Welcome visiting teams, fans and guests!

On behalf of Northwest University, we welcome you to Kirkland, Washington and our campus. We hope your stay in our area is an enjoyable one and hope this visitor’s guide will assist you while you’re here.

Northwest University is proud to be a member of the Cascade Collegiate Conference and the National Association of Intercollegiate Athletics (NAIA).

As members of the NAIA, all of the Cascade Collegiate Conference member schools are a part of the NAIA’s Champions of Character program which is a national, community-based and educational outreach initiative which is an effort to instill an understanding of character values in sport and provide practical tools for student-athletes, coaches and parents to use in modeling exemplary character traits. The five core values of the program are respect, responsibility, integrity, sportsmanship and servant leadership. The program currently reaches hundreds of thousands of students on nearly 300 college and university campuses in North America and extends into their surrounding communities. Northwest University supports this program and tries to live by the core values in the way we participate in intercollegiate athletics.

Coaches, parents, fans, administrators and community partners all have a role in developing students of character. The NAIA Champions of Character program brings them training, guidelines and behavior models to create positive environments that promote personal growth and fun sport activity.

We are proud of our new on-campus soccer fields which opened in the fall of 2009. We have both artificial turf and a natural grass field. The natural grass field is one of the finest surfaces for soccer you’ll find anywhere.

This visitor’s guide is designed as a useful tool for coaches, team members, staff, officials and fans of visiting teams. We hope it will answer many questions you might have regarding your visit to our campus and the surrounding Kirkland-Bellevue-Seattle area. More information about our campus is available on our web site at: www.northwestu.edu. There is a link to our Athletics page on the web site’s home page.

It is my pleasure to welcome you. Safe travels and best of luck with your season.

Best regards,

Gary McIntosh II
Director of Athletics
Facts About Northwest University

Street Address: 5520 108th Ave. NE
Kirkland, WA 98083
Enrollment: 1,300
Nickname: Eagles
School Colors: Blue and Gold
Founded: 1934
Gym Facility: NU Pavilion
Field: NU Soccer Field
National Affiliation: NAIA
Conference: Cascade Collegiate
President: Dr. Joseph Castleberry
Athletic Director: Gary McIntosh
Athletic Head Trainer: Larry Brown
Athletic Dept. Phone: 425.889.7790
Athletics Fax Number: 425.889.5323

Other University Information:
Main phone number: 425.822.8266
Campus Security: 425.864.1552

Sports Information
Director: Al Kawashima
Office Phone: 425.889.7806
E-mail: al.kawashima@northwestu.edu

Athletics Information:
Eagle Athletics web site: www.northwestu.edu/athletics
Conference web site: www.cascadeconference.org
NAIA web site: www.naia.org

Local Television and Radio:
ABC affiliate: KOMO, Channel 4
NBC affiliate: KING TV, Channel 5
CBS affiliate: KIRO TV, Channel 7
Sports talk radio: KJR 950 AM
                 KIRO 710
News radio: KOMO 1000
Newspapers: Seattle Times
           Seattle Post-Intelligencer
           Issaquah Press
           Everett Herald
           Tacoma News Tribune

*Internet and phone connections:
The Pavilion has both Ethernet and phone jacks for broadcast teams. Please call in advance to let us know if you will be doing play-by-play (425-889-7806).

Northwest University Athletic Staff Directory

Director of Athletics - Gary McIntosh
425.889.7790 / gary.mcintosh@northwestu.edu

Asst. Director of Athletics – John Van Dyke
425.889.5275 / john.vandyke@northwestu.edu

Sports Information Director – Al Kawashima
425.889.7806 / al.kawashima@northwestu.edu

Game Management – Jessie Dietrich
425.889.5262 / jessie.dietrich@northwestu.edu and
Lori Napier / 425.889.7795 / lori.napier@northwestu.edu

Head Athletic Trainer – Larry Brown
425.889.5353 / larry.brown@northwestu.edu

Head Coaches

Fall sports:
Men’s Soccer – Gary McIntosh
425.889.7790 / gary.mcintosh@northwestu.edu

Women’s Soccer – Erin Redwine
425.889.7819 / erin.redwine@northwestu.edu

Cross Country (Men and Women) - Mark Mandi
425.889.7785 / mark.mandi@northwestu.edu

Women’s Volleyball – Jessie Dietrich
425.889.5341 / jessie.dietrich@northwestu.edu

Winter Sports:
Men’s Basketball – John Van Dyke
425.889.5275 / john.vandyke@northwestu.edu

Women’s Basketball – Lori Napier
425.889.7795 / lori.napier@northwestu.edu

Spring Sports:
Track and Field (Men and Women) - Mark Mandi
425.889.7785 / mark.mandi@northwestu.edu

Ticket Prices:

Indoor Events:
General admission: $5*
Students: $4 with student I.D.*
Seniors & Children Under 12: $3*

Outdoor Events:
General admission: $2*
Seniors & Children Under 12: $1*

Pass lists:
Please note there are no pass lists for visiting teams, for both non-conference and conference events.

* Admission charges for playoff events will determined. There are no pass lists for home or visiting teams for CCC post-season events.
Driving Directions

Northwest University Address and Phone:
5520 108th Avenue N.E.
Kirkland, WA 98033
Reception email: recpt@northwestu.edu
Main campus phone number: 425.822.8266
Campus Security: 425.864.1552
Admissions: 1.800.669.3781

Directions to the Campus:

From Seattle: Go east on WA 520 to the Kirkland/Bellevue area. Exit at the Lake Washington Blvd. northbound exit. Proceed north (down the hill) on Lake Washington Blvd. to Northup Way (first stoplight). Turn right onto Northup Way, then turn left at the next stoplight (108th Ave. NE). Go approximately one mile. The entrance to the campus will be on your right. The Pavilion is on the southern edge of the campus, just east of the Adventist School playfield on 108th Ave. NE.

From I-405: Take Exit #17 (NE 70th St):
Northbound: Turn left at the first light, then left again at the second light. You will cross over the freeway. Continue down the hill through the third light, then take a left at the fourth light (108th Ave. NE). Drive approximately one half of a mile and the entrance to the campus will be on your left. The Pavilion is on the southern edge of the campus, just east of the Adventist school playfield on 108th Ave. NE.
Southbound: Turn left at the first light and take another left at the second light (108th Ave. NE). Drive approximately one half of a mile and the entrance to the campus will be on your left. The Pavilion is on the southern edge of the campus, just east of the Adventist school playfield on 108th Ave. NE.

Directions to the NU Athletic/Soccer fields:
The Northwest University athletic fields are at the top of our campus (east of the main campus) where the Seattle Seahawks former corporate headquarters and practice facility were located. Take NE 53rd (on the south border of the campus off 108th Avenue NE) and drive up the hill (east). Turn left at the third entrance to the campus and parking is available in the lot next to the Butterfield Chapel. The NU fields will be to your right as you turn into the campus. Visiting team buses and vans may park in the lot to the west of the fields near the Butterfield Chapel (see map on page 9).
Athletic Training Room - Visiting Teams

Location
The Northwest University, Athletic Training room is located in the foyer of the campus NU Pavilion. (See the campus map and directions in the back of this guide)

Services
The Athletic Training room is open to Northwest University athletes and visiting teams who are in need of injury assessment, treatments, and rehabilitation. The Athletic Training staff has a direct relationship with our team physicians and has established a network of other health care providers including: physical therapists; dentists; dermatologists; podiatrists; emergency care givers and NU’s nurse.

The athletic training staff will perform an initial assessment of an athlete’s health care needs, including general health issues and injuries. Issues that are beyond the staff’s scope of practice will be referred to the appropriate health care practitioner. The athletic training room is equipped with muscle/nerve stimulation units, an ultra sound unit, cryotherapy, hydrocollators, whirlpools, ice machines, taping stations, treatment tables, a defibrillator, and an assortment of athletic training supplies. The training room staff is qualified to utilize their skills and resources in prevention, treatment, rehabilitation. NU’s Certified Athletic Trainers will develop a plan for the athlete’s safe return to participation.

Schedule
The athletic training room officially opens prior to the first fall sport practices in August and closes after the last spring sport event in May. Office hours vary with scheduled practice and event times. Cascade Conference rules require an athletic trainer to be available for athletes care two hours prior to a scheduled practice or event. Northwest University and visiting athletes have access to the Eagle Training Room at all times during open hours.

Visiting Teams
Visiting athletic teams should contact the NU Head Athletic Trainer prior to arriving on campus for an athletic event to arrange a time for treatment and to alert the trainer about any athlete’s physical conditions that may need special attention. Please contact:

Larry G. Brown, MS, AT/L, Head Athletic Trainer at: 425.889.5353 or email: larry.brown@northwestu.edu

For more information about Northwest University, visit our web site at: www.northwestu.edu
Seattle Area Places of Interest:

**Pike Place Market** - This historic shopping area just west of downtown above the waterfront.
Address: First Avenue and Pine Street, Seattle, WA - (206) 682-7453

**Experience Music Project** - Seattle's $200 million-plus project is an architectural marvel with a rock-and-roll history inside. Extensive Jimi Hendrix museum. On the east edge of the Seattle Center. Admission charge.
Address: 325 5th Ave N, Seattle, WA - (206) 770-2700

**Space Needle** - The famous landmark of Seattle built for the World's Fair in the 60's. There is a $10 elevator charge.
Address: 400 Broad St, Seattle, WA - (206) 905-2100

**Snoqualmie Falls** - The falls is about a 45 minute drive east of Seattle off I-90. Viewing area, hotel and restaurant.
Address: 6501 Railroad Ave. SE, Snoqualmie, WA

**Safeco Field** - Home of the Mariners. Baseball stadium with a sliding roof for open air sun or covered for rain.
Address: 1250 First Ave S., Seattle, WA - (206) 346-4000

**Qwest Field** - Right across the street from Safeco Field and home of the Seattle Seahawks and Sounders.

**Pacific Science Center** - Located on the grounds of the Seattle Center, great entertainment for the family.
Address: 200 Second Ave N., Seattle, WA - (206) 443-2001

**Woodland Park Zoo** - Award-winning naturalistic landscapes and a wide variety of animals. Admission charge.
Address: 5500 Phinney Avenue N., Seattle, WA - (206) 684-4800

**Shopping:**

**Bellevue Square** - Indoor mall with a large variety of small and large shops just minutes north of Northwest U. (on Bellevue Way). Right in the heart of downtown Bellevue.
Address: 575 Bellevue Square, Bellevue, WA - (425) 646-3660

**Redmond Town Center** - Open-air setting with a fine selection of shops and eateries. East of Northwest U. off Hwy. 520.
Address: 16495 NE 74th St, Redmond, WA - (425) 867-0808

**University Village** - Open-air and covered mall, recently remodeled with a large variety of shops and eateries. West of Northwest U., across the Highway 520 bridge and just north of the University of Washington athletic complex.
Take the Montlake exit from 520 and head north on 25th Avenue NE. - (206) 523-0622

**Grocery Stores:**

**Safeway** (Rose Hill)
12519 N E 85TH St
Kirkland, WA 98033
Phone: 425-822-8821

**Albertsons** (Rose Hill)
9826 N.E. 132ND
Kirkland, WA 98034
Phone: 425-827-2205

**QFC** Parkplace (Kirkland)
Hours: 24hrs

**Hospitals:**

**Evergreen Hospital Medical Center**
12040 NE 128th Street • Kirkland, WA 98034
Phone: 425-899-1000
Located just off I-405 at Totem Lake (north Kirkland)
**Northbound on I-405** - Take the NE 124th Street/Totem Lake Boulevard exit; take the Totem Lake Boulevard exit, and proceed straight at the light to NE 130th Lane. Follow the signs to the Blue Entrance.

**Overlake Hospital Medical Center**
1035 116th Ave NE
Bellevue, WA 98004
Phone: 425-688-5000
South of Northwest U. campus. Southbound Exit I-405 at NE 8th St. eastbound. Merge to the left lane and turn left (north) at the first stoplight onto 116th Ave. NE. Turn left into the hospital campus.

**Pharmacies:**

**Walgreens** (Rose Hill)
12405 NE 85th
Kirkland, WA 98033
Hours: 24hrs

**Bartell Drugs** (Houghton)
10625 NE 68th
Kirkland, WA 98033
(425) 827-3934
Hours: 9am-9pm/Sat. 9am-6pm

**Golf Courses:**

**Bellevue Municipal** - 14650 NE 55th St., Bellevue, WA - (425) 452-7250 (about 5-6 minutes east of Northwest U.) Closest course to the Northwest U. campus offering 18 holes and a driving range.

**Willows Run** - 10442 Willows Road NE, Redmond WA - (425) 883-1200 (about 10 minutes east of Northwest U.) Two 18 hole courses, a 9 hole executive course and an 18 hole putting course available. Grass and mat driving range.
**Places To Eat**

**Houghton** — 5 Minute drive north of NU on 108th NE.

- **Quizno's Subs**
  10615 NE 68th Street, Kirkland, WA 98028
  425.828.8587
- **Sarducci’s (Subs)**
  955 6th St. South, Kirkland, WA 98033
  425.827.8253
- **Starbuck’s Coffee - Houghton**
  Wireless Hotspot
  6733 108th Ave NE , Kirkland, WA 98034
  425.893.8661
- **Teriyaki Madness**
  10600 NE 68th Street #8, Kirkland, WA 98028
  425.827.6373
- **Meze** — Reservations Recommended
  967 6th St South, Kirkland, WA 98033
  425.828.3923
- **Toshi’s Teriyaki - Japanese Fast Food**
  500 Central Way, Kirkland, WA 98033
  425.827.3777
- **Wahluck Restaurant - Chinese**
  967 6th St South, Kirkland, WA 98033
  425.822.4573
- **Acropolis Pizza and Pasta**
  500 Central Way, Kirkland, WA 98033
  425.827.3777
- **Anthony’s Restaurant** — Pacific NW seafood
  Dinner, Sunday Brunch
  Reservations Recommended.
  135 Lake St South, Kirkland, WA 98033
  425.822.0225
- **Asian Wok - Chinese** — Lunch/Dinner
  1720 Market St, Kirkland, WA 98033
  425.827.4117
- **Anthony’s Restaurant**
  108 Kirkland Ave, Kirkland, WA 98033
  425.827.4811
- **Sentosa Asian Cuisine & Bakery**
  107 Lake Street, Kirkland, WA 98033
  425.820.1698
- **Ben & Jerry’s Ice Cream**
  Ice Cream, cakes, smoothies
  176 Lake St South, Kirkland, WA 98033
  425.827.3777
- **Starbucks Coffee - Lake Street**
  Wireless Hotspot
  116 Lake Street, Kirkland, WA 98033
  425.803.9086
- **City Thai - Thai Food**
  134 Parkplace, Kirkland, WA 98033
  425.822.0225
- **Coyote Creek Pizza Co.**
  Pizzas, salads and calzones. Lunch/Dinner
  228 Central Way, Kirkland, WA 98033
  425.820.2257
- **Franco’s Crab Cracker - NW Seafood**
  452 Central Way, Kirkland, WA 98033
  425.827.5700
- **George’s Place - Greek and American**
  108 Kirkland Ave, Kirkland, WA 98033
  425.827.6822
- **Hanuman Thai Café - Thai Cuisine**
  115 Central Way, Kirkland, WA 98033
  425.605.2181
- **Hector’s Restaurant**
  112 Lake St South, Kirkland, WA 98033
  425.827.4811
- **Hoffman’s Fine Pastries**
  Bakery, Restaurant. Breakfast, Lunch
  226 Parkplace, Kirkland, WA 98033
  425.827.0826
- **I Luv Teriyaki**
  104 Kirkland Ave, Kirkland, WA 98033
  425.739.8899
- **Lai-Thai Restaurant** — Thai Food
  120 Park Lane #B, Kirkland, WA 98033
  425.739.9747
- **Lakeshore Veggie Café** — Pan-Asian
  Full line of vegan food, Lunch/Dinner.
  15 Lake St S #103, Kirkland, WA 98033
  425.889.2850
- **Mama Lucia’s Italian Kitchen**
  218 Parkplace, Kirkland, WA 98033
  425.889.0200
- **Market on Central/Subway**
  255 Central Way, Kirkland, WA 98033
  425.889.0711
- **Mama’s New York Bagels**
  Deli — New York Style
  Serves a variety of sandwiches, fresh baked bread, soups, sweets and bagels.
  320 Park Place, Kirkland, WA 98033
  425.827.7382
- **Oriel Café**
  All day breakfast, lunch, dinner
  129 Central Way, Kirkland, WA 98033
  425.822.7319
- **Papa John’s Pizza**
  211 3rd Street, Kirkland, WA 98033
  425.803.8000
- **Raga Cuisine of India**
  106 Central Way, Kirkland, WA 98033
  425.822.0555
- **Ristorante Paradiso - Italian cuisine**
  120 Park Lane #A, Kirkland, WA 98033
  425.889.8601
- **Saigon Jade**
  202 Parkplace, Kirkland, WA 98033
  425.803.2991
- **Santorini Greek Grill - Greek cuisine**
  106 Central Way, Kirkland, WA 98033
  425.822.0555
- **Shnico Yogurt**
  All Natural non-fat frozen yogurt
  223 Kirkland Ave #102, Kirkland, WA 98033
  Hours: 11:30am - 9pm
- **Starbucks Coffee - Parkplace**
  Wireless Hotspot
  208 Parkplace, Kirkland, WA 98033
  425.889.0293
- **The Slip** — Specialty burgers, chowder and chili. Limited seating.
  80 Kirkland Ave, Kirkland, WA 98033
  425.739.0033
- **Thin Pan Siam Bistro**
  170 Lake St South, Kirkland, WA 98033
  425.820-9086
- **Tokyo Grill**
  238 Park Lane, Kirkland, WA 98033
  425.827.4000
- **Tully’s Coffee - Wireless Hot spot**
  164 Lake St South, Kirkland, WA 98033
  425.803.0344
Places To Stay (Cont’d)

Wendy’s - Pick up window service open
10:30am - 1am.
312 Central Way, Kirkland, WA
425.822.1416

Wingdome - Variety of chicken wings, ribs, burgers, salads, appetizers, etc.
232 Central Way, Kirkland, WA
425.822.9464

World Wraps - Quick Wraps
124 Lake St South, Kirkland, WA
425.827.9727
Hours: M-F 10am-9pm, Sat. & Sun. 10:30am-7pm.

Zeeks Pizza - Family Dining Pizza
Full Service Pizzeria, Dine-In, Take-Out, and Delivery. Lunch/Dinner
124 Park Lane, Kirkland, WA
425.893.8646

Red Lion Hotel
12111 Main Street
Bellevue, WA 98004
Phone: (425) 455-5240
E-mail: andrea.sullivan@redlion.com
Contact Andrea Sullivan (425-6998-4483) for team rates
Approximately 15 minutes south of Northwest U.
Free Continental Breakfast
Full Service Pizzeria, Dine-In, Take-Out, and Delivery. Lunch/Dinner
124 Park Lane, Kirkland, WA
425.893.8646

O’Street Seafood
12111 Main Street
Bellevue, WA 98004
Phone: (425) 455-5240
E-mail: andrea.sullivan@redlion.com
Contact Andrea Sullivan (425-6998-4483) for team rates
Approximately 15 minutes south of Northwest U.
Free Continental Breakfast
Full Service Pizzeria, Dine-In, Take-Out, and Delivery. Lunch/Dinner
124 Park Lane, Kirkland, WA
425.893.8646

Outback Steakhouse
12120 NE 85th Street, Kirkland, WA
425.803.6680

La Quinta Inn & Suites
10530 NE Northup Way
Kirkland, WA 98033
Phone: (425) 828-6585
Approximately 5 minutes south of Northwest U.
Free Continental Breakfast
Free Local Calls
Free Parking
Meeting Facilities Available
Free internet access in most rooms
Fitness Center
Pet’s Welcome

Country Inn & Suites
19333 North Creek Parkway
Bothell, WA 98011
Phone: (425) 485-5557
Approximately 15 minutes north of Northwest U.
Toll free: (888) 201-1746
Free Local Telephone Calls
Guest Laundromat
Exercise Gym
Conference Facilities
High speed internet access
Meeting/Banquet Facilities

Courtyard by Marriott
11215 NE 124th Street
Kirkland, WA 98034
Approximately 5-10 minutes from Northwest U.
Contact: 425.602.3200 for rates
Indoor pool
Workout facility
Free parking
Area Map - Kirkland

Downtown Kirkland
- Acropolis Pizza and Pasta
- Wingdome
- Subway
- Wendy’s
- Starbucks
- Papa John’s Pizza
- And more

Houghton Area
- Quiznos
- Bartell Drugs
- Starbucks
- Bank of America
- Shell Gas Station
- Sarducci’s
- Teryaki Madness
- And more

Rose Hill
- Nasai Teriyaki
- Walgreens
- Safeway
- Albertsons
- Starbuck’s
- McDonalds
- Outback Steakhouse
- Costco
- And more

Bellevue
- Bellevue Square
- Cheesecake Factory
- Apple Store
- Nordstrom
- Macy’s
- P.F. Chang’s
- Athlete’s Foot
- Overlake Hospital
- And more

Northwest University

Lake Washington Blvd.
108th Avenue NE
112th Avenue
Highway 520
Renton
Northup Way

520 Floating Bridge - Seattle

Kirkland

Bothell/Lynnwood/Everett/Monroe
NE 85th Street
NE 65th Street
NE 53rd

Bellvue Way

Redmond - East

108th Avenue NE

520 Floating Bridge - Seattle
Enjoy Your Stay!

WWW.NORTHWESTU.EDU