



**HOPKINS**

**Johns Hopkins University  
2017 – 18 Visiting Team Guide**

**TABLE OF CONTENTS**

University Contact Information .....	3
Athletics Professional Staff .....	3
Coaching Staff .....	4
Directions to Campus .....	5
Bus Parking .....	6
Practice .....	6
Sports Medicine .....	7
Local Airport .....	8
Commercial Airlines .....	8
Car Rental Companies .....	8
Charter Bus Companies .....	8
Hotel Information .....	9
Restaurant Information .....	10

**UNIVERSITY CONTACT INFORMATION**

**Mailing Address:**

Johns Hopkins University  
Department of Athletics  
3400 North Charles Street  
Baltimore, MD 21218-2684

Athletics Office: Athletics 410-516-7490  
Office Fax: 410-516-5376  
Sports Information: 410-516-0552  
Sports Information Fax: 410-516-7482

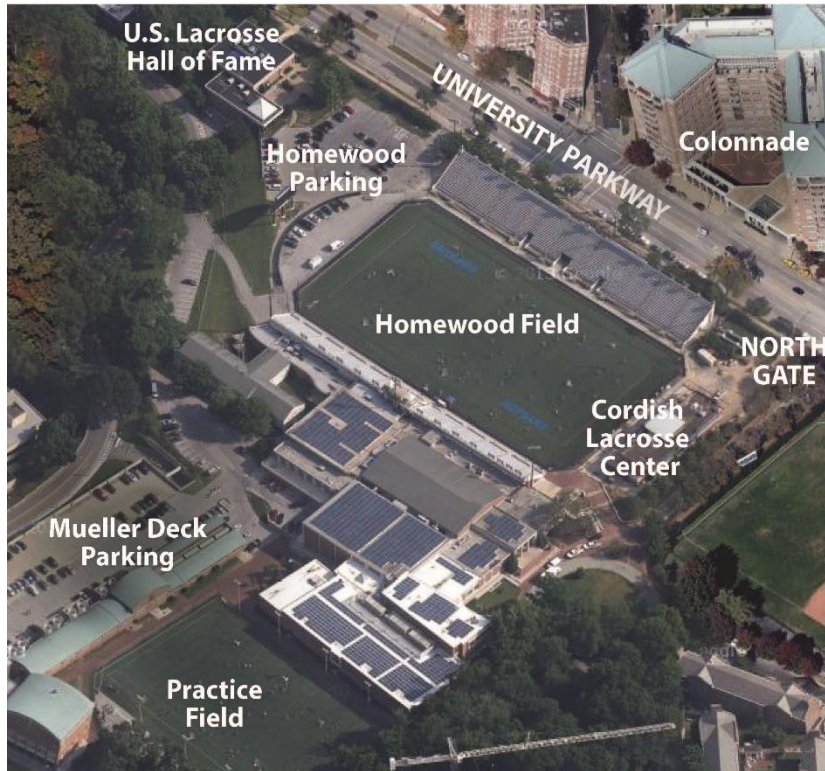
**ATHLETICS PROFESSIONAL STAFF**

<b>Administrators</b>	<b>Name</b>	<b>Phone</b>	<b>E-mail</b>
Director of Athletics & Recreation	Alanna Shanahan	410-516-7490	ashanah1@jhu.edu
Deputy Athletic Director	Mike Mattia	410-516-7487	mmattia1@jhu.edu
Associate AD/Athletic Communications	Ernie Larossa	410-516-0552	elarossa@jhu.edu
Assistant Director Of Athletics/SWA	Kelsie Gory	410-516-5138	kgory1@jhu.edu
Assistant Director Of Athletics - Facilities	Brandon Holley	410-516-5053	bholley3@jhu.edu
Director of Development	Grant Kelly	410-516-4096	gkelly@jhu.edu
Assistant Director of Athletic Communications	Jill Guise	410-516-0638	jill.guise@jhu.edu
Video Operations	Matt Lawrence	410-516-0591	mlawre18@jhu.edu
Athletic Communications Assistant	Lauren Dellipoali	410-516-0591	ldellip1@jhu.edu
Assistant Business Manager	Leah Morse	410-516-4059	lmorse6@jhu.edu
Office Manager	Krista Wilson	410-516-5028	kmwilson@jhu.edu
Administrative Assistant	Michelle Sutherland	410-516-7492	msuther5@jhu.edu
Head Athletic Trainer	Brad Mountcastle	410-516-6176	bmountcastle@jhu.edu
Associate Athletic Trainer	Erin Long	410-516-7493	Elong@jhu.edu
Assistant Athletic Trainer	Ryan Sley	410-516-7752	Rsley1@jhu.edu
Assistant Athletic Trainer	Joanna Murray	410-516-5865	Jmurra42@jhu.edu
Assistant Athletic Trainer	Sarah Lagaz	410-516-5854	Slagaz1@jhu.edu
Equipment Manager	Phil Junis	410-516-6403	Pjunis1@jhu.edu

**COACHING STAFF**

<b>Sport</b>	<b>Name</b>	<b>Phone</b>	<b>Email</b>
Baseball	Bob Babb	410-516-7485	rbabb@jhu.edu
Basketball (M)	Josh Loeffler	410-516-7483	jloeffl3@jhu.edu
Basketball (W)	Katherine Bixby	410-516-7486	kbixby1@jhu.edu
Cross Country / Indoor/Outdoor Track and Field (M&W)	Bobby Van Allen	410-516-3802	vanallen@jhu.edu
Fencing (M&W)	Austin Young	410-340-6269	hopkinsfencing@yahoo.com
Field Hockey	Jane Wells	410-516-6661	jane.wells@jhu.edu
Football	Jim Margraff	410-516-8423	football@jhu.edu
Lacrosse (M)	Dave Pietramala	410-516-7479	dp43@jhu.edu
Lacrosse (W)	Janine Tucker	410-516-7722	wlax@jhu.edu
Soccer (M)	Craig Appleby	410-516-5099	cappleby@jhu.edu
Soccer (W)	Leo Weil	410-516-7967	coachweil@aol.com
Swimming (M & W)	Scott Armstrong	410-807-2968	Scott.Armstrong@jhu.edu
Tennis (M)	Chuck Willenborg	410-336-1880	cwillenborg@jhu.edu
Tennis (W)	Dave Woodring	443-804-7944	pkdkrwood@verizon.net
Volleyball	Tim Cole	410-516-7968	colet@jhu.edu
Water Polo	Ted Bresnahan	410-516-7490	ebresnahan@wrallp.com
Wrestling	Keith Norris	410-404-2648	knorris7@jhu.edu

## DIRECTIONS TO CAMPUS



**From I-95 (southbound) or from I-695 (the Baltimore Beltway):** Take the beltway toward Towson to exit 25. Take Charles Street south for about 7 miles (when Charles Street splits a block after Loyola College and Cold Spring Lane, take the right fork). You will make a right onto University Parkway. Move over to the left lane immediately. Make a left at the first break in the median onto the road located directly between the baseball field and Homewood Field (labeled as North Gate). Please pull up into the circle in front of the Newton H. White Jr. Athletic Center.

**From I-95 (northbound):** Take exit 53 onto I-395 north toward downtown Baltimore, then take the exit to Martin Luther King Jr. Boulevard and follow the directions from Martin Luther King Junior Boulevard below.

**From Maryland 295 (the Baltimore-Washington Parkway):** Entering Baltimore, the parkway becomes Russell Street. From Russell Street, take the ramp toward Martin Luther King Blvd, which will be on the right. Merge onto Martin Luther King Blvd and follow the directions (below) from Martin Luther King Jr. Boulevard.

**From Martin Luther King Jr. Boulevard:** Take Martin Luther King Boulevard north until it ends at Howard Street (remain in one of the middle lanes on MLK Boulevard. Turn left at Howard (about 1/5 miles); veer to right past the Art Museum on left. Turn left onto North Charles Street. Turn left at the third light onto University Parkway. Move over to the left lane immediately. Make 2<sup>nd</sup> left at the first break in the median onto the road located directly between the baseball field and Homewood Field (labeled as North Gate). Please pull up into the circle in front of the Newton H. White Jr. Athletic Center.

**From the Jones Falls Expressway (I-83) southbound:** Take the Cold spring Lane exit. Turn left onto Cold spring Lane. Make a right at the third light onto Roland Avenue. Roland Avenue will turn into University Parkway. Make right at the break in the median onto the road located directly between the baseball field and Homewood Field (labeled as North Gate). Please pull up into the circle in front of the Newton H. White Jr. Athletic Center.

### **BUS PARKING**

Team buses and vans will be staged in front of the Newton White Athletic Center, by JHU security. If space does not permit, visiting teams will be dropped off in front of the athletic complex and a JHU security guard and/or personnel will direct the driver to park at an alternate location.

### **PRACTICE**

If your team desires to practice while in Baltimore, please call Kelsie Gory, the Assistant Athletics Director, prior to your arrival. Kelsie can be reached by phone at 410-516-5138 or by email at [kgory1@jhu.edu](mailto:kgory1@jhu.edu).

**SPORTS MEDICINE**

<b>Sports</b>	<b>Name</b>	<b>Phone</b>	<b>Email</b>
MLAX & Field Hockey	Brad Mountcastle	410-516-6176 (W) 410-493-8156 (C)	Bmountcastle@jhu.edu
WLAX & MSOC	Erin Long	410-516-4793 (W) 301-580-6308 (C)	elong@jhu.edu
FB, M/W Fencing, Wrestling	Ryan Sley	410-516-7752	Rsley1@jhu.edu
Baseball, WSOC & W/M Swim	Joanna Murray	410-516-5865	Jmurra42@jhu.edu
M/W Track, M/W XC, Men's Tennis	Sarah Lagaz	410-516-5854	Sarahlagaz1@jhu.edu
VB, WBB, WP, MLAX	Evan Womeldorf	410-516-8458	ewomeld1@jhu.edu
MBB, Football, WTEN	Brittany Razo	410-516-8458	brazo1@jhu.edu
Team Physician	Andrew Cosgerea	410-583-2850	
Hospital	Union Memorial Emergency Room	410-554-2000 410-554-2626	
Ambulance	Baltimore City Fire Dept. (emergency) JHU Security (non- emergency)	911  410-516-7777	

The Athletic Training Room is located in the Newton H. White Jr. Athletic Center. Water and ice will be provided for you at your site of competition. Because of space limitation and other practice and event preparation needs, we ask that you please utilize the taping tables in your locker room area for your pre-competition preparation.

Please call in advance if your team will not be traveling with an athletic trainer. **If you have additional needs for the athletic training room for treatments, please call so that we may arrange a mutually convenient time.** Modalities include ice, whirlpools, hot hydrocollator, EMS\*, and ultrasound\*. An orthopedic will be present or on-call. Emergency services are nearby and available as needed.

*\*please provide an MD or ATC written note if traveling without an ATC*

*Please note: If your team has made arrangements for practice time prior to the time and date of our competition, please contact us ahead of time if you have any needs as we might not otherwise have staff present. Should you have any other special requests, please let us know.*

**LOCAL AIRPORT**

Baltimore-Washington International Airport  
Maryland Aviation Administration  
Third Floor, Terminal Building  
P.O. Box 8766  
B.W.I Airport, MD 21240-0766  
410-859-7111

**COMMERCIAL AIRLINES**

Air Canada	888-247-2262	Jet Blue	800-538-2583
Air Tran	800-247-8726	Southwest	800-435-9792
American Airlines	800-433-7300	Spirit	801-401-2200
Delta	800-221-1212	United	800-241-6522
Frontier	800-432-1359	US Airways	800-428-4322

**CAR RENTAL COMPANIES**

Avis	410-859-1680	Dollar	410-850-7112
Alamo/National	410-859-8092	Enterprise	800-325-8007
Budget	410-691-2913	Hertz	410-850-7400

**CHARTER BUS COMPANIES**

Eyre	410-442-1330	Hunt Valley Motor Coach	410-584-7477
Bill Rohrbaugh's Charter Service	410-882-7501	Midway Charters	410-624-7820
Dillon's Bus Service	410-647-2321		



**HOTEL INFORMATION**

*-- Be sure to ask about special Johns Hopkins rates that are available --*

**Doubletree Inn at the Colonnade**

4 West University Parkway

Baltimore, MD 21218

410-554-7569

Contact: DeAnne Brookshire

**Radisson Hotel Baltimore**

101 W Fayette Street

Baltimore, MD 21201

410-752-1100

Contact: Femi Osimokun

**Lord Baltimore Hotel**

20 West Baltimore Street

Baltimore, MD 21201

410-539-8400

Contact: Lee Johnson

**RESTAURANT INFORMATION**

**Domino's**

4101 Falls Road  
Baltimore, MD 21211  
410-235-3030  
www.dominos.com  
(Pizza)

**Honeygrow**

3212 St. Paul Street  
Baltimore, MD. 21218  
www.honeygrow.com  
(410) 243-0107  
(Salads & Stir-frys)

**Smoothie King**

400 W Cold Spring Lane  
Baltimore, MD. 21210  
www.smoothieking.com  
Cindy Rohde (443-835-1670)  
for group/team orders  
(Nutritional Smoothies)

**Wine Merchant**

10741 Falls Road  
Lutherville, MD 21093  
410-321-6500  
www.yourwinemerchant.com  
(Sandwiches, Subs, Salads) (CLOSED ON  
SUNDAY)

**Eddie's Market**

3117 St. Paul St.  
Baltimore, MD 21218  
410-889-1558  
http://eddiesmarket.com/  
(Sandwiches, Subs, Salads)

**Sam's Canterbury Café**

3811 Canterbury Road  
Baltimore, MD. 21218  
www.samscanterburycafe.com  
(443) 438 4545  
(Breakfast & Lunch Café)

**Towson Hot Bagel**

3208 St. Paul Street  
Baltimore, MD 21218  
410-337-0006  
http://www.eatthb.com/  
(Bagels, Breakfast Sandwiches, Deli)