



**2023 - 2024**

**TRACK & FIELD**  
VISITING TEAM GUIDE

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# CONTACT INFORMATION

**Michelle Towns**  
Sport Administrator  
Associate AD, Human  
Resources Operations

O: 615-322-4831  
michelle.towns@vanderbilt.edu

**John Kelly**  
Facility/Event Operations

C: 901-210-0683  
john.e.kelly@vanderbilt.edu

**Pilar Ballough**  
Athletic Communications

pilar.ballough@vanderbilt.edu

**Brian Fremund**  
brian.fremund@vanderbilt.edu

**Nick Caporale**  
Sports Medicine  
C: 262-892-0243  
nicholas.caporale@vumc.org

## TRACK & FIELD COACHING STAFF

**Althea Thomas**  
Director of Cross Country,  
Track and Field

**Cameia Alexander**  
Asst. Coach/Meet Director  
cameia.alexander@vanderbilt.edu

**Justin Byron**  
Assistant Coach  
justin.byron@vanderbilt.edu

**Mallory Mulzer**  
Assistant Coach  
mallory.mulzer@vanderbilt.edu

**John Newell**  
Assistant Coach  
john.c.newell@vanderbilt.edu

**Harold Rose**  
Assistant Coach  
harold.rose@vanderbilt.edu

**Michael Porter**  
Assistant Coach  
coach.porter@vanderbilt.edu

**Whitney Fountain**  
Director of Operations  
whitney.fountain@vanderbilt.edu



# GENERAL INFORMATION

## Contest Location

### Vanderbilt Outdoor Track

2700 Children's Way  
Nashville, TN 37212

## Parking

Your team vehicle may drop off/pick up near the Outdoor Track facility on Natchez Trace. On **Friday** team buses, vans and SUVs will park along the metered spaces on Vanderbilt Place. On **Saturday**, parking as available in the medical center lots off of Natchez Trace. Parking will be on a space available basis. Any general parking questions can be addressed with **John Kelly at 901-210-0683 or [john.e.kelly@vanderbilt.edu](mailto:john.e.kelly@vanderbilt.edu)**. See map on page 6.

Spectators are encouraged to park in the 25th Ave. Garage through the Highland Avenue entrance. In this garage, spectators should park on floors 8-10 in any non-reserved spaces. Please look for directional signage when exiting the garage for pedestrian path to the indoor track facility.

## Practice Request

Visiting Teams must contact Event Manager, John Kelly, to arrange practice times. Please arrange your practice times at least two weeks prior to competition date. If you cannot make your scheduled practice time, a cancellation call is appreciated 24 hours prior to your scheduled time.

## Team Camp

The team camp will be located on the Football practice fields adjacent to the Outdoor track. Please contact John Kelly with any special requests. All food should remain in the team camp areas and are not to be transported to the outdoor track.

## Warm Up

Athletes should warm-up in designated warm up areas (Football Practice field turf or Rec field 2) Hurdles and blocks will be available in designated warm up areas. Only athletes competing in the event currently being contested will be allowed on the home stretch.



# GENERAL INFORMATION (Cont.)

## Admission

The cost for admission each day is \$10. Children 2 and under are free.

## Facility Policies

### APPROVED BAGS



### NON-APPROVED BAGS

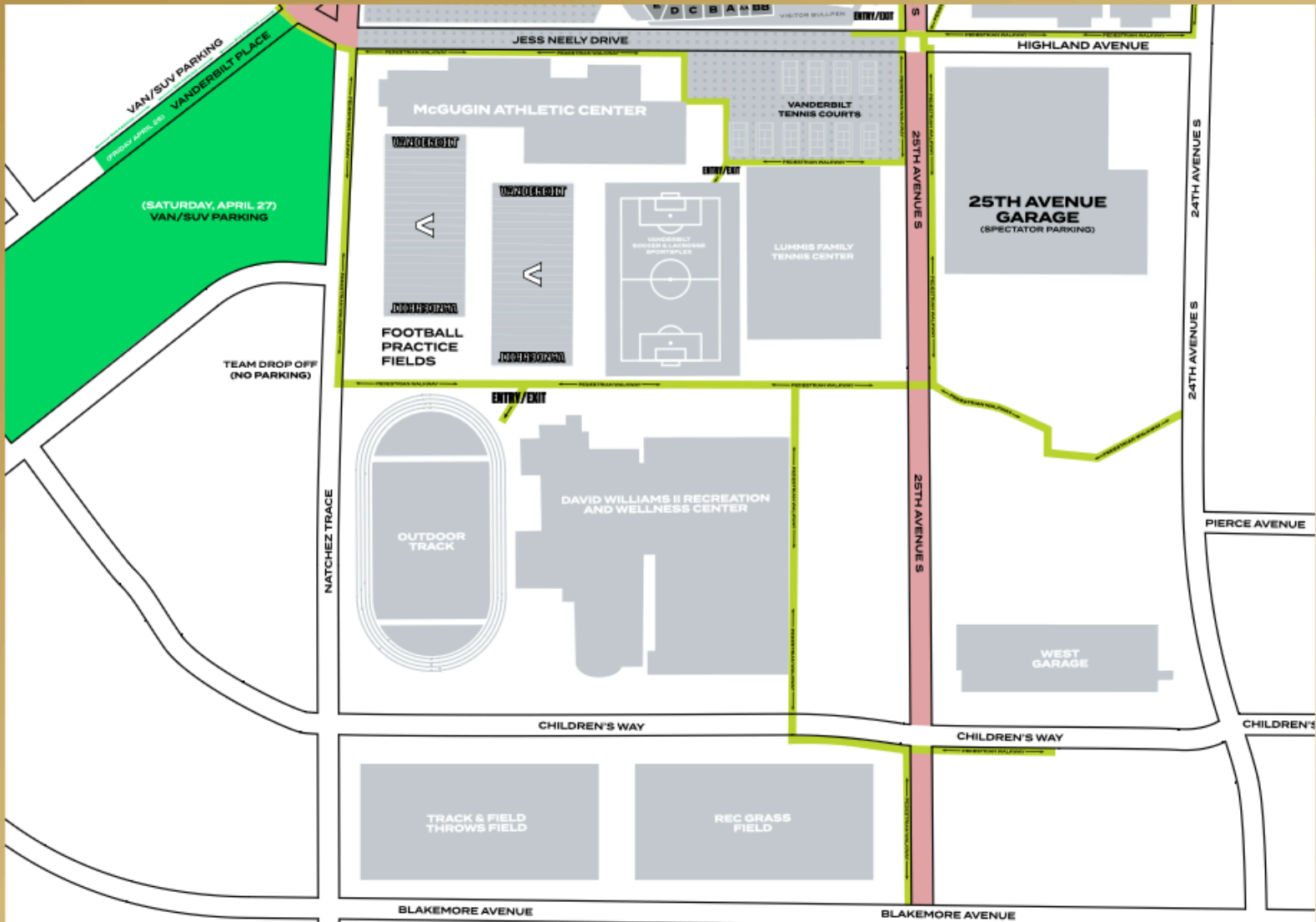


## Sports Medicine

Please contact Athletic Trainer, Nick Caporale at [nicholas.caporale@vumc.org](mailto:nicholas.caporale@vumc.org) for any medical or athletic training needs.



# VANDERBILT ATHLETICS CAMPUS MAP



# DIRECTIONS TO VANDERBILT

## From the South

Take I-65 North to I-40 West. Off of I-40, take Exit 209A (Broadway-West End). Turn left and go west on Broadway. When Broadway splits, stay to the right to enter West End Avenue. Take West End Avenue past the university on the left and turn left on 31st Avenue S. Turn left on 24th Avenue S then left onto Children's Way.

## From the North

Take I-65 South I-40 West. Off of I-40 take Exit 209A (Broadway-West End). Turn left and go west on Broadway. When Broadway splits, stay to the right to enter West End Avenue. Take West End Avenue past the university on the left, and turn left on 31st Avenue S. Turn left on 24th Avenue S then left onto Children's Way.

## From the East

Take I-40 West to Exit 209A (Broadway-West End). Turn left and go west on Broadway. When Broadway splits, stay to the right to enter West End Avenue. Take West End Avenue past the university on the left, and turn left on 31st Avenue S. Turn left on 24th Avenue S then left onto Children's Way.

## From the West

Take I-40 East to Exit 209B (Broadway-West End). Turn right and go west on Broadway. When Broadway splits, stay to the right to enter West End Avenue. Take West End Avenue past the university on the left, and turn left on 31st Avenue S. Turn left on 24th Avenue S then left onto Children's Way.

## From Chattanooga

Take I-24 West until it merges with I-40 West. Stay on I-40 West to Exit 209A (Broadway-West End). Turn left and go west on Broadway. When Broadway splits, stay to the right to enter West End Avenue. Take West End Avenue past the university on the left, and turn left on 31st Avenue S. Turn left on 24th Avenue S then left onto Children's Way.



# DINING

## Andrew St. Marie

**Daddy's Dog's**  
 (425) 293-7839  
 andrew@daddysdogsnash.com

## Tod Roadarmel

**Bob's Steakhouse  
 - Omni Nashville**  
 (615) 782-5320  
 troadarmel@omnihotels.com

## Josh Davis

**IceCrown**  
 (615) 618-5554  
 josh@icecrown.biz

## Johnny Lawrence Central BBQ

(615) 610-3443  
 jlawrence@eatcbq.com

## Joe Massar Central Bar & Kitchen - Nashville Marriott

(615) 340-5137  
 joe.massar@whitelodging.com

## Todd Hunley Chick-fil-A of Rivergate

(615) 851-4007  
 todd.hunley@chick-fil-a.com

## Bryan Wolfe Community Coffee

(270) 980-0000  
 bwolfe@communitycoffee.com

## Chris Gardner King of Pops

(615) 732-9945  
 chris.gardner@kingofpops.com

## Kathy Cope Conecuh Sausage

(251) 578-3380  
 kathy@conecuhsausage.com

## Charli Johnson Moe's Southwest Grill

(615) 715-3483  
 moescateringcharli@gmail.com

## Michael Millican Pizza Perfect

(615) 329-2757  
 \*CALL ONLY

## Charles McConnell McConnell's Catering

(615) 227-6517  
 mcconnell@bellsouth.net

## Tabor Lucky Corner Pub/Catering

(773) 573-2398  
 Tabor@luckeyhospitality.com

## Dru Siske Cupcake Collection

(615) 244-2900  
 druscilla.francois@thecupcakecollection.com

## Amber Greer Kernels Nashville Popcorn

(615) 378-7674  
 aheater@kernelsnashville.com

## Fidela Werner

**Fox's Donut Den**  
 (615) 322-4467  
 fidela.werner@vanderbiltssportsproperties.com





# DINING (Cont.)

**Robert Wilder**  
San Antonio Taco Co.  
(615) 804-2098  
rwilder@thesatco.com

**Craig Baldwin**  
Zaxby's  
(615) 566-1151  
cbaldwin\_us@yahoo.com

**Kathy Cope**  
Conecuh Sausage  
(251) 578-3380  
kathy@conecuhsausage.com

**Courtney Gray**  
Slim & Husky's Pizza  
(615) 964-1685  
c.gray@slimandhuskys.com

**Green Hills Mgt.**  
Shake Shack  
(615) 610-6326  
ssmanagers-greenhills@shakeshack.com

**Tiff's Treats Cookies**  
Customer Service  
(404) 649-6291

**Catherine Spivey**  
White Limozeen - Graduate Hotel Rooftop  
(615) 497-2088  
cspivey@graduatenashville.com

**Scott Glidden**  
TriStar BBQ  
(931) 801-8223  
tristarbbq@gmail.com



# LODGING & TRANSPORTATION

**Catherine Spivey**

**Graduate Nashville Hotel**

615-497-2088

cspivey@graduatenashville.com

**Nancy Keiser**

**Holiday Inn Vanderbilt**

615-320-4855

nancy.keiser@ihg.com

**Jerry Bobo**

**Homewood Suites by Hilton**

615-516-6274

jerry.bobo@hilton.com

**Tod Roadarmel**

**OMNI Hotels and Resorts**

615-782-5320

troadarmel@omnihotels.com

**Jana Miller**

**Loews Vanderbilt Hotel**

615-321-1942

jmiller@loewshotels.com

**Joe Massar**

**Marriott at Vanderbilt**

615-340-5137

joe.massar@whitelodging.com



# QUESTIONNAIRE

Visiting Team: \_\_\_\_\_ Number in Party: \_\_\_\_

Method of Travel (Bus, Passenger Van, etc.) and # of vehicles:

\_\_\_\_\_

Number of Coaches & Administrators: \_\_\_\_\_

Anticipated Time of Arrival: \_\_\_\_\_ Date: \_\_\_\_\_

Team Hotel: \_\_\_\_\_ Phone: \_\_\_\_\_

## Practice Request

Time: \_\_\_\_\_ Date: \_\_\_\_\_ Phone: \_\_\_\_\_

Pre-Meet/Post-Meet Needs (Write Yes or No)

Ice: \_\_\_\_ Showers: \_\_\_\_

# of Women: \_\_\_\_ # of Men: \_\_\_\_

Anticipated Post-Meet Meal Deliveries: \_\_\_\_\_

Person Coordinating Travel: \_\_\_\_\_ Title: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Sport Administrator: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Sports Medicine: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

SID: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Additional Administrators/Media Travel: \_\_\_\_\_

\_\_\_\_\_

Additional Requirement or Information: \_\_\_\_\_

\_\_\_\_\_

