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 of 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. Our gymnasium has gone through extensive remodeling and it will improve the fan and team experience. We are also excited about our first year of competition in women’s softball. Our home field, Everest Park, is a quality facility which hosts the nationally televised softball World Series and is located just north of our campus.

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.

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 98033
Enrollment: 1,300
Nickname: Eagles
School Colors: Blue and Gold
Founded: 1934
Gym Facility: NU Pavilion
Field (Soccer): NU Soccer Field
Surface: Natural grass
Field (Softball): Everest Park, Kirkland
National Affiliation: NAIA Division II
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
News radio: KOMO 1000
Newspapers: Seattle Times
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 – Al Kawashima
425.889.7806 / al.kawashima@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 – Steven Bain
425.889.5262 / steven.bain@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

Softball (Women) - John Bacon
425.889.5297 / john.bacon@northwestu.edu

Ticket Prices:

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

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 be 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 (toll bridge) 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) former site of the Seattle Seahawks corporate headquarters and practice facility. 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.*

* Note: Buses and large trucks should not use the main entrance, but use one of the three entrances on ne 53rd Street (see map, page 8).

The NU softball field:

The Eagle home field for softball will be located at the Everest Park Ball Fields complex located north of the campus at 500 8th Street South in Kirkland. From northbound I-405: Take the NE 85th St. Exit (Exit 18) toward Kirkland. Turnslight RIGHT onto NE 85th Street (WA-906). Turn LEFT on to Kirkland Way. Turn SLIGHT LEFT on NE fir Street. NE Fir St. becomes Railroad St. and Railroad St. becomes NE 8th Street.
Athletic Training Room - Visiting Teams Information

Location
The Northwest University, Athletic Training room is located in the foyer of the 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’ coach or trainer 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

* Soccer Coaches: Taping and other treatment for men’s and women’s soccer games will be done in the Eagle Fitness Center just south on the athletic field in the lower level of the Barton Building. Contact Larry Brown for more information.

*Note: Soccer cleats are not allowed in the Barton Building. Please remove cleats before entering the building.
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

*NOTE: The 530 floating bridge is now a toll bridge in both directions to and from Seattle. Toll charge varies depending upon time of day, including weekends.*

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

**QFC Parkplace (Kirkland)**
Phone: 425-827-2205
Hours: 24hrs

**Costco**
8629 120th Ave. NE
Kirkland, WA (Rose Hill)
(425) 893-6953

**Metropolitan Market**
Houghton
10611 NE 68th Street

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
Phone: 425-827-2205
Hours: 24hrs

**Bartell Drugs (Houghton)**
10625 NE 68th
Kirkland, WA 98033
Phone: (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.
<table>
<thead>
<tr>
<th>Places To Eat</th>
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<tbody>
<tr>
<td><strong>Houghton</strong> — 5 Minute drive north of NU on 108th NE.</td>
</tr>
</tbody>
</table>
| **Subway**  
10615 NE 68th Street , Kirkland, WA  
(425) 822-3952 |
| • *Sarducci’s (Subs)*  
955 6th St. South, Kirkland, WA  
425.827.8253 |
| **Starbuck’s Coffee** - Houghton  
Wireless Hotspot  
6733 108th Ave NE , Kirkland, WA  
425.893.8661 |
| • *Teriyaki Madness*  
10600 NE 68th Street #B, Kirkland, WA  
425.827.6377 |
| **Downtown Kirkland** — Includes Park Place shopping area |
| • *Acropolis Pizza and Pasta*  
500 Central Way, Kirkland, WA  
425.827.3777  
Hours: Mon-Thurs 11am-10pm; Fri-Sat to 11pm  
Closed Sundays |
| **Anthony’s Restaurant** - Pacific NW seafood  
Dinner, Sunday Brunch  
Reservations Recommended.  
135 Lake St South, Kirkland, WA  
425.822.0225  
Hours: Mon-Thurs 5pm-10pm; Fri & Sat 5pm-10:30pm |
| **Asian Wok** - Chinese - Lunch/Dinner  
1720 Market St, Kirkland, WA  
425.827.4117  
Hours: 11:30am-10pm |
| **Ben & Jerry’s Ice Cream**  
Ice Cream, cakes, smoothies  
176 Lake St South, Kirkland WA  
425.576.1609  
Winter Hours: Sun-Mon 11am-9pm  
Tue-Thu 11am-9:30pm  
Fri-Sat 11am-10pm |
| **Franco’s Crab Cracker** - NW Seafood  
452 Central Way, Kirkland, WA  
425.827.5700  
Hours: Open Daily for lunch and dinner  
11am - 11pm |
| **George’s Place** - Greek and American  
108 Kirkland Ave, Kirkland, WA 98033  
425.827.6622  
Hours: 6am-3pm. Seven days a week for breakfast and lunch. |
| **Hector’s Restaurant**  
112 Lake St South, Kirkland, WA  
425.827.4811  
Hours: Open Everyday at 8am |
| **Hoffman’s Fine Pastries**  
Bakery, Restaurant, Breakfast, Lunch  
226 Parkplace, Kirkland, WA  
425.828.0926  
Hours: Monday – Friday 7am – 6pm, Saturday 8am – 5pm |
| **Lai-Thai Restaurant** - Thai Food  
120 Park Lane #B, Kirkland, WA  
25.739.9747  
Hours: Open daily 11am-10pm |
| **Noah’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  
425.827.7382  
Hours: 6am-5pm |
| **Papa John’s Pizza**  
211 3rd Street, Kirkland, WA  
425.803.8000  
Hours: Mon to Thurs 5am – 10pm, Fri & Sat to 11pm, Sun 7am-8pm |
| **Starbucks Coffee** - Parkplace  
Wireless Hotspot  
208 Parkplace, Kirkland, WA  
425.889.0293  
Mon to Thurs 9am – 7pm, Fri to 9:30pm, Sat 9am-5pm, Sun 9am-8pm |
| **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. Casual full service dinning.  
Cable TV. Lunch/Dinner  
232 Central Way, Kirkland, WA  
425.822.9464 |
| **Zeeks Pizza** - Family Dining Pizza  
Full Service Pizzeria. Dine-In, Take-Out, and Delivery. Lunch/Dinner  
124 Park Lane, Kirkland, WA  
425.893.8646  
Reservations recommended for large groups  
Hours: Sunday – Thursday 11am-10pm, Friday & Saturday 11am – 11pm |
| **Rose Hill** (East of I-405) 5-10 minutes from Northwest University |
| **Baskin Robbins Ice Cream**  
12673 NE 85th Street, Kirkland, WA  
425.827.3132 |
| **Garlic Jim’s Famous Gourmet Pizza**  
8431 122nd Ave NE, Kirkland, WA  
425.822.8881 |
| **McDonald’s**  
8515 124th Ave NE, Kirkland, WA  
425.822.3366 |
| • *Nasai Teriyaki*  
8417 122nd Ave NE, Kirkland, WA  
425.827.2657 |
**Places to Stay**

**Red Lion Hotel**
11211 Main Street
Bellevue, WA 98004
Phone: (425) 698-4403
E-mail: andrea.sullivan@redlion.com
Approximately 10 minutes south of Northwest U.
Contact Andrea Sullivan for team rates.
Complimentary Parking
High-Speed Internet
Fitness Facilities
Swimming Pool
Business Center

**Country Inn & Suites by Carlson**
19333 North Creek Parkway
Bothell, WA 98011
Contact: Kathryne Hughes
E-mail: kathryne.hughes@countryinns.com
Phone: 425.939.5502
www.countryinns.com/nwu
Special rates for visiting teams

**Courtyard by Marriott (Kirkland)**
11215 NE 124th Street
Kirkland, WA 98034
Contact: Noura Luk
E-mail: noura.Luk@marriott.com
425.602.3200 (direct)
800.321.2211 (toll free)

**Embassy Suites Seattle-Bellevue**
3225 158th Ave SE
Bellevue, WA 98008
Phone: (425) 698-6691 Direct
(425) 865-8065 Fax
Contact: Doreen Power, Sales Manager
Email: doreen.power@hilton.com
www.seattlebellevue.embassysuites.com

**Carlton Inn**
12233 NE Totem Lake Way
Kirkland, WA 98034
Phone: (425) 821-2202
Toll Free: (888) 811-8777
Approximately 15 minutes northeast of Northwest U.
Swimming Pool, Fitness Center, Broadband Access, Wireless Internet, Hot Tub

**La Quinta Inn & Suites**
10530 NE Northup Way
Kirkland, WA 98034
Phone: (425) 828-6685
E-mail: lj0676gm@laquinta.com
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
Pets Welcome

**Days Inn Bellevue**
3241 156th Avenue SE
Bellevue, WA 98007 (I-90 Exit 11)
Phone: (425) 643-6644
Teams may contact Donna Leung at: (425) 643-6644
Approximately 15 minutes south of Northwest U.
Phone: (425) 643-6644
Business Center
Free Daybreak Breakfast
Free High Speed Internet Meeting Space
Pets Allowed

**Residence Inn by Marriott**
11920 NE 195th Street
Bothell, WA 98011
Phone: (425) 485-9030
Approximately 15 minutes north of Northwest U.
www.marriott.com/seabo
Toll free: (800) 331-3131
Contact Andrea Larson for team rates: 425.864.0728
Free hot breakfast
Full kitchens
On-site work-out facility
Smoke free
High speed internet access Meeting room

**Comfort Inn* (Kirkland)**
12204 NE 124th Street
Kirkland, WA, US, 98034
Phone: (425) 821-8300
Fax: (425) 823-1218

**Outback Steakhouse**
12120 NE 85th Street, Kirkland, WA
425.803.6880

**Pegasus Pizza & Pasta**
12669 NE 85th Street, Kirkland, WA
425.822.7400

**Starbucks Coffee**
Wireless Hotspot
12209 NE 85th Street, Kirkland, WA
425.827.5247

**Subway**
8522 122nd Ave NE, Kirkland, WA
425.803.9825

**Embassy Suites Seattle-Bellevue**
3225 158th Ave SE
Bellevue, WA 98008
Phone: (425) 698-6691 Direct
(425) 865-8065 Fax
Contact: Doreen Power, Sales Manager
Email: doreen.power@hilton.com
www.seattlebellevue.embassysuites.com

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* Preferred Northwest University food vendor.

For more information about Northwest University, visit our web site at: www.northwestu.edu
Northwest University
5520 108th Avenue NE
Kirkland, WA 98033
Main: 425.822.8266

*NOTE: Buses and trucks, please enter through the NE 53rd Street entrances (24).
Houghton Area
- Quiznos
- Bartell Drugs
- Starbucks
- Bank of America
- Shell Gas Station
- Sarducci's
- Teriyaki Madness
- Metropolitan Market
- And more

Downtown Kirkland
- Acropolis Pizza and Pasta
- Subway
- Wendy's
- Starbucks
- Noah's Bagels
- Papa John's Pizza
- And more

Rose Hill
- Costco
- Nasai Teriyaki
- Walgreens
- Safeway
- Albertsons
- Starbucks
- McDonald's
- Outback Steakhouse
- And more

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

Area Map - Kirkland
Enjoy Your Stay!

WWW.NORTHWESTU.EDU/ATHLETICS