



North Park University Athletics
2008-2009
Visiting Team Guide



North Park University

3225 West Foster Ave.
Chicago, Illinois 60625

773.244.5254
773.244.5269 fax

Dear Honored Guest/Team,

Welcome to North Park! We hope that you enjoy your time at our campus and have the chance to explore all the amenities we have to offer in and around North Park and the City of Chicago. This guide will provide you with all the information you'll need from places to stay to restaurants in the area and a campus map.

Thanks and enjoy your stay!
Sincerely,

A handwritten signature in black ink, appearing to read "Kevin Shepke", with a stylized flourish at the end.

Kevin Shepke
Director of Sports Information/Game Management
(w) 773-244-5594 (c) 847-727-7437
e-mail: kshepke@northpark.edu
web: www.NPUVikings.com

North Park University Athletics

General

City/Zip	Chicago, IL 60625
Founded	1891
Enrollment	3,200
Nickname	Vikings
School Colors	Blue and Gold
Affiliation	NCAA Division III
Conference	College Conference of Illinois & Wisconsin
President	Dr. David L. Parkyn
Athletic Dept. Phone	(773) 244-5685
Athletic Dept. Fax	(773) 244-5269
Athletic Trainer	Justin Sjovall
Web Site	www.NPUVikings.com

Athletic Administration

Athletic Director	Dr. Jack Surridge
Assistant Athletic Director	Susan Zimmer
Assistant Athletic Director	John Born
Senior Woman Administrator	Susan Zimmer
Coordinator of Student Athlete Services	Rachel Theodore
Athletic Trainer	Justin Sjovall

Athletic Facilities

Football, soccer, baseball and softball: The Holmgren Athletic Complex (seats 3,500)
Basketball and volleyball: North Park Gymnasium (1,800)

Sports Information

Sports Information Director	Kevin Shepke
Office Phone	(773) 244-5594
Cell Phone	(847) 727-7437
SID Fax	(773) 244-5269
E-mail Address	kshepke@northpark.edu

Directions to North Park University

3225 West Foster Avenue Chicago, Illinois 60625

Just three miles west of Lake Michigan, the main North Park campus is located at the corner of Foster and Kedzie avenues (5200 north and 3200 west) in Chicago, Illinois.

Visitor parking is in the parking lot at the southeast corner of Foster and Kedzie. You may obtain a visitor parking pass for your vehicle at the front desk of Old Main during hours of operation.

From the north

Take I-94 eastbound (Edens Expressway) to the Cicero (to Foster) exit. Take Cicero south to Foster Avenue, turn east (left) on Foster and continue to the 3200 block, about two miles. The campus is on the south (right) side of Foster.

From the south

Take I-94 westbound (Dan Ryan Expressway) and proceed northwest on I-90/94 (Kennedy Expressway). Exit at Kimball Avenue. Travel north (right) on Kimball about two miles to Foster Avenue and turn east (right). Proceed two blocks, and the campus is on the right (south) side of Foster.

From the west

Or from O'Hare Airport - take I-90/94 eastbound (Kennedy) to the Austin (to Foster) exit. At the end of the exit ramp, turn east (left) and follow the curve to reach Foster. Turn east (left) on Foster and continue to the 3200 block, about three miles. The campus is on the right (south) side of Foster.

From the east

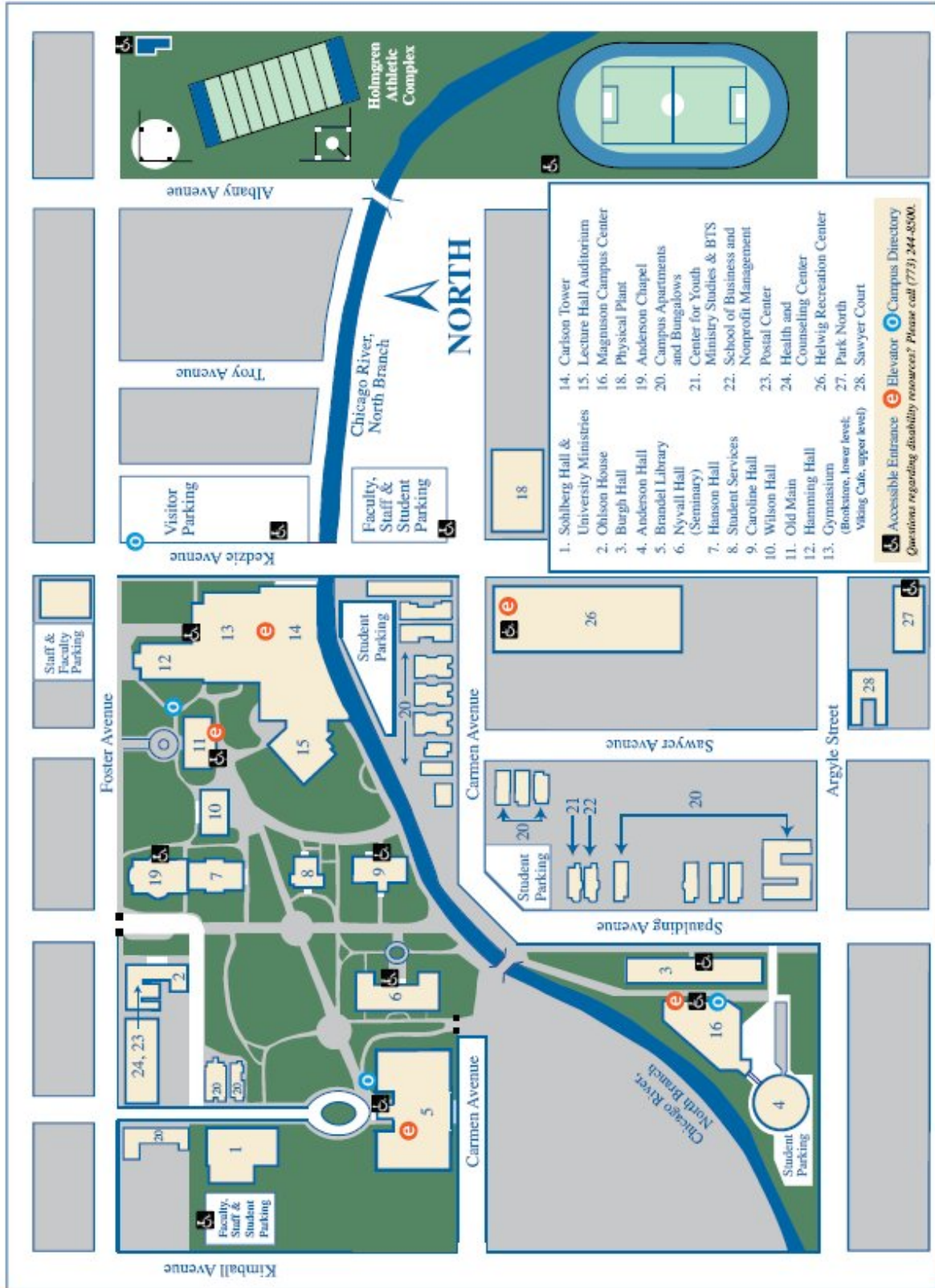
Take Lake Shore Drive (from either direction) to the Foster Avenue exit. Travel west on Foster and continue to Kedzie Avenue, about three miles. The campus is on the left (south) side of Foster.

From Public Transportation

We are located on Foster Avenue between Kimball and Kedzie Avenues. We are served by the Foster, Kimball and Kedzie bus lines. We are also three blocks north and one block east of the Kimball/Lawrence station of Ravenswood elevated train station (Brown Line).

North Park Gymnasium

The North Park Gym is located in Carlson Tower (Building No. 13 on the campus map) just south of the Foster and Kedzie intersection.



Campus Map

Team Bus/Visiting Fans Parking

Visiting teams are allowed to park their Team Bus at 5148 Kedzie Avenue just in front of the North Park Gymnasium for Football, Volleyball and Basketball contests. Visiting teams may also park their team bus for Football/Baseball/Softball and Soccer contests in front of the Holmgren Athletic Complex, which is just a block west of the Foster Ave. and Albany Ave. intersection.

Fans of the visiting team are allowed to park in each of the two North Park faculty/staff lots, which are located conveniently at the intersections of Foster and Kedzie and Kedzie and Carmen, on WEEKEND GAME DAYS ONLY. On weekday games, fans parking in the lots prior to 7 p.m. must obtain a Visitor Pass otherwise they need to find street parking on Kedzie or Albany.

Team Greeter/Welcome Signs

For each Football/Soccer/Volleyball and Basketball contest, visiting teams will be greeted by a North Park Event Staff member and signs directing them to their locker rooms. Locker Rooms and an Athletic Training Room are available in the basement of Carlson Tower. Teams will be greeted at Carlson Tower, located at 5148 Kedzie Ave. just south of the Foster and Kedzie intersection. From there they will be taken to their designated locker room to prepare for the game. Afterward they will be directed to the gymnasium or the Holmgren Athletic Complex.

North Park Sports Information

The North Park University sports information office staffs all home contests for football, volleyball, men's and women's basketball, men's and women's soccer, baseball and softball. For all those contests, game programs/rosters will be available and working space for news media or visiting sports information directors can be provided. Sports Information services for all other athletic contests will be provided on an as needed basis.

Facility Notes

- The press box at the Holmgren Athletic Complex, which is used for football, soccer and baseball, has multiple phone lines and cable internet for easy connections.
- The North Park Gymnasium is equipped with wireless internet. The wireless internet has certain security protocols which require a user to do a few minutes of setup work on their computer. Please contact the Sports Information office at 773-244-5594 prior to an event for details on setup.

Athletic Training Department

Athletic Training Staff

Justin Sjovall, M. Ed, ATC
Head Athletic Trainer
(Works with: football, men's basketball, baseball, rowing, cross country)

773-244-5682
jsjovall@northpark.edu

Andrew Lundgren, MA. Ed, ATC, CSCS
Program Director
(Works with: men's soccer)

773-244-6293
alundgren@northpark.edu

Kelly Potteiger, MA, ATC
Clinical Coordinator
(Works with: track and field)

773-244-6289
kpotteiger@northpark.edu

Laura McAdams, ATC
Assistant Athletic Trainer
(Works with: volleyball, women's soccer, women's basketball, softball)

773-244-5701
lmcadams@northpark.edu

Emergency Telephone Numbers

Swedish Covenant Hospital 773-878-8200

Athletic Training Services Available

The main athletic training room in the Carlson Tower basement is fully equipped to accommodate any of your needs. On the sidelines or on the bench, you will have access to water, water bottles/cups, injury ice and wrap, biohazard supplies, biohazard bin, splints, and an AED. For football, all of the above will be provided plus a treatment table, walkie-talkie to our sideline, and ambulance coverage. A physician will be on site for all football games and select other events. If your team needs treatments or has special requests and a Certified Athletic Trainer is not traveling, please call, email, or send a signed note in addition to a stocked medical kit so we can most effectively handle your needs.

Visiting Team Hotel Accommodations

Below is a list of hotels in the area that teams may lodge at for weekend tournaments. Ask for the North Park University rate which is sometimes available.



**Courtyard by Marriott
O'Hare**
2950 S. River Rd.
Des Plaines, Illinois 60018
Phone: (847) 824-7000



Holiday Inn North Shore
5300 West Touhy Avenue
Skokie, Illinois 60077
Phone: (847) 679-8900



Double Tree North Shore
9599 Skokie Blvd.
Skokie, Illinois 60077
Phone: (847) 679-7000



Comfort Inn
9333 Skokie Boulevard
Skokie, Illinois 60077
Phone: (847) 679-4200
Fax: (847) 679-4218



**Hampton Inn and Suites/
Chicago North Shore**
5201 Old Orchard Road
Skokie, Illinois 60077
Phone: (800) HAMPTON



Days Inn - Lincoln Park
646 W. Diversey Pkwy.
Chicago, IL 60611
Phone: (773) 525-7010



**Comfort Inn and Suites
Downtown**
15 East Ohio
Chicago, Illinois 60611
Phone: (312) 494-1515



Crowne Plaza-O'Hare
5440 N. River Road
Rosemont, IL 60018
Phone: (847) 671-6350



**Best Western University
Plaza**
1501 Sherman Ave.
Evanston, IL 60201
Phone: (847) 491-6400



**Hilton Garden Inn Chicago
O'Hare Airport**
2930 South River Road • Des
Plaines, Illinois 60018
Phone: 847-296-8900 • Fax:
847-296-8999
Toll Free:

(877) STAY-HGI -- Reservations

Restaurants around North Park

Below is a list of restaurants in the area:

Pizza

Pizza Hut

5240 N. Pulaski Rd.
Chicago, IL 60630
Phone (773) 588-8844

Little Caesar's

3135 W. Addison Ave.
Chicago, IL 60618
Phone (773) 267-6366

Domino's (Delivery)

3144 W Devon Ave.
Chicago, IL 60659
Phone: (773) 743-3030

Papa John's (Delivery)

2620 N. Narragansett Avenue
Chicago, IL 60639
Phone: (773)622-7272

Golden Crust

4620 N. Kedzie Ave.
Chicago, IL 60625
Phone: (773) 539-5860

Burgers, Sandwiches

Charcoal Delights

3139 W. Foster Avenue
Chicago, IL 60625
Phone (773) 583-0056

McDonald's

3154 W Foster Ave.
Chicago, IL 60625-4107
Phone (773) 539-4046

Subway

3346 W Foster Ave
Chicago IL 60625
Phone (773) 588-9660

Burger King

6261 N. Lincoln Ave.
Chicago, IL 60659
Phone (773) 588-1976

Panera Bread

6059 North Lincoln Ave.
Chicago, IL 60659
Phone (773) 442-8210

Quizno's Subs

6067 N Lincoln Ave.
Chicago, IL 60659
Phone (773) 588-4802

Panda Express

6201 N Lincoln Ave.
Chicago, IL, 60659
Phone (773) 478-6870

Taco Bell

3511 Devon Ave.
Chicago, IL 60659
Phone (773) 588-9712