



# CONCORDIA UNIVERSITY

**VISITORS' GUIDE  
2019-29**

# Welcome to Concordia University

## Welcome visiting teams, Cavaliers' fans and guests!

On behalf of Concordia University and the Department of Athletics, I would like to welcome you to campus.

It is our goal to ensure everyone visiting Concordia University has a positive experience and we look forward to hosting you.

This guide has been published to assist you with the details related to your travels and stay while visiting Concordia University, located in the northeast corner of Portland. We hope you find the information useful and answers many of your questions about the surrounding area.

We are honored to compete in the Great Northwest Athletic Conference (GNAC) as a full membership within the NCAA Division II. As a member of Division II we support learning, service, passion, sportsmanship, resourcefulness and balance. We invite and encourage you to support our effort.

Again, on behalf of Concordia University, Portland and the Department of Athletics, welcome to our wonderful campus.

Sincerely,

Lauren Eads  
Vice President & Director of Athletics  
laeads@cu-portland.edu  
503-280-8516



# Visiting Team Guide

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## General Information

School Name: ..... Concordia University  
 Mailing Address: ..... 2811 NE Holman St.  
 ..... Portland, OR 97211  
 Athletics Department Phone: ..... (503) 280-8582  
 Athletics Department Fax: ..... (503) 280-8591  
 Website: ..... www.gocugo.com  
 Main phone number (local): ..... (503) 288-9371  
 Main phone number (toll-free): ..... (800) 321-9371  
 Campus Security: ..... (503) 280-8517  
 Alumni and Parent Relations: ..... (503) 280-855

## Facilities

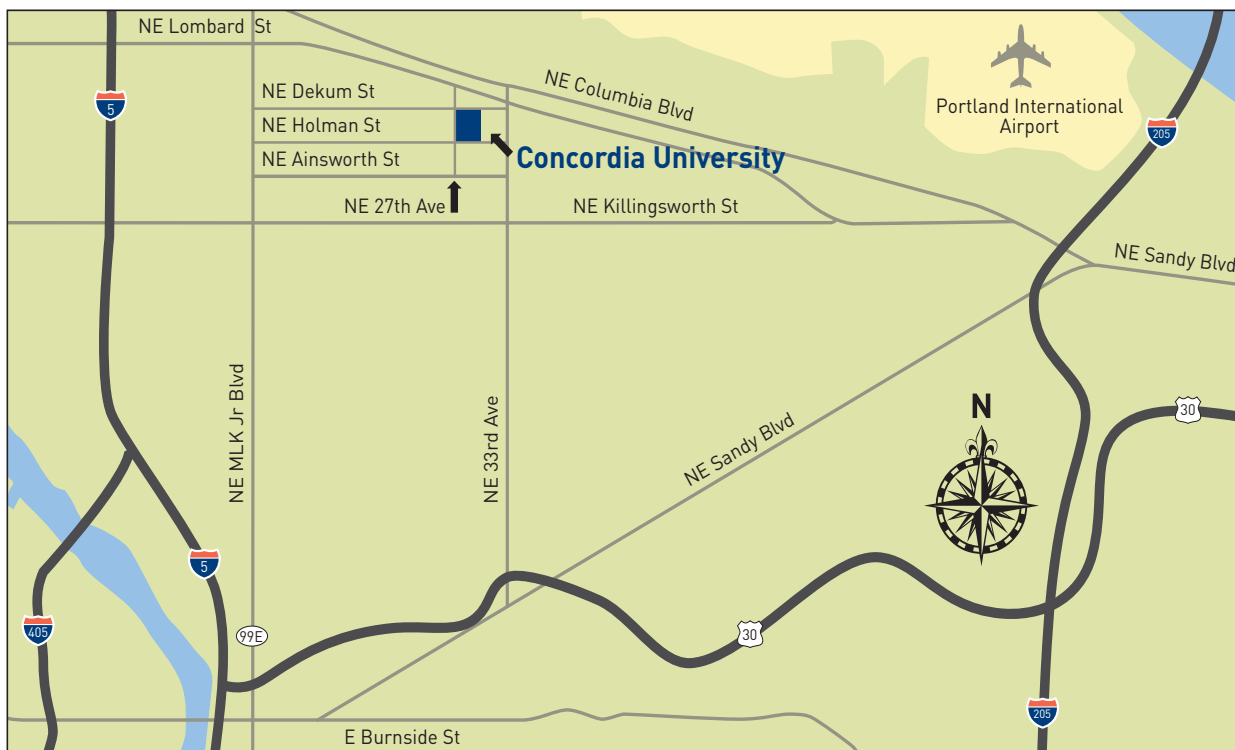
Baseball: ..... Porter Park - Hilken Community Stadium (1,000)  
 Basketball: ..... Lutheran Church Extension Fund (LCEF) Court (1,000)  
 Golf ..... Columbia Edgewater Country Club  
 Soccer: ..... Tuominen Yard - Hilken Community Stadium (1,000)  
 Softball: ..... Porter Park - Hilken Community Stadium (1,000)  
 Track & Field ..... Concordia University Throw Center / Fernhill Park  
 Volleyball: ..... Lutheran Church Extension Fund (LCEF) Court (1,000)

## Staff Directory

Vice President & Director of Athletics	Lauren Eads	(503) 280-8516	laeads@cu-portland.edu
Associate Athletics Director/SWA	Jessica Harbison Weaver	(503) 280-8581	jeharbison@cu-portland.edu
Associate Athletics Director	Kyle Nelson	(503) 280-8695	kynelson@cu-portland.edu
Sports Medicine			
Sports Information Director	Joe Danahey	(503) 280-8506	jdanahey@cu-portland.edu
Director of Athletic Operations	Bryan Irwin	(503) 280-8648	birwin@cu-portland.edu
Title IX Coordinator	Megan Bouslaugh	(503) 493-6456	mbouslaugh@cu-portland.edu
Faculty Athletic Rep.	Andrew LaFrenz	(503) 280-8606	alafrenz@cu-portland.edu
Academic Advisor	Aaron Hire	(503) 280-8512	ahire@cu-portland.edu
	Kaylee Krout	(503) 280-8512	kkrou@cu-portland.edu
Assistant Athletic Trainer	Scott Crawford	(503) 280-8696	scrawford@cu-portland.edu
Assistant Athletic Trainer	Elizabeth Corbett-Furgal	(503) 280-8696	ecorbett@cu-portland.edu
Director of Athletic Performance	Cory Gilday	(503) 280-8645	TBA
Facilities Coordinator	Andrew Duvall	(503) 505-2945	aduvall@cu-portland.edu
CU Throw Center	Adam Riddle	(503) 280-8580	adriddle@cu-portland.edu

## Head Coaches

Baseball	Rob Vance	(503) 280-8691	rvance@cu-portland.edu
Basketball - Men's	Brad Barbarick	(503) 280-8598	bbarbarick@cu-portland.edu
Basketball - Women's	Sean Kelly	(503) 280-8547	sekelly@cu-portland.edu
Cross Country	Jerret Mantalas	(503) 280-8159	jmantalas@cu-portland.edu
Golf - Men's / Women's	Lindsay Aho	(503) 280-8678	laho@cu-portland.edu
Soccer - Men's	Dan Birkey	(503) 280-8551	dbirkey@cu-portland.edu
Soccer - Women's	Grant Landy	(503) 280-8141	glandy@cu-portland.edu
Softball	Shelley Whitaker	(503) 280-8616	swhitaker@cu-portland.edu
Track & Field	Jerret Mantalas	(503) 280-8159	jmantalas@cu-portland.edu
Volleyball	Melanie Hambelton	(503) 280-8689	mhambelton@cu-portland.edu



### Coming from Portland International Airport

- Head east on NE Airport Way—away from the Airport  
The first signal you will come to is NE
- 82nd Ave. Turn right onto 82nd
- Follow 82nd around a few curves - you will soon be heading down what appears to be a highway
- Take the "exit" for NE Columbia Blvd and turn right onto Columbia
- Follow Columbia to a signal at NE 60th Ave. Turn left onto 60th
- Turn right at the next signal onto NE Portland Hwy/US Bypass 30
- Follow US-30 BP 3.7 miles (This road will have several street name changes, but will remain the main flow of traffic)
- Turn LEFT on NE 27th at signal
- Follow NE 27th 7 blocks, the campus will be on your left

### Going North on I-5

- Exit North Lombard Street East (Exit #305A)
- Turn right, head east on Lombard
- Follow to NE 27th (signal) and turn right
- Follow NE 27th 7 blocks, campus on left

### Going South on I-5

- Exit Rosa Parks Way (Portland Blvd) (Exit #304)
- Head east onto Rosa Parks Way (Portland Blvd)
- Turn right onto MLK Blvd
- Turn left onto Ainsworth Street
- Turn left onto NE 27th Avenue
- Campus one block on right

### Going East on I-84

- Exit NE 33rd (Exit #1)
- Turn left, go north on 33rd for 2.3 miles to NE Ainsworth Street (signal)
- Turn left on Ainsworth, right on 28th

### Going West on I-84

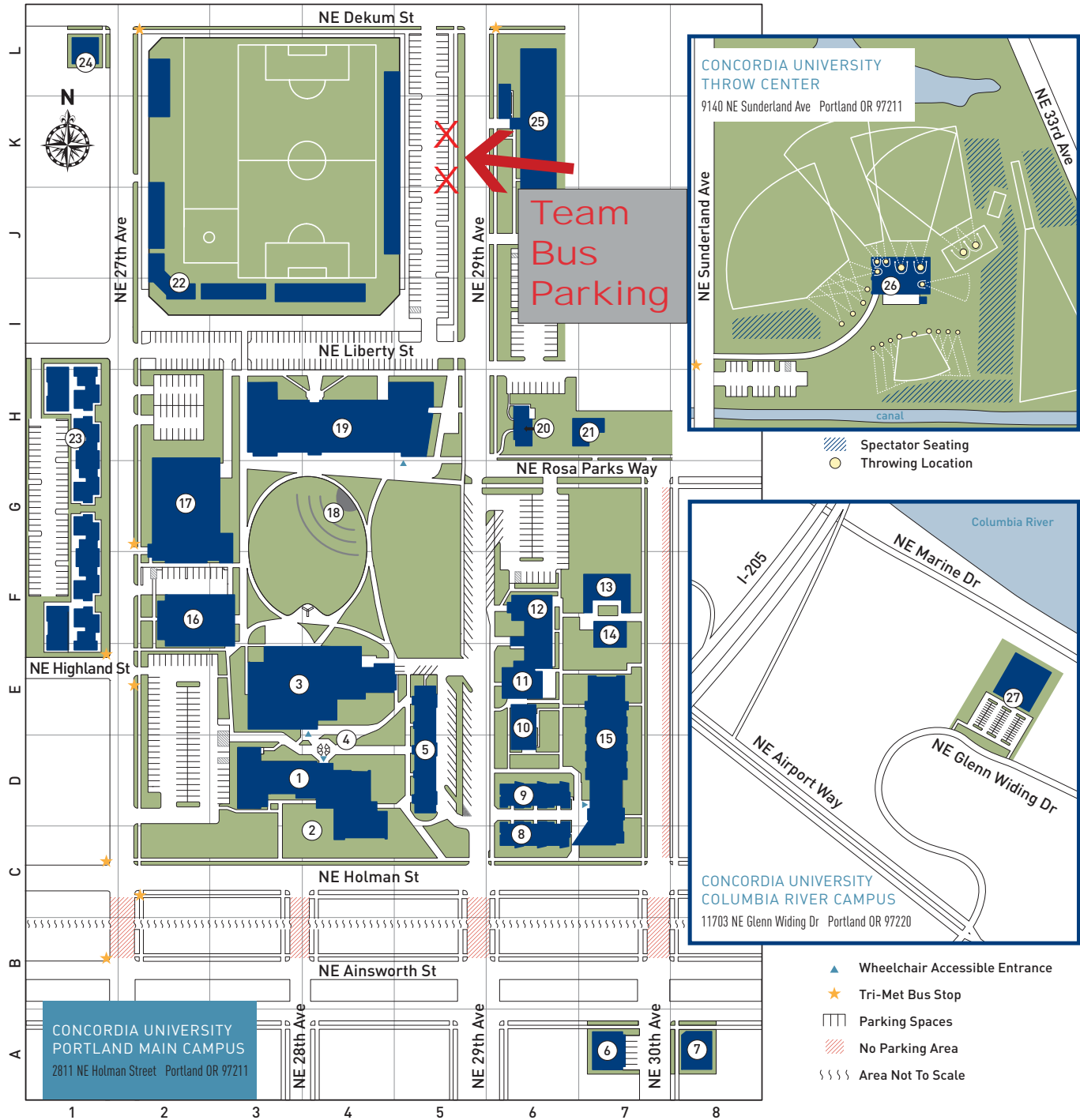
- Exit I-205 North, follow signs to Seattle
- Take Exit #23B - NE Columbia Blvd
- Stay to the right to merge onto US-30 Bypass West
- Immediately move to left lanes (DO NOT take Columbia Blvd)
- Follow US-30 BP 3.7 miles. (This road will have several street name changes, but will remain the main flow of traffic)
- Turn LEFT on NE 27th at signal
- Follow NE 27th 7 blocks, the campus will be on your left.

### Going North on I-205

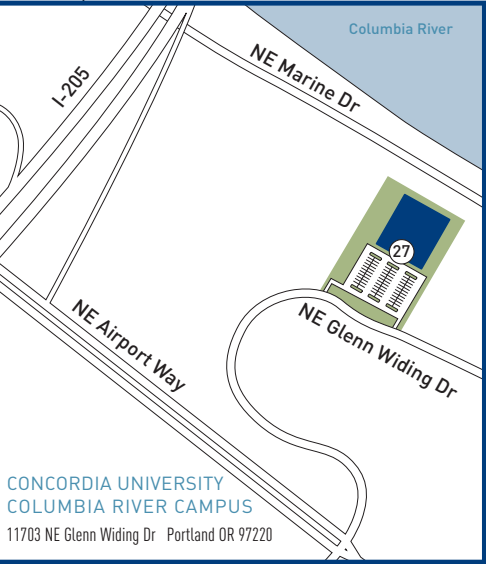
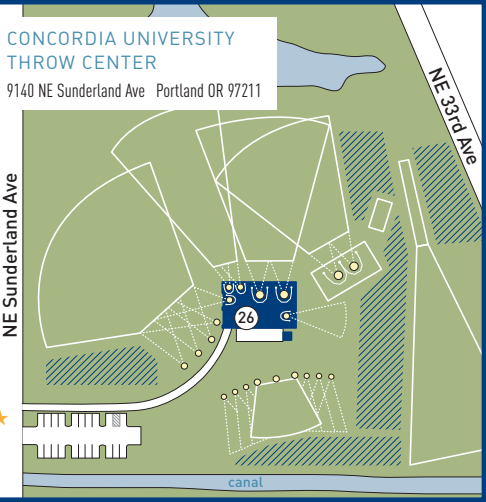
- Take Exit #23B - NE Killingsworth St/Columbia Blvd
- Stay to the right to merge onto US-30 Bypass West
- Immediately move to left lanes (DO NOT take Columbia Blvd)
- Follow US-30 BP 3.7 miles (This road will have several street name changes, but will remain the main flow of traffic)
- Turn LEFT on NE 27th at signal
- Follow NE 27th 7 blocks, the campus will be on your left

### Going South on I-205

- Take Exit #23B - NE Killingsworth St
- Turn right at the end of the onramp and immediately merge to the left lanes onto US-30 Bypass West. (DO NOT take Columbia Blvd)
- Follow US-30 BP 3.7 miles. (This road will have several street name changes, but will remain the main flow of traffic)
- Turn LEFT on NE 27th at signal
- Follow NE 27th 7 blocks, the campus will be on your left



CONCORDIA UNIVERSITY  
PORTLAND MAIN CAMPUS  
2811 NE Holman Street Portland OR 97211



- Spectator Seating
- Throwing Location

- Wheelchair Accessible Entrance
- Tri-Met Bus Stop
- Parking Spaces
- No Parking Area
- Area Not To Scale

### LOCATIONS

- |                                       |                                      |   |   |
|---------------------------------------|--------------------------------------|---|---|
| 1 Luther Hall — D3                    | 7 ELS Language Center Classroom — A8 | 14 Neils Residence Hall: South — F7               | 21 Physical Plan Services House — H7          |
| 2 Luther Front Lawn — C4              | 8 Coates Apartments: South — C6      | 15 East Residence Hall — D7                       | 22 Hilken Community Stadium — I2              |
| 3 Hagen Campus Center — E3            | 9 Coates Apartments: North — D6      | 16 Fine Arts Building — F2                        | 23 Concordia Place Apartments — G1            |
| 4 Luther Courtyard — D4               | 10 Weber Residence Hall — E6         | 17 Concordia University Gymnasium — G2            | 24 The Navy House — L1                        |
| 5 Centennial Hall — E5                | 11 Mary Neils Building — E6          | 18 Campus Green — G4                              | 25 St. Michael's Lutheran Church — K6         |
| 6 Concordia at Ainsworth Building— A7 | 12 Elizabeth Residence Hall — F6     | 19 George R. White Library & Learning Center — H4 | 26 Concordia University Throw Center          |
|                                       | 13 Neils Residence Hall: North — F7  | 20 The Concordia House — H6                       | 27 Concordia University Columbia River Campus |

# Hilken Community Stadium



Built in 2011, Hilken Community Stadium is the home facility for Concordia University's baseball, softball and soccer teams. The soccer side of the stadium is referred to **Tuominen Yard** while the baseball and softball configuration is called **Porter Park**. As a facility, the complex stretches four city blocks, contains stadium seating for 1,770 total spectators as well as a concession area and an alumni plaza. The stadium's turf and lights also allow for year-round use for multiple Cavalier and community teams, including all of Concordia's youth soccer baseball and softball camps. Finally, the complex also houses a 3,230 square-foot hitting facility for the baseball, softball and golf teams as well as team rooms for both Concordia soccer teams and the baseball team.

**Soccer Dimensions:** 120x76 yards

**Baseball Dimensions (L to R):** 348-397-429-384-329

**Softball Dimension (L to R):** 205-220-205

## Hilken Community Stadium Fast Facts

- 96,300 bricks make up the stadium's walls
- 143,000 square feet of turf covers the field area
- 1125 yards of concrete were used in construction
- 28,400 worker hours were spent building the stadium
- 130 workers contributed to the construction
- 6500 cubic yards of dirt were excavated during construction
- The field will drain 30 inches of water per hour
- 1,588 cars would fit inside the stadium
- 29 houses were moved during construction
- 2384 plants and trees were planted during construction
- The three team rooms house 85 lockers between them
- 34 lockers for baseball
- 26 lockers for men's soccer
- 25 lockers for women's soccer



## LCEF Court



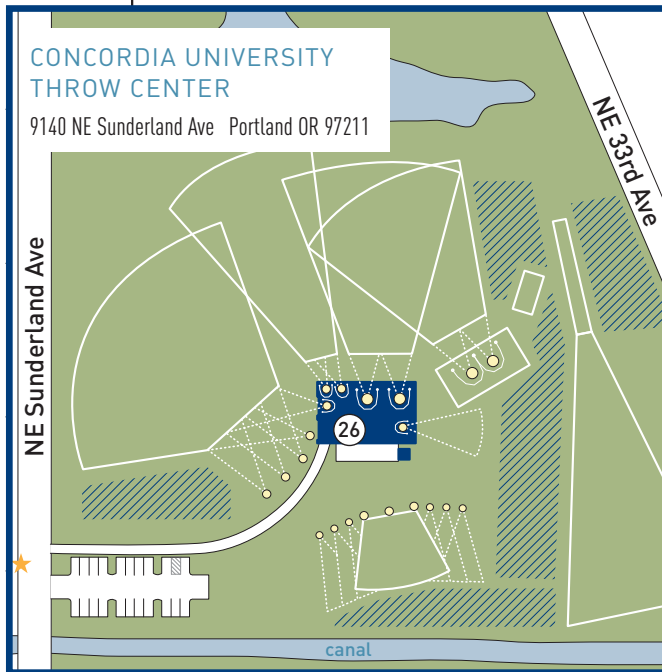
**L**utheran Church Extension Fund (LCEF) Court serves as the home for the varsity volleyball, women's basketball and men's basketball teams. The gymnasium seats 1,000 people with rows of bleachers on either side of the court. In addition to the playing surface, the facility also houses trophies and championship banners from all Concordia's varsity sports on its main floor.

The campus' weight room is featured on the bottom floor of the gymnasium. A complete renovation of the weight room was completed in the summer of 2016. In addition to the placement of state-of-the-art weight and cardio equipment, a team film/meeting room was installed at the center of the space.

Several athletic offices, men's and women's locker rooms, staff locker rooms and the athletic training facilities are located downstairs in the gym as well. More athletic offices as well as a multi-purpose classroom and lab used for CU's exercise & sports science programs reside upstairs.



# Concordia University Throw Center



9140 NE Sunderland Avenue  
Portland OR, 97211

**Directions:** From the Concordia University campus, drive 1.9 miles (about six minutes); Head east on NE Holman St toward NE 33rd Ave; Turn left at NE 33rd Ave; Take the Col. Blvd W ramp to Marine Dr; Slight right at NE 33rd Dr; Turn left at NE Sunderland Ave.

The Concordia University Throw Center is the first dedicated throw facility of its kind in the United States. Located just down the road from the Concordia campus, the Throw Center is a world-class venue for youth and collegiate athletes, as well as Olympic hopefuls.

Located on 10 acres of land near the Portland International Airport, the unique layout includes a basketball court-sized rain shelter for all-weather use that enables all four implements (javelin, hammer, discus and shot put) to be thrown simultaneously in a safe environment. Outside the shelter, each discipline has its own dedicated space with permanent cages, throwing circles or runways. The layout also allows temporary expansion for many event areas to increase the facility's overall flexibility. Overall, the center has circles, cages and runways for all four throwing events, which can all host up to 40 participants per event.

Since its opening in 2008, Concordia throwers have earned 62 NAIA All-American honors, including 15 individual national champions. Overall, since its inception in 2006, the CU throwers have compiled 18 national championships and 80 All-Americans. This past season, the Cavaliers had four All-Americans in its first year in NCAA Division II.

## Shot Put

- Three shot put circles with room for 10 additional temporary circles
- Amphitheatre seating at south end of impact area

## Discus

- Four cement circles with room for six additional temporary circles
- 210 degree throwing sector for training with varying wind directions
- Natural grass impact area

## Hammer

- Two full cages
- Two turning slabs for training drills
- Packed sand impact area

## Javelin

- 120' x 13' track surface runway
- 130' x 40' field turf runway/training area
- Natural grass landing area

## Shelter

- 60' x 90' covered area for throwing with protection from sun and rain
- West side wall with two rollup doors for javelin and discus throws
- Field turf javelin runway 8' x 82' with sand jump pit at east end
- Track surface javelin runway 8' x 96'
- Two hammer cages allowing throws onto the field or into nets
- Three discus circles allowing throws onto the field or into nets
- One shot put circle allowing throws onto cinder
- Medicine ball wall 20' x 60'

## Additional features

- Sprint and plyometric training track
- Spectator seating for all event areas
- Convenient parking lot

## Columbia Edgewater Country Club

Columbia Edgewater Country Club  
2220 NE Marine Drive  
Portland Oregon 97211

Founded in 1925, the A.V. Macan championship course at Columbia Edgewater has hosted both PGA and LPGA events as well as qualifying tournaments for the US Open. The course measures 6,823 yards from the tournament tees, with 54 bunkers, a slope of 137 and a 73.2 rating.

In addition to the course, though, the club also features several practice facilities for all aspects of the game. For short game work, the club offers a 14,000 square foot target green, four practice bunkers and a putting green. For work on longer shots, there's a grass surfaced driving range with two rain shelters on hand for work in all weather conditions.

Finally, the club also houses a nine hole Par Three Mason Course that measures 860 yards and mirrors elements of the eighteen hole A.V. Macan course. Concordia began its partnership with Columbia Edgewater in 2011.



# Event Operations / Sports Medicine / Emergency Care

## **Practice Times**

Please contact respective coaching staff for you sport.

## **Locker Rooms**

Shower and locker facilities are available on campus in the gymnasium. Visiting teams will need to provide their own towels and locks. Teams competing in the gymnasium will be assigned dressing rooms upon arrival. Teams competing at facilities outside of the gymnasium may request, in advance of their arrival, meeting/dressing room space in the gymnasium.

## **Officials**

Assigned by the Great Northwest Athletic Conference.

## **Event Operations Contact**

Should you have any questions or concerns, please contact Director of Athletic Operations, Bryan Irwin at (503) 280-8648 or [birwin@cu-portland.edu](mailto:birwin@cu-portland.edu).

## **Tickets**

- All tickets are general Admission.
- Tickets can only be purchased at the front gate.
- Doors open one hour before gametime.
- Prices reflect cost for regular-season contests (non-tournament contests).
- Cash and check only.

## Basketball-Baseball-Soccer-Softball-Volleyball

\$7-Adults

\$4-Visiting Students with ID

\$4-Seniors (60 years and over)

\$4-Youth (6-18)

Free with ID-Military, Concordia faculty and staff, Concordia students, Kids 5 and under.

## GROUP RATES

Groups of 15 or more may receive reduced-price admission for all regular-season contests. To apply for a group rate to a Concordia, please contact the Director of Athletic Operations, Bryan Irwin at (503) 280-8648 or [birwin@cu-portland.edu](mailto:birwin@cu-portland.edu).

## **Live Video/Stats Information**

Live video broadcasts and live stats for all Concordia home baseball, basketball, soccer, softball and volleyball games can be found at: <http://www.gocugo.com/live> or [gnac.tv](http://gnac.tv)

## **Sports Medicine**

The athletic treatment room is located in the Concordia University Gymnasium on the lower level (see Campus Map).

A Certified Athletic Trainer will be available on site for all home varsity contests. During events, the training staff is available near the Cavaliers team area. The visiting team will be supplied with water, cups, ice bags and emergency equipment.

For any requests, please provide your team with a med kit and written instructions for any requested modality treatments.

## Associate Athletics Director - Sports Medicine

Kyle Nelson

(503) 280-8582

[kynelson@cu-portland.edu](mailto:kynelson@cu-portland.edu)

## Assistant Athletic Trainers

Scott Crawford

(503) 280-8696

[scrawford@cu-portland.edu](mailto:scrawford@cu-portland.edu)

Elizabeth Corbett-Furgal

(503) 280-8696

[ecorbett@cu-portland.edu](mailto:ecorbett@cu-portland.edu)

## **Emergency Care**

In an emergency dial 911.

Hospitals nearby include:

## Legacy Emanuel Hospital

(2801 N Gantenbein Avenue

Portland, OR 97227

(503) 413-2200)

## Providence Medical Center

(4805 NE Glisan Street

Portland, OR 97213

(503) 215-1111)

## Kaiser Sunnyside Medical Center

10180 SE Sunnyside Road

Clackamas, OR 97015

(503) 652-2880)

Urgent care is also available at:

## Kaiser Permanente

3550 N Interstate Avenue

Portland, OR 97227

(503) 813-2000).

## Cavaliers' Official Preferred Hotels

### Polin Hotels

Angie Darby  
503-335-2861  
adarby@pollinhotels.com

### Oxford Suites

Mary LeViner  
503-283-3030  
maryl@oxfordsuites.com

## Suggested Restaurants

McMenamin's Kennedy School  
5736 NE 33rd Avenue  
Portland, OR 97211  
503-249-3983

Safeway  
5920 NE MLK Jr. Blvd.  
Portland, OR 97211  
503-528-0580

Concordia Ale House  
3276 NE Killingsworth Street  
Portland, OR 97211  
503-287-3929

Cascade Station  
9721-10243 NE Cascades Parkway  
Portland, OR 97220  
[www.shopcascadestation.com](http://www.shopcascadestation.com)

Sparky's Pizza  
7530 NE MLK Jr. Blvd.  
Portland, OR 97211  
503-285-5656

Buffalo Wild Wings  
By Design Pizza & More  
Cha! Cha! Cha! Taqueria  
Famous Dave's  
IHOP

Tamale Boys  
1764 NE Dekum Street  
Portland, OR 97211  
503-206-8022

Jersey Mike's Subs  
Panda Express  
Red Robin  
Starbuck's

Subway  
4729 NE Columbia Blvd.  
Portland, OR 97218  
503-281-6185

Pizza Hut  
5020 NE MLK Jr. Blvd.  
Portland, OR 97211  
503-281-4563

New Seasons  
5320 NE 33rd Avenue  
Portland, OR 97211  
503-288-3838

Little Caesar's Pizza  
926 North Lombard Street  
Portland, OR 97217  
503-286-1335

Fred Meyer  
7404 North Insterstate Ave.  
Portland, OR 97217  
503-286-6751



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sales inquiries contact: 503-249-7606





**OXFORD**  
• SUITES •  
PORTLAND



Proud sponsor of the Cavaliers.

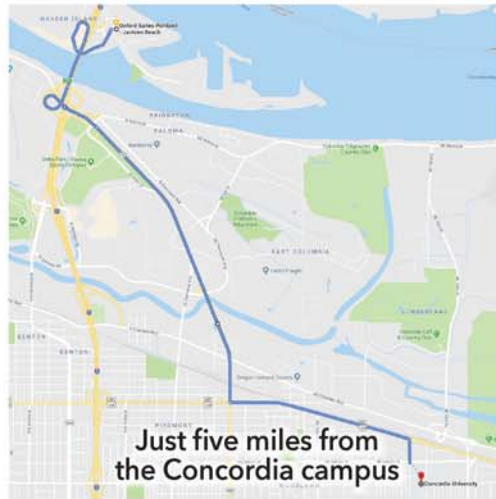
## Rest easy at the Oxford Suites Portland!

We are only five miles from the Concordia campus.  
Special Concordia University rates available.  
Book using promo code CONCORDIA for discounted rate.  
Subject to availability-restrictions apply. Rate subject to change.  
Cannot be combined with other discounts or offers.

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