

Lewis & Clark
College
Pioneer Athletics



Visting Team Guide
2007-2008

Fall, 2007

To our visiting institutions:

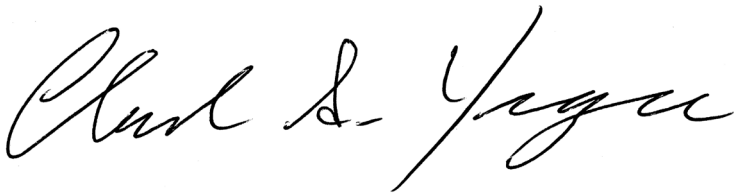
Welcome to the Portland area, Palatine Hill and Lewis & Clark College. We are pleased to have you as our guests and hope this resource guide assists you in your trip planning.

Lewis & Clark is one of nine members in the Northwest Conference (NWC) and is also affiliated with the National Collegiate Athletics Association (NCAA) Division III. We offer 19 intercollegiate sports, 10 for women and 9 for men.

Within the NWC and at Lewis & Clark, we strive to conduct our intercollegiate events in a way that promotes the positive characteristics of sports at the collegiate level. We expect our athletes, coaches, officials, fans and opponents to exemplify the highest standards and ideals of amateur sports.

This guide is designed as a tool for coaches and staff of visiting institutions. We hope it answers many of your questions regarding your trip to our campus. In case you have other questions, please feel free to call, or check our website at www.lcpioneers.com for additional information.

Again, on behalf of all of us at Lewis & Clark College, welcome and good luck with your season.

A handwritten signature in black ink, reading "Clark Yeager". The signature is written in a cursive style with a large, sweeping initial "C".

Clark Yeager
Director of Physical Education and Athletics

Physical Education and Athletics

Administrative and Staff Directory

Director of PE and Athletics	Clark Yeager	(503)768-7548	yeager@lclark.edu
Assistant Director of PE/Athletics.....	Sharon Sexton.....	(503)768-7073	sextons@lclark.edu
Associate Director of PE/Athletics	Jenny Simon	(503)768-7029	jsimon@lclark.edu
Asst. Director of PE/A - Sports Information...	Melissa Dudek.....	(503)768-7067	mdudek@lclark.edu
Asst. Dir. of A-Facilities&Event Managment.	Mark Minty	(503)768-7553	minty@lclark.edu
Sr. Asst. Director of PE/A - Sports Medicine..	Mark Pietrok.....	(503)768-7065	pietrok@lclark.edu
Assistant Athletic Trainer.....	Jeremy Loew	(503)768-7032	jloew@lclark.edu
Aquatics Coordinator	Chris Fantz	(503)768-7189	fantz@lclark.edu
Athletics Secretary/Business Manager	Meg Coryell.....	(503)768-7546	coryell@lclark.edu
Intramurals Coordinator.....	Dinari Foreman	(503)768-7127	foreman@lclark.edu
Faculty Athletics Representative.....	Greg Fredricks	(503)768-7562	fredrix@lclark.edu
Faculty Athletics Representative.....	Eleanora Beck	(503)768-7467	nbeck@lclark.edu

Coaching Staff Directory—Full-Time Staff and Head Coaches

Head Football Coach	Chris Sulages	(503)768-7066	sulages@lclark.edu
Assistant Football Coach	Scott Pierce.....	(503)768-7064	spierce@lclark.edu
Assistant Football Coach	Ian Falconer	(503)768-7069	falconer@lclark.edu
Head Volleyball Coach	Lori Jepsen.....	(503)768-7547	jepsen@lclark.edu
Head Cross Country Coach (M/W)	Keith Woodard.....	(503)768-7025	kfw@lclark.edu
Head Women's Basketball Coach	Juli Fulks	(503)768-7557	fulks@lclark.edu
Head Men's Basketball Coach	Dr. Bob Gaillard	(503)768-7072	gaillard@lclark.edu
Head Swimming Coach (M/W)	Chris Fantz.....	(503)768-7189	fantz@lclark.edu
Head Baseball Coach	Justin Baughman	(503)768-7059	jrbaugh@lclark.edu
Head Softball Coach	Juli Fulks	(503)768-7552	fulks@lclark.edu
Head Track & Field Coach (M/W)	Dr. David Fix.....	(503)768-7068	fix@lclark.edu
Head Tennis Coach (M/W)	Gundars Tilmanis.....	(503)768-7033	tiltennis@hotmail.com
Head Men's Golf Coaches	Darrell Matthews.....	(503)768-7808	matthews@lclark.edu
Head Women's Golf Coach	Scott Stickney.....	(503)768-7176	ses@lclark.edu
Head Crew Coach	Sam Taylor.....	(503)768-7556	samt@lclark.edu

*Sports Information Hotline.....	768-7007
*Press Box—Griswold	768-7005
*Press Box—Joe Huston.....	768-7005
*Press Box—Courtside, Pamplin Sports Center.....	768-7005
*Campus Information	768-7188
*Campus Safety.....	786-7855

Ticket Information

Tickets are needed only for Pioneer basketball and football games. Conference complimentary passes/pass lists are regulated by NWC rules. Non-conference opponents' complimentary passes/pass lists are subject to contractual agreement. Although advanced ticket purchase is usually not available, updated ticket information is available by calling (503) 768-7007.

Ticket Prices:	<u>Football</u>	<u>Basketball</u>
Adult:	\$7.00	\$6.00
Adult w/Alumni Card	\$4.00	\$4.00
P.A.C. member w/card	\$3.00	\$3.00
Non-LC student w/ID	\$4.00	\$4.00
Senior citizen (65+)	\$4.00	\$4.00
Children (under 12)	Free	Free
LC Student w/ID	Free	Free
LC Faculty w/ID	Free	Free

Directions to Campus

Directions from I-5 North: Take the Terwilliger Blvd. exit (#297). Stay to the right upon exiting the freeway. Turn right at the stop light, onto Terwilliger Blvd. Stay on Terwilliger; pass by the Chevron station. At the fork in the road, stay to the left and follow the signs through the roundabout. This will put you onto SW Palatine Hill Rd. and lead you directly to Lewis & Clark. Signs are posted.

Directions from I-5 South: Take the Terwilliger Blvd. exit (#297). Turn right onto Barbur Blvd. At the next stop light, turn right onto Terwilliger Blvd. Stay on Terwilliger; pass by the Chevron station. At the fork in the road, stay to the left and follow the signs through the roundabout. This will put you onto SW Palatine Hill Rd. and lead you directly to Lewis & Clark. Signs are posted.

Directions from I-84: Take I-84 all the way to I-5, then take I-5 south toward Salem. Follow the above directions for I-5 south.

Directions to McIver Park (cross country)

Directions from I-205, north or south: Take exit #12A (then watch for signs to McIver Park). Follow Hwy 224/212 four miles east to highway split. Continue on Hwy. 224 one mile to Carver. In Carver, take right over Carver bridge. Turn left on Springwater Road and follow 10 miles to park entrance. At the park entrance follow signs to Picnic Area C.

Directions to Oaks Park (rowing)

Oaks Park sits on the Willamette River just north of the Sellwood Bridge. From Macadam Ave., take Sellwood bridge east over Willamette River. At the end of the bridge, turn left following the signs to Oaks Park. The park is on Spokane Ave. adjacent to Sellwood Riverfront Park.

Facility and Parking Information

Pamplin Sports Center: Located on the main campus, the Pamplin Sports Center main gym seats 2,200 for Volleyball and Basketball. *Teams:* Enter in front of the campus information building; follow paved road to the left behind south football end zone. Limited parking available on the lower level circle next to Pamplin Sports Center. *Fans:* Park in Griswold Stadium lot or lower lot adjacent to tennis dome.

Zehntbauer Swimming Pavilion: Located on the main campus, adjacent to Pamplin Sports Center, Zehntbauer Swim Pavilion seats 300 for swimming events. *Teams:* Enter in front of the campus information building; follow paved road to the left behind south football end zone. Limited parking available on the lower level circle next to Pamplin Sports Center. *Fans:* Park in Griswold Stadium lot or in lower lot adjacent to tennis dome.

Joe Huston Sports Complex: Located on Boones Ferry Road, off of Terwilliger Blvd. below the Northwestern School of Law of Lewis & Clark College. Baseball and softball facilities are located at Huston Sports Complex. *Teams:* Park adjacent to field. *Fans:* Severe lack of parking. Park at St. Mark's Church and walk across Terwilliger to field. Follow directions of on-site campus safety officer.

Griswold Stadium: Located at the entrance of the main campus, Griswold Stadium seats 3,600 for football and track & field. *Teams:* Enter in front of the campus information building; follow paved road to the left behind south football end zone. Limited parking available on the lower level circle next to Pamplin Sports Center. Football team buses should back down the road leading to the lower circle. *Fans:* Enter through Gate 1 (North Road) and park in Griswold Stadium lot or in lower lot adjacent to tennis dome.

Tennis Dome: Located just north of Pamplin Sports Center and includes 3 indoor courts. Three outdoor courts are also available on campus. *Teams:* Enter through Gate 1 (North Road) and follow road down the hill, past north end of Griswold Stadium. Park in lot next to dome. *Fans:* Park in lot adjacent to dome.

McIver Park: Located near Estacada, Oregon on the Clackamas River, McIver Park serves as Lewis & Clark's home cross country course. *Teams and fans:* Enter the park and follow signs to Picnic Area C. There is a parking fee of \$3 for all vehicles.

Oaks Park: Located on the East end of the Sellwood bridge, Oaks Park, on the Willamette River, is home of the Lewis & Clark crew team boat house. *Teams:* enter the park and turn left. Park in the main parking area and walk south to the boathouse.

LEWIS & CLARK CAMPUS PARKING PASSES

Between the hours of 7 a.m. and 7 p.m., Monday through Friday, all vehicles parked on campus must display a valid permit issued by the Transportation and Parking Office. A valid permit is either an unexpired semester parking permit issued to employees and students of Lewis & Clark College, properly registered and displayed in accordance with these rules and regulations, or a daily or visitor permit authorized by the Transportation and Parking Office.

For those driving cars to campus on an occasional basis, the College offers daily or visitor permits. These permits are needed to park vehicles on campus between the hours of 7 a.m. and 7 p.m., Monday through Friday. They may be either be purchased at the Campus Safety/Information Office by the Griswold parking lot, or at the machine located in the lower parking lot adjacent to the tennis dome.

*****Opponents buses MUST park down by the tennis dome*****
Opponents' other vans or vehicles identified with institutional emblems will be allowed to park in staff and regular parking areas during contests without permits.

Athletic Training Information

Location: West side in lower level of Pamplin Sports Center.

Head Athletic Trainer: Mark Pietrok768-7065 pietrok@lclark.edu
Assistant Athletic Trainer: Jeremy Loew.....768-7032 jloew@lclark.edu
Assistant Athletic Trainer: Tara Derby.....768-7032 derby@lclark.edu

- **A Certified Athletic Training staff member is present at most home varsity contests.**
- **Team Physicians-** Dr. Robert Sandmeier
The Portland Clinic
Tigard Campus
9250 SW Hall Blvd
Tigard, OR 97223
503-293-0161
- **Hospitals-** Legacy Meridian Park Hospital
19300 SW 65th
Tualatin, OR 97062

Oregon Health Sciences University
Trauma Center
3181 SW Sam Jackson Park Rd.
Portland, OR 97201
- Equipment and supplies available at Lewis & Clark: ice, crutches, splints, knee immobilizer, and stretcher.
- The Lewis & Clark athletic training staff will be available to help with pre-game taping and treatments as needed. This assistance is available provided a telephone call or e-mail notification is completed prior to the contest by the athletic trainer or coach. Please include the names of athletes to be treated, their diagnoses, treatment protocol and special requests.
- Your licensed and/or Certified Athletic Trainer will be provided access to all modalities (whirlpool, hydrocollator, ultrasound, electrical muscle stimulation, and ice) as well as a table for treatments and taping prior to your scheduled event(s). **Please bring your necessary supplies.**

▪ **EMERGENCY NUMBERS**

- General Emergency911
- Campus Emergency503-768-7777, on campus: 7777
- Meridian Park Emergency Room.....503-692-1212
- OSHU Emergency Room503-494-7551
- Athletic Training Room503-768-7065, on campus: 7065
- Campus Health Center503-768-7165, on campus: 7165

- If you have any questions, please contact:

Mark Pietrok
503-768-7065 (office) pietrok@lclark.edu

Sports Information Services

Office Location: Zentbauer

Sports Information Director: Melissa Dudek 503-768-7067 mdudek@lclark.edu

For Football:

- Programs, working space, telecommunications access will be provided.
- Full statistics, including play-by-play, will be available immediately following the game. Quickstats will be provided at the quarters and at half time.
- Radio broadcast space and phone line provided. Non-NWC teams please call in advance. Please be advised: Our visiting broadcast space is on the roof of the press box. A tarp provides overhead cover, but all four sides are completely exposed.

For Basketball:

- Programs, working space, telecommunications, ethernet access will be provided.
- Quickie NCAA stats will be available at half-time.
- Full statistics, including play-by-play, will be available immediately following the game.
- Radio broadcast space, phone line, and ethernet provided. Non-NWC teams please call in advance. Visiting radio space is located at scorer's table on end closest to the visiting bench.

For Volleyball, Baseball, Track & Field, Tennis and Swimming:

- Programs, working space, telecommunications access can be provided, arrangements should be made in advance.
- Full statistics/results will be available immediately following the contest.
- Radio broadcast space and phone line available. Please call in advance.

All arrangements for credentials, broadcast space, or other sports information needs should be made through the Lewis & Clark College Sports Information Office. Contact: Kerry Kemper, SID, 503-768-7067.

PRIMARY LEWIS & CLARK MEDIA OUTLETS

Outlet	Contact	Phone	Fax
Associated Press	Landon Hall (editor)	503-228-2169	503-228-5514
The Oregonian	Dennis Peck (sports editor)	503-221-8161	503-221-8168

The Portland Tribune	Steve Brandon	503-226-6397	503-226-7042
The Columbian		800-736-1660	360-737-4070
The Statesman-Journal		503-399-6702	503-399-6706
Lake Oswego Review		503-635-8811	503-635-8817
KEX 1190 AM		503-295-9225	503-224-3216
The FAN 910 AM		503-535-0307	503-227-5466
KPAM 860 AM		503-223-4321	_____
KLC (Campus)		503-768-7104	_____
KATU (ABC)		503-231-4268	503-231-4263
KGW (NBC)		503-226-5119	503-226-5059
KOIN (CBS)		503-464-0640	503-464-0806
KPTV (UPN)		503-230-1200	503-230-1065
FOX Sports NW		425-649-0104	425-641-9811
Northwest Cable News		206-448-3721	206-448-3630

Spirit Squad Information

Spirit Squads are welcome. Please adhere to the following guidelines.

Football: Spirit squads should stay on the track, immediately in front of the visitors' stands and out from behind the home players' box. Squads should refrain from moving or going beyond restraining ropes. Spirit squads are also allowed on the stadium lower walkway, immediately in front of the visitors' seating.

Basketball: Spirit squads are to stay in designated endline area—behind the three-foot media restraining line.

Accommodations

These hotels/motels sometimes have different rates for Lewis and Clark affiliation; please let them know you are a visiting team.

Marriott Courtyard (NWC Host Hotel)
15686 SW Sequoia Parkway
Tigard, OR 97224
503-648-7900

Residence Inn by Marriott
15200 SW Bangy Rd.
Lake Oswego, OR 97035
503-684-2603
Contact: Andrea

Phoenix Inn Suites
SW Bangy Rd., Lake Oswego
(503) 624-7400

Hilton Garden Inn
SW Kruse Oaks Drive, Lake Oswego
(503) 684-8900

<i>City</i>	<i>Property</i>	<i>NWC Rate</i>	<i>Phone/Email</i>	<i>Contact</i>	<i>Notes</i>
Hillsboro	Courtyard	\$57	503-268-6005 amathis@innventures.com	Alison	If Courtyard's unavailable, other local Marriotts may be offered.
Spokane	Quality Inn	\$64	509-467-4900	Penny or Julie	Replaces Ramada Inn 8/17/07
Tacoma	Courtyard-Federal Way	\$69	206-444-6895 joshua.bang@marriott.com	Josh	April can Assist - (206)212-7384

<i>City</i>	<i>Property</i>	<i>NWC Rate</i>	<i>Phone/Email</i>	<i>Contact</i>	<i>Notes</i>
Tigard	Courtyard	\$57	503-684-7900 lluetjen@innventures.com	Lee	Lee prefers email communication.
Walla Walla	La Quinta	\$79	509-525-2522 lq0469gm@laquinta.com	Lisandra	Front desk staff can assist.

Airlines

Alaska	1-800-252-7522
America West	1-800-235-9292
American	1-800-433-7300
Continental	1-800-523-3273
Delta	1-800-221-1212
Hawaiian	1-800-367-5320
Horizon Air	1-800-547-9308
Northwest	1-800-225-2525
United	1-800-241-6522
United Shuttle	1-800-748-8853

Ground Transportation

RENTAL CARS

Enterprise:

-Local Reservations: (503) 252-1500
-Toll Free: 1-800-325-8007

Thrifty:

-Local Reservations: (503) 254-6563
-Toll Free: 1-800-367-2277

Budget

-Local Reservations: (503) 249-6500
-Toll Free: 1-800-527-0700

Hertz:

-Local Reservations: (503) 249-8216
-Toll Free: 1-800-654-3131

Dollar

-Local Reservations: (503) 249-4792
-Toll Free: 1-800-800-4000

TAXICABS

Broadway Cab

(503) 227-1234

Portland Taxi

(503) 256-5400

Coachman Express Towncar

(503) 761-1986

Radio Cab

(503) 227-1212

Burlingame/Barbur Blvd:

Baja Fresh
(503)595-0399

Burger King

PUBLIC TRANSPORTATION

Tri-County Metropolitan Transportation (TriMet)

-(503) 238-RIDE

MAX (Light Rail)—24 hour information

-(503) 22-TRAIN

BUS AND MOTORCOACH RENTALS

Portland MotorCoaches

-(503) 236-1046

Raz Transportation Co.

-(503) 684-3322, 1-888-684-3322

Gray Line of Portland

-(503) 285-9845

Restaurants and Fast Food

(503) 245-1238

Subway

(503) 245-0337

Tryon Creek Grill (formerly Robbie's)

(503) 246-6644

The Original Pancake House

(503) 246-9007

Kentucky Fried Chicken

(503) 246-4233

Norm's Garden

(503) 452-1757

Golden Touch Family Restaurant

(503) 245-2007

International House of Pancakes

(503) 246-3361

Macadam area:

Macheesmo Mouse

(503) 245-1617

Buffalo Gap

(503) 244-7111

Old Spaghetti Factory

(503) 222-5375

Lake Grove:

Round Table Pizza

(503) 636-3350

McDonald's

(503) 636-1579

Kentucky Fried Chicken

(503) 636-5284

Gubanc's Pub

(503) 635-2102

I5/Kruse Way/Hwy 217:

Applebee's Bar and Grill

(503) 968-8040

Chili's

(503) 624-3600

Stanford's

(503) 620-3541

Chevy's

(503) 620-7700

The Olive Garden

(503) 684-3160

Lake Oswego

Wan Fu Chinese Restaurant

(503) 636-2490

Buffets

Old Country Buffet
(503) 624-2794
(503) 627-0337

Pizza Delivery

Papa John's Pizza
(503) 246-7272

Domino's Pizza
(503) 244-4942

Area Attractions

Portland Area Sights to See:

(503) 246-4659

- Oregon Zoo
- Portland Rose Gardens
- Japanese Gardens
- Classical Chinese Garden
- Oregon Museum of Science and Industry (OMSI)
- Portland Art Museum
- Pittock Mansion
- Portland Waterfront
 - Shopping and Restaurants
 - Great for Picnics and Rollerblading
 - Portland Saturday (and Sunday) Market: local merchants and goods (runs from March to Dec.)

Portland Area Shopping:

- *Pioneer Place:* Located in downtown Portland at 4th and Yamhill; Stores include Eddie Bauer, Banana Republic, music store, Talbot's, Ann Taylor, J. Crew, Gap, Victoria's Secret, Pottery Barn, Field of Dreams, Hold Everything, and a food court serving international cuisine.
- *Downtown:* Nike Town on the corner of 4th and Salmon, Nordstrom, Meier & Frank, Laura Ashley, Gap and many more
- *Northwest 23rd Avenue:* Trendy shops, coffeehouses and restaurants, Urban Outfitters, Pottery Barn, and many more interesting places.
- *Washington Square Mall:* Located in Tigard off of Hwy 217. Stores include Eddie Bauer, Nordstrom, Meier&Frank, Talbot's, Ann Taylor, Gap, Mervyn's, J.C. Penney, Sears, Victoria's Secret, and a food court serving international cuisine.
- *Lloyd Center Mall:* Located downtown on the east side of the Willamette River; Meier&Frank, Nordstrom, Limited, Victoria's Secret, Gap, numerous shoe stores and an ice-skating rink.
- *Bridgeport Village:* Located in Tigard off of I-5. Stores include Anthropologie, Coach, Louie Permelia, Urban Outfitters, Banana Republic, BCBG and Eileen Fisher. There are also many interesting restaurants as well as a movie theater.
- *The Streets of Tanasbourne:* Off of NW Cornell Rd in Hillsboro. Shops include REI, Hollister, Macy's, Sunglass Hut, Shoe Mill, Express and Sharper Image. Restaurants and bakery's can also be found among the shops in this outdoor mall.

Oregon Sights to See (Close to Portland):

- *Multnomah Falls* (45 minutes from Portland): Great hiking trails and fabulous scenery
- *Bonneville Dam* (1 hour from Portland)
- *The Oregon Coast* (1 1/2-2 hours from Portland): Many beaches to explore. Some of the most popular beach towns include Cannon Beach, Seaside, and Lincoln City.
- *Timberline Lodge* (1 1/2 hours from Portland): Visit Mt. Hood for spectacular skiing, snowboarding, or great views of the mountain.

Movie Theaters:

- Act III Theater Information Line 225-5555
- Tigard Cinemas...x4627 -Washington Square..x4628 -KOIN Center....x4608
- Lloyd Cinemas....x4600 -Lloyd Center Mall....x4601
- Downtown....(503)295-0909 -Lake Oswego....(503)635-5056

Golf Courses:

- Red Tail.....Beaverton 646-5166
- Lake Oswego Municipal.....Lake Oswego 636-8228
- Eastmoreland.....Portland..... 775-2900
- Langdon FarmsWilsonville..... 678-4653
- Pumpkin Ridge.....North Plains 647-9977