



# Eastern Illinois University Panthers

## Visiting Team Guide

### Eastern Illinois Contacts & Administration

Athletic Director.....	Barbara Burke.....	(217) 581-6014
Assistant AD/Senior Woman Administrator .....	Mary Wallace.....	(217) 581-7144
Associate Athletic Director/Development.....	John Smith.....	(217) 581-5831
Associate Athletic Director/Operations.....	Mark Bonnstetter.....	(217) 581-7614
Assistant Athletic Director/Compliance.....	Jason Hall.....	(217) 581-6992
Assistant Athletic Director/Special Projects.....	Dave Kidwell.....	(217) 581-2824
Director of Athletic Development .....	TBA.....	(217) 581-5726
Athletic Business Manager.....	Kim Bagwell.....	(217) 581-7611
Ticket Manager.....	Cindy Bayes.....	(217) 581-2106
Director of Marketing & Corporate Sales.....	Ryan Gilmore.....	(217) 581-7151
Director of Athletic Media & Public Relations .....	Rich Moser.....	(217) 581-7480
Equipment Manager .....	Mike Clayton.....	(217) 581-7612
Athletic Training Room.....	Mark Bonnstetter.....	(217) 581-7614
Weight Room.....	Michael Hall.....	(217) 581-7025

Athletic Website ..... [www.EIUpanthers.com](http://www.EIUpanthers.com)

# Welcome

## TRANSPORTATION

### To Eastern Illinois!

The Eastern Illinois University Athletic Department looks forward to your team visiting our community and campus. Enclosed is information regarding travel, driving, lodging, and Eastern Illinois University Athletic Department contacts.

If we can do anything to make your visit more enjoyable, do not hesitate to contact any member of our staff. We look forward to your visit!

Sincerely

Mark Bonnstetter  
Associate Athletic Director/Operations

### **DRIVING DIRECTIONS:**

Charleston is located 45 minutes south of Champaign-Urbana, IL; 45 minutes west of Terre Haute, IN; 2 hours northeast of St. Louis, MO; 2 hours west of Indianapolis, IN; and 3 hours south of Chicago, IL in Coles County.

Interstate 57 is located only 10 minutes west of Charleston provides direct links to Interstates 70, 80, 72, 24 and 55.

Interstate 70 is located just 20 minutes south of Charleston.

Illinois Rt. 16, which runs east and west and Illinois 130, runs north and south to get you to Charleston from I-57 or I-70.

### **ARRIVING BY AIR:**

The Coles County Airport is five minutes west of Charleston on Route 16. (Charter flights only). In addition, Williard Airport in Champaign, IL is 45 minutes north of Charleston. Major airports within a 3 hour drive of Charleston include - Chicago, St. Louis and Indianapolis.

### **CHARTER BUS SERVICE:**

#### **Monticello Bus Service (J.P. "Pat" Powell)**

(217) 762-9477 - Monticello, IL

#### **Bales Rental**

(800) 225-3708 - Effingham, IL

#### **Carvallo Bus Lines**

(217) 839-2187 - Gillespie, IL

#### **Illinois Swallow Lines, Inc.**

(217) 373-5040 - Champaign, IL

### **RENTAL CAR/VANS:**

#### **Enterprise Rent-A-Car**

(217) 235-1300 - Mattoon, IL

# EIU info

## FACILITIES

### LODGING

<b>Comfort Suites</b> I-57 Exit, Mattoon, IL	(217) 235-6745
<b>Holiday Inn Express</b> I-57 Exit, Mattoon, IL	(217) 235-2060
<b>Hampton Inn</b> I-57 Exit, Mattoon, IL	(217) 234-4267
<b>Worthington Inn</b> 920 W. Lincoln, Charleston, IL	(217) 348-8162

### RESTAURANTS

<b>Arby's</b> 310 W. Lincoln, Charleston, IL	(217) 348-5144
<b>BOXA</b> 407 Lincoln Ave, Charleston, IL	(217) 345-2692
<b>Cody's Roadhouse</b> 1320 Broadway East, Mattoon, IL	(217) 235-1200
<b>Stadium Grill</b> 102 Dettro Dr., Mattoon, IL	(217) 235-0499

There are multiple sandwich shops and pizza places in Charleston that deliver food to the Eastern Illinois campus. Should you have questions or need help in ordering food - please contact us.

#### LAKESIDE FIELD (500)

Women's Soccer - Ohio Valley Conference  
Men's Soccer - Missouri Valley Conference

#### LANTZ FIELDHOUSE (500)

Men's Indoor Track & Field - Ohio Valley Conf.  
Women's Indoor Track & Field - Ohio Valley Conf.  
(inclement weather practice facility all sports)

#### LANTZ ARENA (5,300)

Men's Basketball - Ohio Valley Conference  
Women's Basketball - Ohio Valley Conference  
Volleyball - Ohio Valley Conference

#### RAY PADOVAN POOL(500)

Men's Swimming & Diving - Summit League  
Women's Swimming & Diving - Summit League

#### DARLING TENNIS COURTS (150)

Men's Tennis - Ohio Valley Conference  
Women's Tennis - Ohio Valley Conference

#### COACHES STADIUM AT MONIER FIELD (600)

Baseball - Ohio Valley Conference

#### O'BRIEN STADIUM (10,000)

Football - Ohio Valley Conference  
Men's Outdoor Track & Field - Ohio Valley Conf.  
Women's Outdoor Track & Field - Ohio Valley Conf.

#### PANTHER TRAIL

Men's Cross Country - Ohio Valley Conference  
Women's Cross Country - Ohio Valley Conference

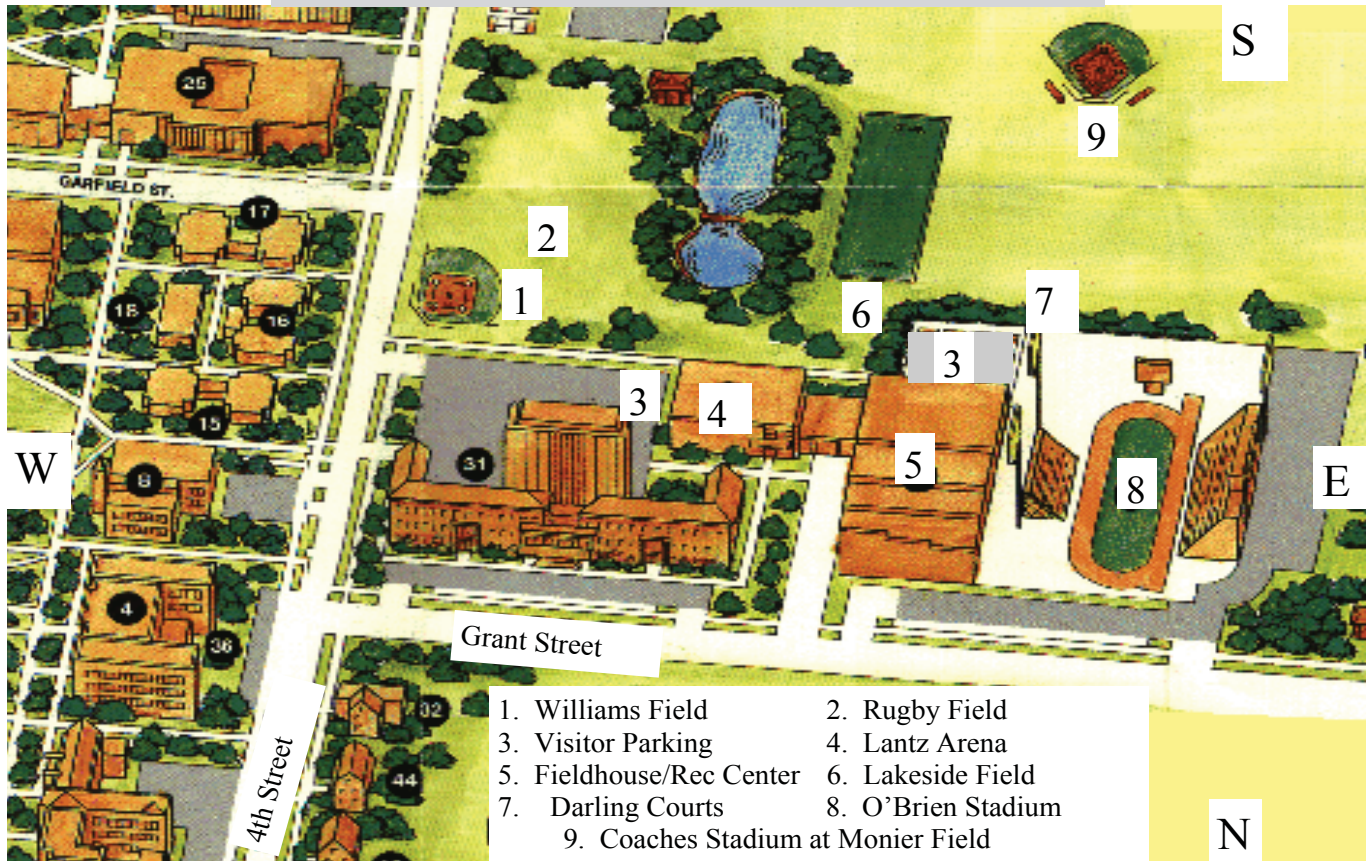
#### RUGBY FIELD (500)

Women's Rugby - NCAA Division I Independent

#### WILLIAMS FIELD (300)

Softball - Ohio Valley Conference

## FACILITIES AND PARKING



- |                                    |                    |
|------------------------------------|--------------------|
| 1. Williams Field                  | 2. Rugby Field     |
| 3. Visitor Parking                 | 4. Lantz Arena     |
| 5. Fieldhouse/Rec Center           | 6. Lakeside Field  |
| 7. Darling Courts                  | 8. O'Brien Stadium |
| 9. Coaches Stadium at Monier Field |                    |

### **DIRECTIONS TO LANTZ ARENA:**

1. Interstate 57 to exit 190A-Charleston.
2. Rt. 16 east to Charleston.
3. Turn south on 4th St. (5th stoplight)
4. Turn west at softball field for Lantz parking.

### **DRESSING ROOMS:**

Visiting team dressing rooms are located in the Lantz Arena.

### **PARKING:**

Practice or event day parking is located south of the Lantz Arena and adjacent to visiting team dressing rooms.

## ATHLETIC TRAINING SERVICES

The Athletic Training Facilities are located in Lantz Arena, lower level and adjacent to the visiting dressing area. Athletic Training Facilities are also located at O'Brien Stadium.

### **TRAINING ROOM CONTACTS**

Lantz Athletic Training Room	(217) 581-7616
O'Brien Athletic Training Room	(217) 581-7677
Sarah Bush Lincoln Hospital (located 10 minutes from campus)	(217) 348-2551

### **ATHLETIC TRAINING EQUIPMENT**

1. Hot and cold whirlpools
2. Ultrasound/muscle stimulators
3. Ice machine, hydrocollator
4. Taping and treatment tables.