clayton Rd.
(314) 725-8798
\$5-\$7

Subway
6633 Delmar
(314) 726-6940
\$3-\$6

Cicero's
6691 Delmar
(314) 862-0009
\$12

Fitz's Bottling Company
6605 Delmar
(314) 862-5507
\$6-\$10

Pasta House
8213 Delmar
(314) 991-2022
\$4-\$20

St. Louis Bread Company
6701 Clayton Rd
(314) 725-9922
\$5-\$7

Blueberry Hill
6504 Delmar
(314) 727-0880
\$6-\$9

Crazy Bowls and Wraps
7353 Forsyth
(314) 725-5030
\$6-\$7

Jimmy John's Sandwich Shop
6681 Delmar
(314) 862-6565
\$5-\$8

C.J. Muggs
200 S. Central
(314) 727-1908
\$7-\$20

Mike Duffy's Pub and Grill
6662 Clayton Rd
(314) 644-3700
\$7-\$10

Talayna's At The Park
310 Debaliviere
(314) 367-7788
\$12-\$15

J. Bucks
101 S. Hanley
(314) 725-4700
\$10-\$26

Central West End

Culpepper's
300 N. Euclid at Maryland
(314) 361-2828
\$6-\$15

Tom's Bar & Grill
20 S. Euclid
(314) 367-4900
\$8-\$11

Galleria Mall

California Pizza Kitchen
1493 St. Louis Galleria
(314) 863-4500
\$7-\$10

Fuzio University Pasta
1446 St. Louis Galleria
(314) 862-3300
\$7-\$12

Houlihan's
1137 St. Louis Galleria
(314) 863-9116
\$10-\$15

Downtown

Soda Fountain Square 18th and Park (314) 241-0099 \$5-\$10	Charlie Gitto's Pasta House Downtown 207 N. 6th (314) 436-2828 \$7-\$12	The Old Spaghetti Factory 727 N. First Street (314) 621-0276 \$5-\$7
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Southwest St. Louis

Del Pietro's House of Pasta 5625 Hampton (314) 351-1700 \$7-\$16	Hometown Buffet 7289 Watson Rd (314) 351-7983 \$7-\$9	CiCi's Pizza 9745 Manchester Rd (314) 963-7200 \$4 - All you can eat
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Olivette

Chevy's Mexican Restaurant 9119 Olive Blvd (314) 997-3700 \$6-\$12	Ponderosa 3225 Hampton Rd. (314) 647-4919 \$5-\$7
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Union Station

All Star Diner	588-2455
BBQ Station	241-2000
Hard Rock Café	621-7625
Hooters	436-8888
Houlihan's	436-0844
Key West Café	241-2566
Laundry's Seafood House	231-4040
Station Grille (Food Court on top floor)	231-1234

Fast Food

Arby's- Galleria (Clayton); St. Louis Centre (Downtown), 10511 Page Ave.
Burger King- Brentwood at Highway 40 (Clayton); 1340 S. 7th
Domino's- Washington University, 7018 Pershing Ave.
Hardees- 5854 Oakland (South of Forest Park)
Imo's Pizza- 7359 Forsyth (Clayton)
Jack in the Box- 1242 Hampton (South of Forest Park)
Taco Bell- 7901 Forsyth, 6465 Forsyth
KFC- 1110 S. Brentwood (Clayton), 5020 Delmar, 7500 Big Bend Blvd.
McDonald's- 1420 Hampton (South of Forest Park), 1253 Hampton Ave.
Steak and Shake- 1104 S. Brentwood
Subway- 7744 Forsyth (Clayton), 6633 Delmar

Danforth University Center (DUC), our Student Union, has several restaurants in their food court. Bon Appetit is the University's food service provider.

Local Attractions

Anheuser-Busch Brewery

Tour one of the world's largest breweries and bottling facilities.

Located on 12th at Lynch, Downtown

(314) 577-2626

Cost: Free

Monday thru Saturday 9AM - 4PM

Sunday 11:30 Am - 4 PM

The Arch & Jefferson Memorial

The 630-ft-high, stainless steel monument is a symbol of St. Louis' role as the Gateway to the West.

Downtown

(314) 655-1700

Cost: \$10.00 (17 and up)

Open Daily 9:00 AM - 6:00 PM

Tram Hours: 9:30 AM - 5:15 PM

Busch Stadium - St. Louis Cardinals

100 So. 4th St.

Busch Stadium

Open Daily 10 AM - 5 PM

Tickets: 345-9000

Customer Service: 345-9000

Grant's Farm

10501 Gravois Rd

Cost: Free

Tours: 843-1700

Wednesday thru Friday: 9:30-2:30

Saturday & Sunday: 9:30-3:30

Laclede's Landing

The Landing district, named for the founder of St. Louis, is a nine square block historic area that offers many entertainment choices.

Just North of the Arch – 710 North Second Street

241-5875

Edward Jones Dome - St. Louis Rams

701 Convention Plaza

For Tickets Call: 241-1888

342-5201

St. Louis Science Center

One of the top five science museums in the world.

5050 Oakland Ave (south of Hwy. 40)

Open Daily

289-4444

Monday - Thursday 9:30 AM - 4:30 PM, Friday 9:30 AM - 9:30 PM

Saturday 9:30 AM - 5:30 PM, Sunday 11:30 AM - 5:30 PM

St. Louis Zoo

One Government Drive

Cost: Free

781-0900

Open every day 9:00 AM - 5:00 PM

Union Station

Once the world's largest and busiest railroad terminal, now restored and modified to a shopping mall - includes restaurants.

1820 Market Street, Downtown between 18th - 20th

421-6655

Sports Information Services

Contact: Chris Mitchell, Sports Information Director

Office: (314) 935-5077/ Fax: (314) 935-4600

E-mail: mitchell@wustl.edu

Athletics Web Site: <http://bearsports.wustl.edu>

The Sports Information Office at Washington University will attempt to provide an outstanding arrangement for visiting teams. In order to accomplish this goal, the following services are provided:

1. For Football

- A. Programs, working space arrangements, telephone access, and stats will be provided.
- B. A numerical roster will be updated & available prior to the game and includes all players dressed for that particular game.
- C. Statistics provided will include final team & individual statistics, play-by-play, halftime statistics, scoring summary, and updated season cumulative statistics prior to the game.

2. For Basketball

- A. Working space arrangements for visiting SID/statistician and access to telephone after the game will be provided.
- B. A numerical roster will be updated & available prior to the game and includes all players dressed for that particular game.
- C. Statistics provided will include halftime statistics, complete NCAA box summary, play-by-play and updated cumulative season statistics available prior to the game.

3. For Soccer, Baseball, and Volleyball

- A. Working space arrangements for visiting SID/statistician and access to telephone after the game will be provided.
- B. A numerical roster will be updated & available prior to the game and includes all players dressed for that game.
- C. Statistics provided will include complete NCAA box summary, play-by-play and updated cumulative season statistics available prior to the game.

4. For Swimming, Tennis, Track & Field - Programs, statistics and results can be made available where applicable.

5. Requests for radio phone lines, credentials, etc. should be made through the Washington University Sports Information Office. Contact Chris Mitchell, Sports Information Director, at (314) 935-5077 or via email: mitchell@wustl.edu.

Athletic Training Services

The athletic training staff at Washington University would like to take this opportunity to welcome you and acquaint you with some of the medical services we provide to visiting athletic teams.

The athletic training facility will be available prior to practice and competition. Special arrangements can be provided upon advance request. The Washington University Athletic Training Staff can provide taping and treatment services, but we request that you provide your own supplies.

We will provide taping tables in your locker room. The therapeutic modalities available include: whirlpools, hydrocollator, ultrasound, diathermy, and muscle stimulation. Water, ice, and coolers will be provided, with splints, stretchers, and crutches available should the need arise.

The athletic training staff will provide coverage at all home contests. Our orthopedist will be in attendance or on call, to handle your needs.

Here is a list of phone numbers which may be helpful to you:

Rick Larsen, A.T.C.	Office - (314) 935-6461 Home - (314) 997-6094
Mike Berry, A.T.C.	Office - (314) 935-6461
Anna Braun, A.T.C.	Office - (314) 935-6461
Kelly Mitchell, A.T.C.	Office - (314) 935-6461

Emergency Telephone Numbers:

Ambulance	911
Barnes Hospital Emergency Room	362-9123
Washington University	
Campus Police	935-5555
Health Services	935-6666
Athletic Training Room	935-6461

The Washington University Athletic Training Staff hopes your visit will be a healthy and enjoyable one. Please feel free to contact us if we can be of further assistance.

Fun Facts

Some say “Missour-ee,” while others say “Missour-uh.” However you say it, you are in the Show-Me State, a nickname dating back to 1899, when Missouri Congressmen Willard Vandiver spoke these words during a speech in Philadelphia: “ I come from a state that raises corn and cotton and cockleburs and Democrats, and frothy eloquence neither convinces nor satisfies me. I am from Missouri. You have got to show me.”

Did you know that St. Louis:

- Hosted the country’s first Olympic convention in 1904? The Olympics, the first held in the Western Hemisphere, took place in part on the Washington University campus.
- Gave the world its first hot dog, first ice cream cone and first sip of iced tea during the 1904 World’s Fair?
- Dates it’s aviation renown to 1927, when Charles Lindbergh made his New York to Paris flight aboard the Spirit of St. Louis?
- Is home to Boeing (formally McDonnell Douglas), which designed and built the space capsule carrying the first moon bound astronauts in 1969?
- Steinberg ice skating rink in Forest Park is the second largest outdoor rink in the country.
- Forest Park, across the street from the University, is one of the largest municipal parks in the country-bigger than New York’s Central Park.
- Eads Bridge, designed by St. Louisan James B. Eads, is the first steel arch suspension bridge. Built in 1874, it is still in use today by the MetroLink light rail system. Washington University’s Eads Hall is also named for him.
- The Muni, an outdoor summer theater in Forest Park, has the largest outdoor stage in North America: 115 feet wide and 90 feet deep with a 48-foot turntable.

Unusual foods found in St. Louis (you must try these local favorites):

Toasted Ravioli- Deep fried ravioli, usually served with tomato-based dipping sauce. A St. Louis invention.

Concrete- A frozen custard concoction (shake) at Ted Drewe’s Frozen Custard. The server “tests” it by turning it upside down before giving it to the customer.

St. Louis Style Pizza- Thin crust pizza.

Directions to Campus and Athletic Complex

Coming From Lambert Airport: Exit terminal to Hwy 70 (east); bear right and exit onto I-170 (south); continue on I-170 to Forest Park Parkway exit; exit on Parkway and continue to the Forsyth exit; turn right at bottom of ramp onto Forsyth and continue east; after you cross Big Bend, the first driveway on your left is Olympian Way; **CARS:** turn left and park near Francis Field Gates or proceed to temporary parking lot on Mudd Field (on your right.) **BUSES:** Turn left on Big Bend loading dock on right (330 N. Big Bend).

Heading east on US40/I-64: Take McCausland exit; turn left (north) and continue 1.2 miles to Forsyth; turn left onto Forsyth and continue through campus to the last driveway on your right, just before the football field, which is Olympian Way; turn right and follow through until you see tennis courts; turn left and the Athletic Complex is at the far end of the parking lot.

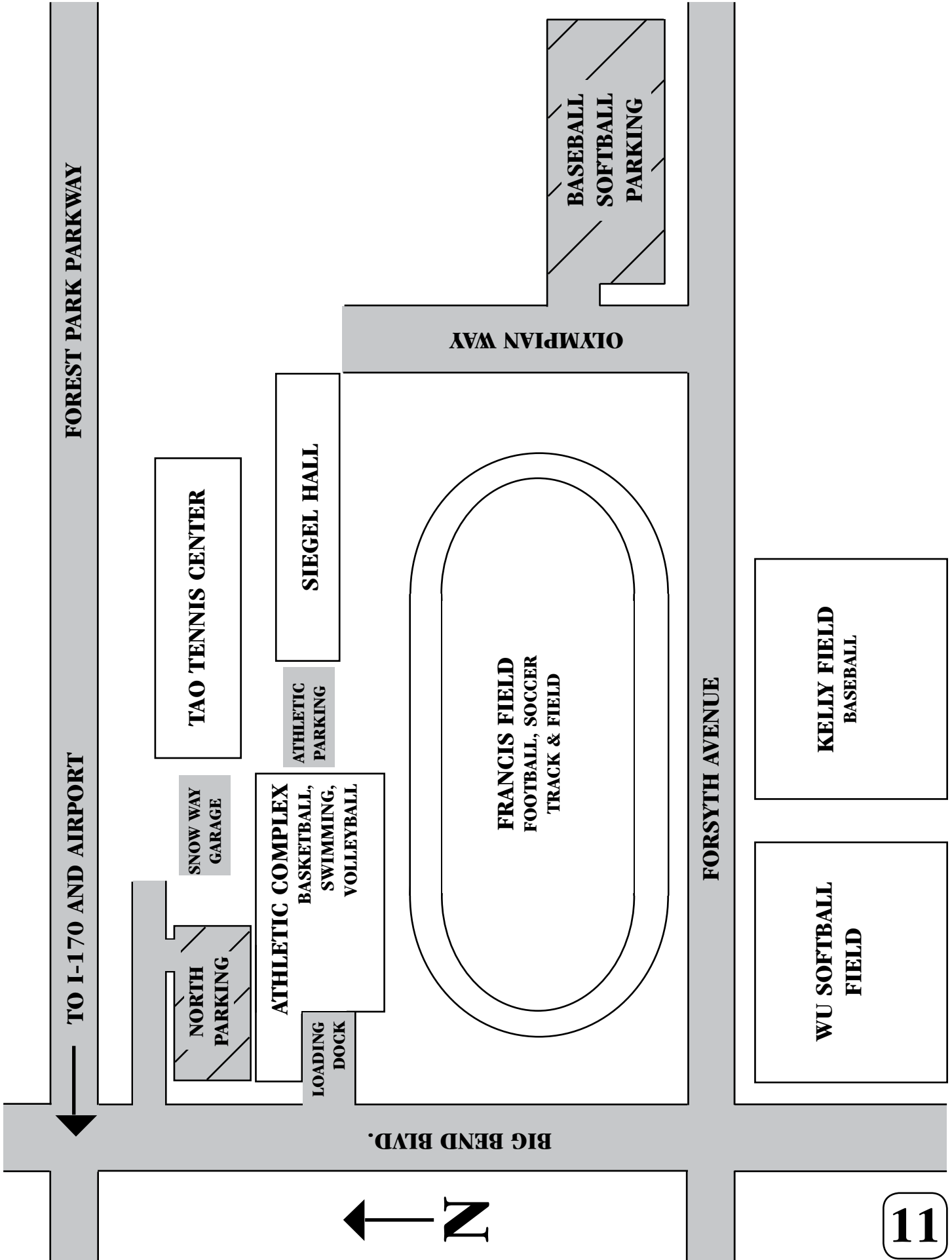
Heading east on I-44: Take I-270 **north** to US40/I-64 east; follow directions above.

Heading east on I-70: Take I-270 **south** to US40/I-64 east; follow directions above

Heading north on I-55: Take I-270 **west/north** to US40/I-64 east; follow directions above.

Heading west on US40/I-64 (from Downtown St. Louis): Take Clayton Road exit; turn right (north) onto Skinker and continue 1.0 mile to Forsyth; turn left onto Forsyth and continue through campus to the last driveway on your right, just before the football field, which is Olympian Way; turn right and follow through until you see tennis courts; turn left and the Athletic Complex is at the far end of the parking lot.

Heading south on I-70/I-55 (from Illinois): Cross bridge into Missouri and take US40/I-64 west; follow directions above.



TO I-170 AND AIRPORT

FOREST PARK PARKWAY

NORTH
PARKING

SNOW WAY
GARAGE

TAO TENNIS CENTER

ATHLETIC COMPLEX
BASKETBALL,
SWIMMING,
VOLLEYBALL

ATHLETIC
PARKING

SIEGEL HALL

LOADING
DOCK

OLYMPIAN WAY

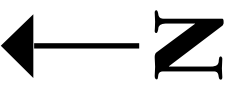
FRANCIS FIELD
FOOTBALL, SOCCER
TRACK & FIELD

BASEBALL
SOFTBALL
PARKING

FORSYTH AVENUE

WU SOFTBALL
FIELD

KELLY FIELD
BASEBALL



St. Louis Regional Map

