



Eastern Illinois University Panthers

Visiting Team Guide

Eastern Illinois Contacts & Administration

Athletic Director.....	Dr. Rich McDuffie.....	(217) 581-6014
Senior Women’s 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	Pam Collins.....	(217) 581-5726
Athletic Business Manager.....	Kim Bagwell.....	(217) 581-7611
Ticket Manager.....	Cindy Bayes.....	(217) 581-2106
Director of Marketing.....	Amy Reis.....	(217) 581-7151
Sports Information Director	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

Welcome

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
Head Athletic Trainer

TRANSPORTATION

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

Comfort Suites I-57 Exit, Mattoon, IL	(217) 235-6745
Fairfield Inn I-57 Exit, Mattoon, IL	(217) 234-2420
Hampton Inn I-57 Exit, Mattoon, IL	(217) 234-4267
Best Western/Worthington Inn 920 W. Lincoln, Charleston, IL	(217) 348-8162

RESTAURANTS

Arby's 310 W. Lincoln, Charleston, IL	(217) 348-5144
BOXA 407 Lincoln Ave, Charleston, IL	(217) 345-2692
Cody's Roadhouse 1320 Broadway East, Mattoon, IL	(217) 235-1200
Fazoli's 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

LANTZ NATATORIUM (500)

Men's Swimming & Diving - Mid-Continent Conf.
Women's Swimming & Diving - Mid-Continent Conf.

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

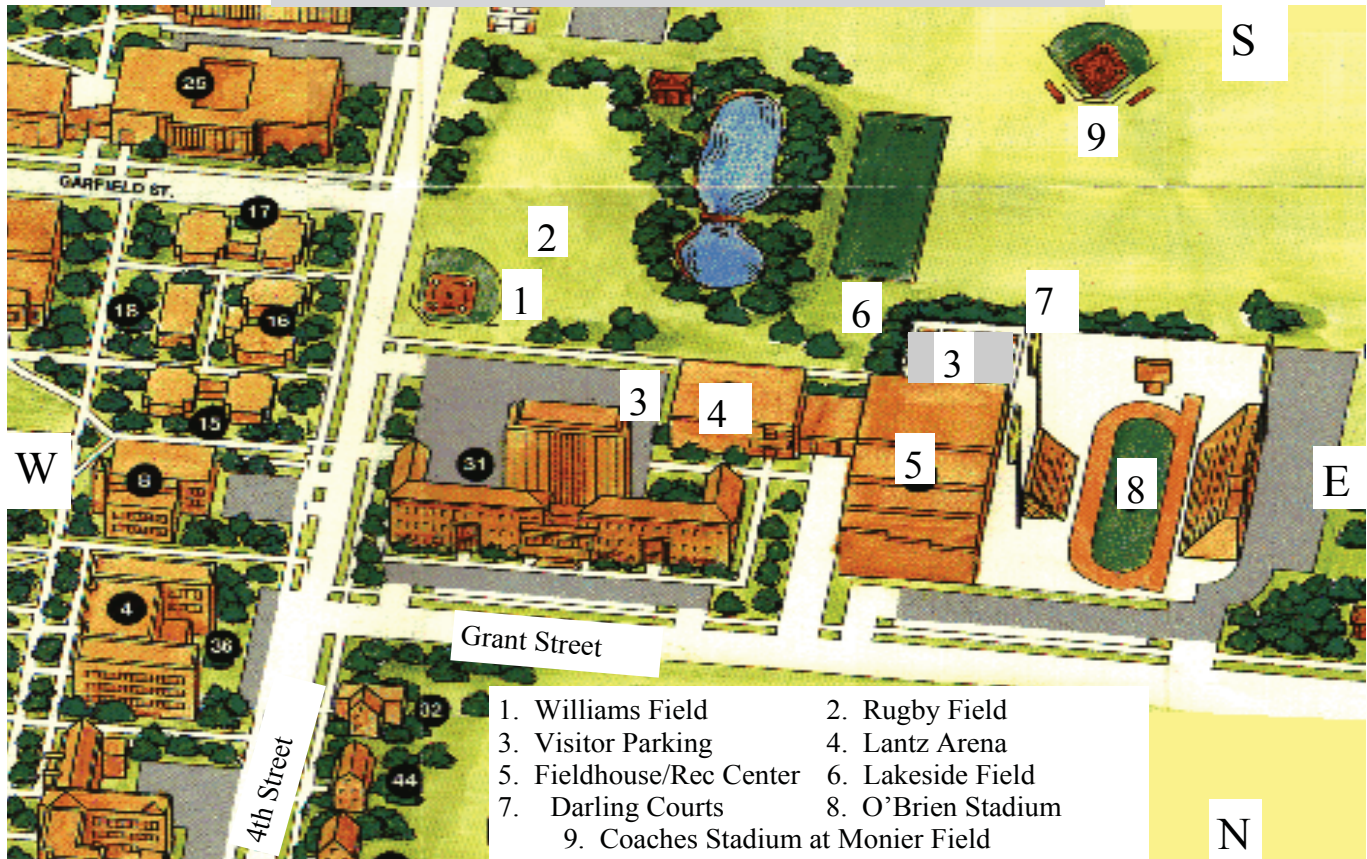
RUGBY FIELD (500)

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.