TABLE OF CONTENTS

Letter from the Director of Athletics ................................................................. 3
Department of Athletics Facts and Administrative Contacts ............................... 4
General Information and Procedures for Visiting Teams ..................................... 5
Sports Medicine Information and Procedures ...................................................... 6
Stanford University Medical Center (Emergency Room) ..................................... 7
Courtyard Marriott and Springhill Suites (official hotel of Menlo Athletics) .......... 8
Services around Menlo College ............................................................................. 9
Directions to Menlo College ................................................................................ 10
Menlo College Campus Map .................................................................................. 11
LETTER FROM THE DIRECTOR OF ATHLETICS

Dear visitors,

Welcome to Menlo College and beautiful Atherton, California! It is our pleasure to have you visit our campus and the surrounding community. This guide for our opponents, alumni, parents, and friends should help inform you about Menlo College and the various services that we have available on and around our campus.

Please contact me if you have any questions or concerns.

Sincerely,

Keith Spataro
Director of Athletics
Menlo College
(650) 543-3853 / office
(650) 642-0014 / cell
(650) 543-4497 / fax
kspataro@menlo.edu
Menlo Facts
Location: Atherton, Calif.
Founded: 1927
Enrollment: 800 (full-time)
President: Dr. Richard Moran
Nickname: Oaks
Primary Colors: Navy (PMS 654 C) and White
Secondary Color: Gray (PMS Cool Gray 5C)
National Affiliations: NAIA I (M/W basketball); NAIA (baseball, M/W soccer, M/W cross country, men’s wrestling, women’s volleyball, softball, M/W golf); none (women’s wrestling).
Conference Affiliations: Golden State Athletic Conference (M/W basketball, M/W soccer, M/W cross country, women’s volleyball, M/W golf, softball, baseball); Cascade Conference (men’s wrestling); none (women’s wrestling).

Mailing/Shipping Address
Menlo College Athletic Department
1000 El Camino Real
Atherton, CA 94027-4301

Athletics Information
Telephone: (650) 543-3852
Fax: (650) 543-4497
Campus Security: (650) 400-5837
Menlo Athletics Web site: www.menloathletics.com
GSAC Web site: www.gsacsports.org/
NAIA Web site: www.NAIA.org

Athletic Facilities
Baseball (surface): Cartan Field (natural grass)
Softball (surface): Wunderlich Field (Field Turf)
M/W Soccer (surface): Wunderlich Field (Field Turf)
Indoor Events (capacity): Haynes-Prim Pavilion (500)

Tickets
All home events:
• General: $8
• Non-Menlo Students/Alumni/Seniors/ (62+): $5
• Under 12 – Free

Athletics Administration
Athletic Director: Keith Spataro
(650) 543-3853 • kspataro@menlo.edu
(650) 642-0014 / cell
Assistant Athletic Director-Compliance: Mark Fowler
(650) 543-3931 • mtfowler@menlo.edu
Assistant Athletic Director – Communication & Marketing: Aaron Gillespie
(650) 543-3912 • aaron.gillespie@menlo.edu
(419) 203-7150 / cell
Business Manager: Alexa Daines
(650) 543-3852 • alexa.daines@menlo.edu
Director of Athletic Events & Game Ops: Lucas Armstrong
(650) 543-3729 • lucas.armstrong@menlo.edu
(619) 213-8146 / cell
Sports Information Coordinator: Brian Brownfield
(650) 543-3704 • brian.brownfield@menlo.edu
(831) 595-0551 / cell
Head Athletic Trainer: Ashley Vogds
(650) 543-3931 • Ashley.vogd@menlo.edu
Director of Sports Performance: Victor Brankovich
(650) 543-4123 • vbrankovich@menlo.edu

Head Coaches
Men’s Soccer: Keith Lambert
(650) 543-3815 • keith.lambert@menlo.edu
(661) 317-8738 / cell

Women’s Soccer: Robin Hart
(650) 543-3765 • robin.hart@menlo.edu

Men’s Volleyball: Aleec Frechette
(650) 543-3816 • aleec.frechette@menlo.edu

Women’s Volleyball: Denise Sheldon
(650) 543-3882 • denise.sheldon@menlo.edu

Men’s/Women’s Golf: Robert Jan
(650)543–3803 • robert.jan@menlo.edu

Men’s Basketball: Kaniem Aiona
(650) 543-3777 • kaniem.aiona@menlo.edu
(808) 557-6730 / cell

Women’s Basketball: Shannon Spataro
(650) 543-3770 • snspataro@menlo.edu
(206) 351-1573 / cell

Director of Wrestling: Joey Martinez
(650) 543-3778 • jmartinez@menlo.edu
(650) 580-5803 / cell

Baseball: John Carrion
(650) 543-3766 • john.carrion@menlo.edu

Softball: Christen Hardee
(650) 543-3774 • Christen.Hardee@menlo.edu

Men’s/Women’s Track and Field & Cross Country: Dan Noel
(650) 543-3763 • dan.noel@menlo.edu
(707) 329-3007 / cell
GENERAL INFORMATION FOR VISITING TEAMS

Parking
Visitor parking for athletic events is as follows.

- Basketball/Volleyball/Wrestling (Haynes-Prim Pavilion): Use main campus entrance at 1000 El Camino Real and park in lots immediately to the right (Visitor Lot) and left (Student Lot). There is no parking fee.
- Soccer/Softball (Wunderlich Field): Cartan Field Lot (first right on Alejandra Avenue). There is no parking fee.
- Baseball (Cartan Field): Use the Cartan Field Lot (first right after turning onto Alejandra Avenue) or the main campus lot at 1000 El Camino Real. There is no parking fee.

For reference, please see campus map on page 12 of this guide.

Bus/Van Drop-off
For all visiting teams, please use the main campus entrance at 1000 El Camino Real. Parking is available in the VISITOR LOT to the immediate left. For reference, please see campus map on page 11 of this guide. Please Contact Lucas Armstrong (619) 213-8146 (C) upon arrival.

Locker Rooms
Facilities for visiting basketball, wrestling and volleyball teams will be assigned inside Haynes-Prim Pavilion prior to arrival. Opposing baseball, softball and soccer programs will be granted locker room access ONLY IF REQUESTED IN ADVANCE. No shower towels available. Shower shoes are recommended.

Tickets
Information for fans is provided on page four of this guide. All questions regarding admittance and group sales should be directed to Director of Athletic Events, Lucas Armstrong (619) 213-8146. Visiting team ticket allotments are detailed in individual game contracts between Menlo College and its opponents. NO PASS LISTS ACCEPTED!

Media Relations
The sports information office is located on the second floor of the Athletics/Admissions building (office 123B). Because of limited space at events, visiting SIDs, media and radio are encouraged to contact SID Aaron Gillespie (650-543-3912) to make prior seating, working and parking arrangements. All regular media amenities are provided at home events. For visiting teams, statistics will be available following each game.

Concessions
Sodexo, Inc. caters most Menlo College basketball competitions and other selected events. Basic provisions such as hot dogs, water, soda, candy and chips are available. No outside food is allowed at any Menlo College athletic event where concessions are supplied.

Hotel Accommodations
The Courtyard Marriott and Spring Hill Suites of Redwood City is the official hotel of Menlo College Athletics. Please contact Danielle Stromgren at (650) 299-9912 to make arrangements. More information on the Courtyard Marriott and Spring Hill Suites of Redwood City is provided on page eight of this guide. The city of Redwood City is approximately 3 miles from the campus.

Ground Transportation
- AVR in San Jose or San Francisco has 7, 12 and 15 passenger vehicles as well as cargo vans. To check for availability please call Vincent Para at (408) 573-7111 and let them know that you are in town to compete against Menlo College. Mention Menlo College to receive the Menlo corporate rate.
- Peninsula Tour is our preferred charter bus company. Please call Annie at (415) 239-0990 and let them know that you are in town to compete against Menlo College.

Visitor Social Events
Visiting fans wishing to host a pre-game tailgate should contact Athletic Director Keith Spataro (650-543-3853 office) to check availability and make reservations. Arrangements will be confirmed provided space and amenities are available. Plans need to be made at least two weeks prior to scheduled event date. Keith Spataro will connect with our on campus dining company Sodexo, Inc. (650-543-4490) if you plan to serve food at your event.
SPORTS MEDICINE/ATHLETIC TRAINING

Dear visiting athletic trainer(s) and teams,

On behalf of our sports medicine staff at Menlo College, we would like to welcome you to our campus for the 2016-17 school year. Our athletic training room is located inside Haynes-Prim Pavilion in room 29.

The following amenities are available for your use in the Athletic Training Facility: ice, hydro collator, electrical modalities and ultrasound. Emergency equipment will also be provided. Please notify us if an athletic trainer will not be traveling with your team. We will be more than willing to help your athletes, although we require written permission for any special treatment protocols. Any taping supplies will also need to arrive with the team. Your bench will be provided with towels, water, cups, ice and ice bags. Towels for showering \textbf{WILL NOT} be provided.

Should an injury be severe enough, directions to and a map of the Stanford University Medical Center is on page seven of this guide.

We hope that this information will be helpful with your plans for competition at Menlo College. The Athletic Training Facility will be open at least two hours prior to game time. If more time is needed, as well as any other assistance, do not hesitate to contact us.

Sincerely,

Ashley Vodgs, MA, ATC
Head Athletic Trainer
(650) 543-3931/office
Ashley.vodgs@menlo.edu
Directions*

- From the Menlo College main gate, make a right onto El Camino Real/CA-82 toward Valparaiso Avenue.
- Turn right onto Sand Hill Road.
- Turn left onto Pasteur Drive and end at facility.

*Map to Stanford University Medical Center inset with map of center.
HOTEL INFORMATION

COURTYARD®
Marriott

REDWOOD CITY
600 Bair Island Road
Redwood City, CA 94063
(650)216-9435
Marriott.com/SFORD

Courtyard Redwood City Rates

- $120 per night, plus tax (Thursday-Sunday) accommodations, based on availability.
- $185 per night, plus tax (Tuesday & Wednesday) accommodations, based on availability.
- $140 per night, plus tax (Thursday-Sunday) accommodations and breakfast, based on double occupancy per room. $10 for each additional breakfast per room.
- Self-parking is normally $14 per day, per car. We will offer your groups complimentary parking.

SPRINGHILL SUITES®
MARRIOTT
BELMONT-REDWOOD SHORES
1401 Shoreway Road
Belmont, CA 94002
(650) 481-0185
Marriott.com/SFOBM

SpringHill Suites Belmont-Redwood Shores Rates - Opening Fall 2017

- $134 per night, plus tax (Thursday-Sunday) accommodations, based on availability.
- $195 per night, plus tax (Tuesday & Wednesday) accommodations, based on availability.
- Complimentary parking and breakfast included in the rate.

CONTACT INFORMATION

Danielle Stromgren, Dual Sales Manager
(925)998-7041
Danielle.Stromgren@marriott.com

Please contact me with any questions or if you are looking to make reservations.
SERVICES AROUND MENLO COLLEGE

Restaurants

AMERICAN
Applewood Inn (Pizza)
1001 El Camino Real
Menlo Park
(650) 324-3486

Café Barrone (Sandwiches/Salads)
1010 El Camino Real
Menlo Park
(650) 323-5118

Dutch Goose (Hamburgers, Sandwiches)
3567 Alameda de las Pulgas
Menlo Park
(650) 854-3245

Fish Market
3150 El Camino Real
Palo Alto
(650) 493-9188

MacArthur Park
27 University Ave.
Palo Alto
(650) 321-9990

Max's Opera Café
711 Stanford Shopping Ctr.
Palo Alto
(650) 323-6297

The Oasis (Pizza, Burgers)
241 El Camino Real
Menlo Park
(650) 326-8896

Stacks
600 Santa Cruz Avenue
Menlo Park,
(650) 838-0066

Starbuck's
693 Santa Cruz Ave.
Menlo Park
(650) 323-5118

MEXICAN
Celia’s (Mexican)
1850 El Camino Real
Menlo Park
(650) 321-8227

Una Mas (Mexican)
683 Santa Cruz Ave.
Menlo Park
(650) 853-1200

ASIAN
Naomi (Sushi)
1328 El Camino Real
Menlo Park
(650) 321-6902

Su Hong (Chinese)
1039 El Camino Real
Menlo Park
(650) 323-6852

Phil's Kitchen (Hawaiian BBQ
And Chinese Take Out Specialty)
625 Oak Grove Ave., Unit B
Menlo Park

FAST FOOD
Foster’s Freeze
580 Oak Grove Ave.
Menlo Park
(650) 322-0054

Jack in the Box
1401 Willow Rd.
Menlo Park
(650) 321-5009

Quizno’s (Sandwiches)
604 Santa Cruz Ave.
Menlo Park
(650) 326-0820

McDonald’s
1100 El Camino Real
Menlo Park
(650) 321-1813

Subway
809 Santa Cruz Ave.
Menlo Park
(650) 330-1692

Supermarkets

Draeger’s
1010 University Ave.
Menlo Park
650-324-7700

Safeway
525 El Camino
Menlo Park
2811 Middlefield Rd.
Palo Alto

Trader Joe’s
720 Menlo Ave.
Menlo Park
(650) 323-2134

Other Needs

Big 5 Sporting Goods
700 El Camino Real
Menlo Park
(650) 323-8520

Goetz Brothers Sports Goods
2629 Broadway Street
Redwood City, CA
(650) 366-4092

Depot Laundry
1019 El Camino Real
Menlo Park
(650) 322-2223

Launderland Dry Cleaner
99 El Camino Real
Menlo Park
(650) 324-0151

Walgreens
643 Santa Cruz Ave.
Menlo Park
(650) 321-1530
DIRECTIONS TO MENLO COLLEGE

From the South (San Jose International Airport)
Travel north on US-101 toward San Francisco. Take the Marsh Road exit and go back over the freeway. Turn left onto Middlefield. Turn right onto Encinal. Menlo College is directly ahead.

From the North (San Francisco International Airport)
Travel south on US-101 toward Los Angeles. Take the Marsh Road exit and turn right at the light. Turn left onto Middlefield. Turn right onto Encinal and the college is directly ahead.

From the North (Oakland International Airport)
Take I-880 South toward San Jose. Merge onto CA-84 West toward the Dumbarton Bridge ($5.00). Turn left onto Marsh Road. Turn left on Middlefield and then right on Watkins. Turn left onto El Camino Real. The college will be on the right.

From the South Bay (via Highway 280)
Take I-280 North and exit at Sand Hill Road East. From Sand Hill, make a left onto El Camino Real/CA-82. The Menlo College campus will be on the left (1000 El Camino Real).

From the North Bay (via Highway 280)
Take I-280 South to Woodside Road/CA-84 East. From Woodside, make a right onto El Camino Real/CA-82. The Menlo College campus will be on the right (1000 El Camino Real).