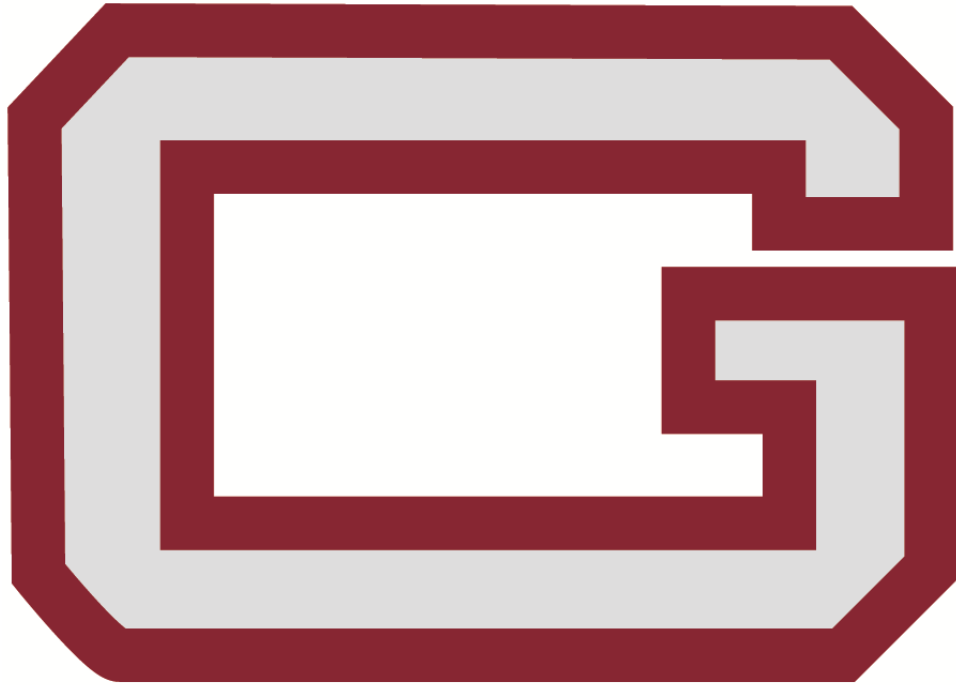

Guilford



QUAKERS

Athletics Visitor's Guide



Guilford College was founded in 1837 as New Garden Boarding School by the Religious Society of Friends (Quakers). In 1888, the academic program was greatly expanded and the school became a four-year college. Nationally, Guilford is one of the oldest co-educational institutions and is among only 13 Quaker-founded colleges.

Guilford strives to train responsible and enlightened leaders. Its method is the liberal arts, viewed not as a static body of knowledge but as a stimulus to intellectual and spiritual growth. Liberal education requires an atmosphere of academic and personal freedom, founded on intellectual and moral responsibility, and a commitment to ethical values and human beings.

Through the years Guilford has continually sought new methods of challenging students, bringing them into contact with vital ideas and experiences, and helping them arrive at their fullest potential as individuals and as members of society.

Guilford's approximately 2,500 students hail from across the United States and many countries. The student-faculty ratio is 16:1 and nearly 90 percent of the faculty hold terminal degrees. In addition to traditional-age and adult students, an academically select group of high school students study on campus.

The athletic complex is one of the finest among small colleges in the Southeast and includes the Ragan-Brown Field House, Armfield Athletic Center (football/lacrosse stadium), 12 tennis courts and seven playing fields. The college has recently upgraded its weight and cardio rooms and locker rooms. A major renovation of the Armfield Athletic Center was completed in the summer of 2009, a new 8-court tennis center with restrooms and team changing areas was completed in the fall of 2008 and plans for additional improvements are in the works.

Guilford is one of five higher-education senior colleges and universities in Greensboro, a city of 235,000 and a hub of cultural and sports activities in the northern piedmont region of North Carolina.

GO QUAKERS!

GUILFORD COLLEGE ATHLETICS VISITOR'S GUIDE



ATHLETICS CONTACT INFORMATION

GUILFORD COLLEGE QUICK FACTS

Location: Greensboro, N.C. 27410
Founded:1837
Enrollment:2,472
Nickname: Quakers
Colors: Crimson and Gray
Affiliation: NCAA Division III
Conference:Old Dominion Athletic Conference

ADMINISTRATION & STAFF

President:Kent Chabotar, Ph. D.
Vice President: Randy Doss '82
Athletic Director: Tom Palombo
Senior Women's Administrator: Stephanie Flamini
Sports Information Director: Dave Walters
Head Athletic Trainer:Gary Rizza
Quaker Club/Alumni Relations:Lindsay Smith
Faculty Representative: Craig Eilbacher, Ph. D.
Athletics Secretary:Tracy Furjanic
Director of P.E. Center:Mike Merkel
Director of Public Safety:Ron Stowe
Sports Marketing/Asst. SID: Bryan Jones
Athletics Compliance: Jeff Bateson

GENERAL INFORMATION

All numbers are (336) 316 + extension

Guilford College Operator:2000
Public Safety:2908, 2909
Emergency:2911
Athletic Director's Office:2190
PE Center: 2850 (director), 2857 (front desk)
Armfield Athletic Center Press Box:2336
Sports Information Office:2107
Sports Information Fax:2953
Guilford Sports Hotline:2500 x8107
Admissions Office:(800) 992-7759 2100

Guilford on the Internet:www.guilfordquakers.com
Mailing Address: Guilford College
Department of Athletics
 5800 West Friendly Avenue
 Greensboro, N.C. 27410-4173

DIRECTORY

All numbers are (336) 316 + extension

Athletic Director, Tom Palombo..... 2290
Senior Women's Admin., Stephanie Flamini..... 2344

SPORTS INFORMATION/MARKETING

Sports Information, Dave Walters 2107
Sports Marketing/Asst. SID, Bryan Jones 2826

MEN'S HEAD COACHES

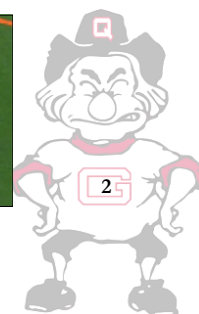
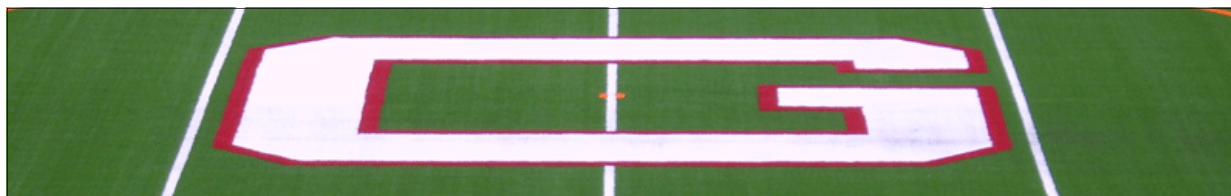
Baseball, Nick Black '02 2161
Basketball, Tom Palombo..... 2290
Cross Country, Danny Cash 2160
Football, Chris Rusiewicz 2159
Golf, Corey Maggard 2157
Lacrosse, Tom Carmean..... 2106
Soccer, Jeff Bateson 2213
Tennis, Dave McCain..... 2167
Track & Field, Danny Cash..... 2160

WOMEN'S HEAD COACHES

Basketball, Stephanie Flamini..... 2344
Cross Country, Danny Cash 2160
Lacrosse, Sarah Berheide 2197
Soccer, Eric Lewis 2375
Softball, Dennis Shores 2247
Swimming, Emily Wilson..... 2167
Tennis, Dave McCain..... 2167
Track & Field, Bill Cason 2160
Volleyball, Emily Gann..... 2405

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 Sports Medicine/Games Management 3
 Lodging and Restaurants 4-5
 Driving Directions..... 6
 Travel Information & Regional Maps 7
 Campus Map 8



ATHLETIC TRAINING STAFF

All numbers are (336) 316 + extension

Head Athletic Trainer

Gary Rizza, M Ed, ATC, LAT2513

Assistant Athletic Trainers

Jared Siglin, MS, ATC, LAT2117
 Danielle Duffy, ATC, LAT2117
 Matt Gustafson, ATC, LAT2117

The Guilford College Athletic Training Staff **will** provide the following services to visiting teams:

- Access to the Training Room before and after competitions
- Water & injury ice will be on team bench during competitions
 - Access to crutches, air splints, spine board, and AED
 - Water Bottles available upon request

The Athletic Training staff **will not** provide tape and supplies for visiting teams, and only certified athletic trainers traveling with the team are permitted to use the modalities

For more information on the Athletic Training staff, visit guilfordquakers.com/information/training/.

TEAM PHYSICIANS

Murphy Wainer Orthopedic Specialists

Dr. Robert Wainer 336-375-2300

Dr. Ryan Draper..... 336-375-2300

Southeastern Orthopedic Specialists Physical Therapy.....
 336-375-2301

Dr. Bert Fields, Moses Cone Family Practice
 336-832-8132

Dr. Jose Reyes..... Sports Medicine Fellow

*Please contact a member of the Athletic Staff if you are in need of a physician.

OTHER NUMBERS

Moses Cone Memorial Hospital..... 336-832-7000
1200 N. Elm Street; Greensboro, N.C. 27401

CVS Pharmacy..... 336-852-2550

BUS PARKING/LOCKER ROOMS

Please park all team buses by the sidewalk next to the baseball diamond. Team locker rooms are available upon request. If you have any questions, contact the PE Center.

SPORTSMANSHIP POLICY

Guilford participates in the fan sportsmanship initiative: **“BE LOUD, BE PROUD, BE POSITIVE”**

which is a unified effort to promote respect for the student athletes, coaches, and official in D-III intercollegiate athletics. I know we will be able to count on your support.

My staff and I will have the responsibility of insuring that good sportsmanship occurs with all our personnel, activities and games. To provide a cordial atmosphere for visiting teams, athletes, and fans, I can insure you that those who are assigned to announce, supervise, or greet athletic visitors will act with the utmost courtesy, respect and fairness. Security plans will guarantee that all athletes, officials, cheerleaders, and spectators are protected from abuse. Periodic evaluations of these programs will be conducted with the athletic department and representatives of student-athletes, spirit groups, the student body, and the school community to determine their effectiveness. All visitors attending any athletic event at an ODAC institution are expected to behave appropriately toward athletes and officials and will be reminded by the announcer and statements in the program of our sportsmanship expectations. The host school has the responsibility of supervising and regulating spectator conduct.

-Tom Palombo, Director of Athletics

PRESS BOX CREDENTIALS/BROADCASTS

Visiting media should contact the sports information office at least seven days in advance of a game to reserve space. Abbreviated halftime statistics will be provided in the press box; a complete game summary will be available 15 minutes after the game. Internet, telephone and fax services are available in the press box. Please contact me for credentials, photos, stories and statistics, or to arrange an interview with a coach or student-athlete.

Radio or Internet crews wishing to broadcast a game must first obtain permission from the Guilford College sports information office.

If you need additional information, please contact the sports information. Thanks again for your interest.

-Dave Walters, Sports Information Director



Preferred Hotels*

Hilton Garden Inn

4307 Big Tree Way
Greensboro, NC 27410
336-852-1491

Rate: \$89 Thursday-Sunday
\$109 Monday-Wednesday

Holiday Inn Express

4305 Big Tree Way
Greensboro, NC 27410
336-854-0090

Rate: \$69

*-If the High Point Furniture Market is taking place (October & April), these rates are not offered as city-wide hotel availability is extremely scarce.

SIT DOWN RESTAURANTS

Applebee's

4406 West Wendover Ave
Greensboro, NC 27407
336-299-5565

Red Robin Gourmet Burgers

1507 Highwoods Boulevard
Greensboro, NC 27410
336-292-6848

Carrabba's Italian Grill

1653 New Garden Road
Greensboro, NC 27410
336-218-0623

Chili's

1599 New Garden Road
Greensboro, NC 27410
336-632-1097

Tripps's Restaurant

1605 Highwoods Blvd
Greensboro, NC 27410
336-292-0226

Carolina's Diner

5605 W. Friendly Ave.
Greensboro, NC 27410
336-544-7264

PIZZA

Papa John's

1601 New Garden Road #1A
Greensboro, NC 27410
336-855-8282

Elizabeth's Pizza

5607 W. Friendly Ave.
Greensboro, NC 27410
336-299-1772

Homeslice Pizza & Subs

5607 W. Friendly Ave.
Greensboro, NC 27410
336-299-1772



RESTAURANTS (CONT.)

SANDWICHES

Honey Baked Ham
2713 Battleground Ave.
Greensboro, NC 27408
336-282-7009

Sheetz
1620 New Garden Rd.
Greensboro, NC 27410
336-315-2212

Jimmy John's
5603 W. Friendly Ave.
Greensboro, NC 27410
336-292-4222

Jam's Deli
5707 W Friendly Ave
Greensboro, NC 27410
(336) 547-0771

BUFFET AND WINGS

Golden Corral
4404 Landview Dr.
Greensboro, NC 27407
(336) 294-8443

East Coast Wings & Grill
1579 New Garden Road #B
Greensboro, NC 27410
336-547-9464

SPECIALITY SHOPS

Salsarita's
1602 A Highwoods Blvd.
Greensboro, NC 27410
336-632-8877

Chipotle Mexican Grill
5402 Sapp Rd
Greensboro, NC 27409
336-292-4410

Zaxby's
1657 New Garden Rd
Greensboro, NC 27410
336-854-0415

Brueggers Bagels
3116 W Friendly Ave
Greensboro, NC 27408
336-547-0510

The Fresh Market
628 Green Valley Rd # 500
Greensboro, NC 27410
336-272-1338

Panera
1604 Highwoods Blvd
Greensboro, NC 27410
336-854-0118

Krispy Kreme
2401 Battleground Ave
Greensboro, NC 27408
336-540-1594

CONVENIENCE STORES

Harris Teeter Supermarket
701 Francis King St
Greensboro, NC 27410
(336) 856-8140

Target
1628 Highwoods Blvd
Greensboro, NC 27410
(336) 455-9900

CVS Pharmacy
605 College Road
Greensboro, NC 27410
336-852-2550



DRIVING DIRECTIONS

From the West on Interstate 40

Take I-40 east to Exit 212 I-40 Business / Greensboro to Bryan Blvd.

Take Exit 24 (Before Exit 25, Guilford College) to Bryan Boulevard/PTI Airport. Take the exit ramp. Go to Exit 2, West Friendly Avenue (East) exit and turn right. Go 1.5 miles. Cross over College Road and turn left into the College. The Admission Office is located in New Garden Hall, the first building on your left.

From the East on Interstate 40

Take I-40 west/I-85 south toward Greensboro/Winston-Salem. When the highway splits, take Exit 131 I-40 Business West. Highway will split again, take Exit 36A, I-40 West. Continue on I-40 West to Exit 24B (go past the Guilford College exit). Take the exit ramp and turn right. Go to Exit 2, West Friendly Avenue (East) exit and turn right. Go 1.5 miles. Cross over College Road and turn left into the College. The Admission Office is located in New Garden Hall, the first building on your left. Go to the three-way stop and admission parking is on your left.

From the South on Interstate 85

Take I-85 north to Exit 87 (U.S. Highway 52 toward Lexington/Winston-Salem). Take Hwy. 52 north to I-40 east. Take I-40 east to Exit 24 (Before Exit 25, Guilford College) to Bryan Boulevard/PTI Airport. Take the exit ramp. Go to Exit 2, West Friendly Avenue (East) exit and turn right. Go 1.5 miles. Cross over College Road and turn left into the College. The Admission Office is located in New Garden Hall, the first building on your left. Go to the three-way stop and admission parking is on your left.

From the North on Interstate 85

Take I-85 south/I-40 west toward Greensboro/Winston-Salem. Stay on I-40 west past the splits with I-85 south and Business 85 south, and take I-40 to Exit 24B (go past the Guilford College exit). Take the exit ramp and turn right. Go to Exit 2, West Friendly Avenue (East) exit and turn right. Go 1.5 miles. Cross over College Road and turn left into the College. The Admission Office is located in New Garden Hall, the first building on your left. Go to the three-way stop and admission parking is on your left.

From the South on U.S. Highway 220/Interstate 73/74

Take Highway 220 north to I-40 west toward Winston-Salem. Take I-40 west to Exit 24B (go past the Guilford College exit). Take the exit ramp and turn right. Go to Exit 2, West Friendly Avenue (East) exit and turn right. Go 1.5 miles. Cross over College Road and turn left into the College. The Admission Office is located in New Garden Hall, the first building on your left.

From the North on U.S. Highway 220

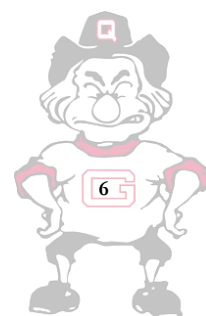
Take Highway 220 south (which becomes Battleground Avenue in Greensboro) and turn right onto Westridge Road (McDonalds is on your right). Go 2.5 miles to the end of Westridge Road and turn right onto West Friendly Avenue. The college's main entrance will be 1.1 miles on the right (just before traffic light at College/New Garden Road).

From the North on U.S. Highway 29

Take Highway 29 south to I-85 south. Stay on I-40 west past the splits with I-85 south and Business 85 south, and take I-40 to Exit 24B (go past the Guilford College exit). Take the exit ramp and turn right. Go to Exit 2, West Friendly Avenue (East) exit and turn right. Go 1.5 miles. Cross over College Road and turn left into the College. The Admission Office is located in New Garden Hall, the first building on your left.

From Piedmont Triad International Airport

From the airport exit turn right onto Bryan Boulevard. Take the New Garden Road/Guilford College exit. At the end of the exit ramp, turn right onto New Garden Road. At the third set of traffic lights, turn left (this is still New Garden Road). At the next light, turn left into the college on Arcadia Drive.



TRAVEL INFORMATION, LOCAL AND REGIONAL MAPS

Piedmont Triad International Airport
 1000 A Ted Johnson Parkway
 Greensboro, NC 27409
 336-665-5600

Amtrak Greensboro
 236 East Washington Street
 Greensboro, NC 27410
 336-272-6755

Greyhound Bus Lines
 234 East Washington Street
 Greensboro, NC 27410
 336-272-5112

Ambassador Taxi
 1012 Homeland Avenue
 Greensboro, NC 27405
 336-273-5566

Central Piedmont Transportation
 6415 Bryan Boulevard
 Greensboro, NC 27409
 336-668-9808

Blue Bird Taxi
 1205 West Bessemer Avenue
 Greensboro, NC 27408
 336-272-5112

United Yellow Taxi
 801 South Elm Street
 Greensboro, NC 27406
 336-273-9421

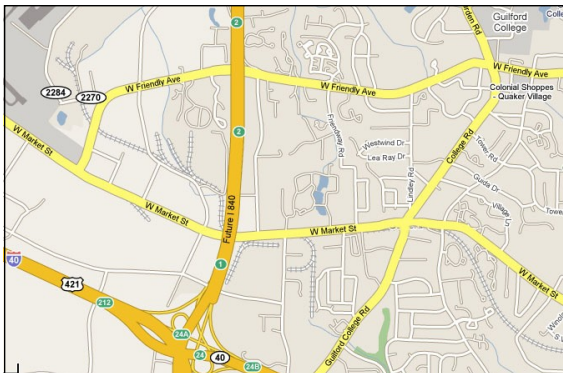
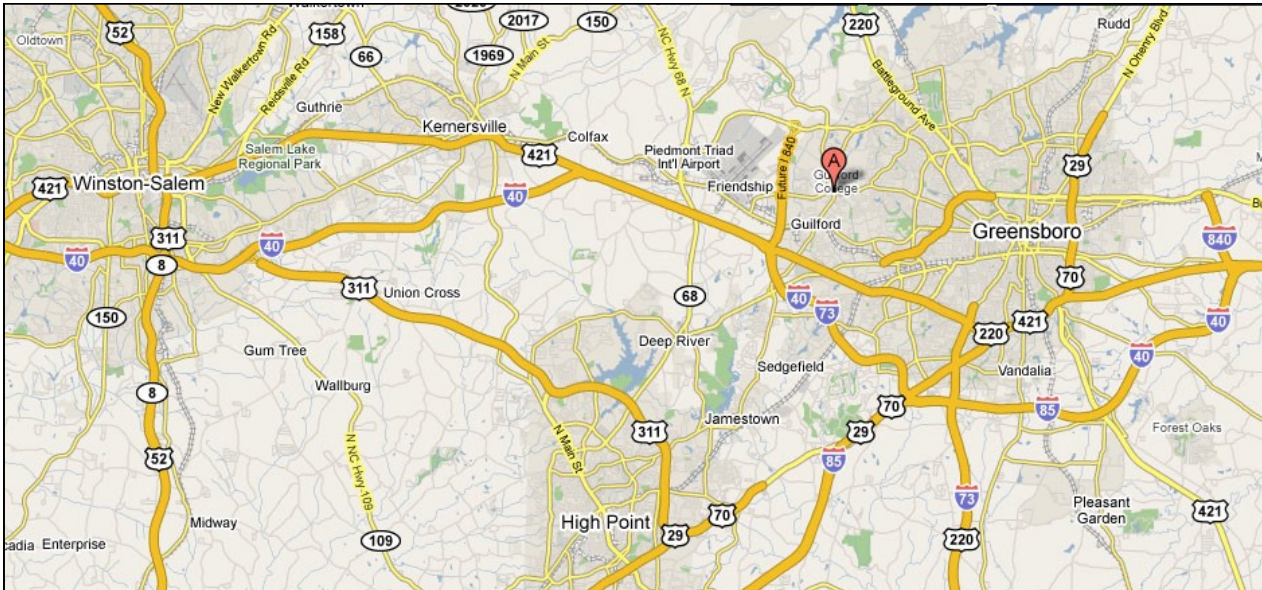
Budget Rent-A-Car
 6317 Bryan Boulevard
 Greensboro, NC 27410
 336-665-5882

PTI National Car Rental System
 1000 A Ted Johnson Parkway
 Greensboro, NC 27409
 336-668-7657

PTI Avis Rent-A-Car
 1000 A Ted Johnson Parkway
 Greensboro, NC 27409
 336-665-5700

Thrifty Car Rental
 803 North Regional Road
 Greensboro, NC 27410
 336-668-3488

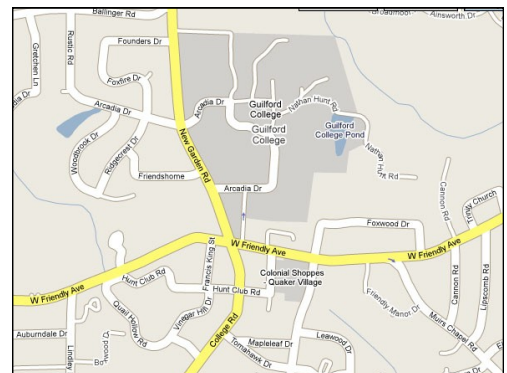
Enterprise Rental Car
 310-B S. Regional Rd.
 Greensboro, NC 27409
 336-662-9174



Above:
 Regional Map of the
 Piedmont Triad area showing
 Greensboro, Winston-Salem,
 and High Point.

Left:
 Exit 24-B off of I-40

Right:
 Local Street Map around
 Guilford College



CAMPUS MAP

PARKING LEGEND:

- RED - Resident parking only
- BROWN - Special Interest Housing parking only
- DARK BLUE - *Commuter parking only

- BURGUNDY - Milner & Student Apartment parking only
- GREEN - Faculty/Staff/Visitor parking only
- ☎ - *Emergency phones

*after 5:30 p.m., CCE students may park in faculty/staff spaces.

- A. New Garden Hall
- B. Duke Hall
- C. Hege Library
- D. King Hall
- E. Hendricks Hall
- F. Frank Science Center
- G. Bauman I.T. Center
- H. The Hut
- I. Founders Hall
- J. Ragsdale House
- K. Milner Guest House
- L. Ragan-Brown F.H.
- M. Alumni Gym
- N. Hege-Cox Hall
- O. Archdale Hall
- Q. Dana Auditorium
- R. International Center
- S. Alumni House
- T. George White House
- U. Campus Facilities
- V-1. Binford Hall
- V-2. Mary Hobbs
- V-3. Shore Hall
- V-4. Bryan Hall
- V-5. Milner Hall
- V-6. English Hall
- V-7. North Apartments
- V-8. South Apartments
- X. Early College
- Y. Community Center
- Z. Hildebrandt



Revised 3/14/08

