VISITOR’S GUIDE
2012-2013

Department of Intercollegiate Athletics
Sports Complex—Building 47
4200 Connecticut Ave., NW
Washington, DC 20008
Phone: (202) 274-5024
Fax: (202) 274-5065
Initially founded in 1851, the University of the District of Columbia has a rich history. Chartered in 1974, the University of the District of Columbia is the only fully-accredited public institution of higher education in the nation’s capital. As an urban land-grant university, it supports a broad mission of education, research and community service and offers bachelors and masters degrees in the College of Arts and Science; School of Business and Public Administration; School of Engineering and Applied Sciences; and College of Agriculture, Urban Sustainability and Environmental Studies. Also included in the university system is the David A. Clarke School of Law. In August 2009, the University of the District of Columbia inaugurated a new, stand-alone Community College which offers more than 20 associate degree and certificate programs as well as over 25 Workforce Development programs to prepare students for successful careers and academic advancement.

As the District’s alma mater, the University of the District of Columbia attracts students of every age from the Washington, DC region, the nation and the world—providing innovative, results-driven programs that enrich our city with educated, qualified students, ready to work and contribute to its overall prosperity and quality of life. More than 25 nations are represented in the student body. The University of the District of Columbia extends beyond its campus footprint, offering easy access to world-famous monuments, political intrigue and cultural attractions everywhere you look. An education here opens doors to opportunities that can only be found in the nation’s capital.
Directions to UDC Campus

From Washington, DC:
From Southeast/Southwest Washington- Take Pennsylvania Avenue West or South Capitol Street North to (I-395) Southwest Freeway-Follow the Southwest Freeway to the Maine Avenue exit- Follow Maine Avenue until it merges with Independence Avenue - Follow Independence Avenue to 17th Street, NW. – Turn right on 17th Street, NW and continue on 17th until it becomes Connecticut Avenue, NW. – Continue on Connecticut Avenue for approximately 5 miles to Van Ness Street, NW- Turn left on Van Ness Street, NW- The UDC Campus will be on the right-Turn right into parking garage entrance.

From Northwest Washington- Take Connecticut Avenue West to Van Ness Street, NW-Turn left on Van Ness Street, NW- The UDC Campus will be on your right. Turn right to enter the UDC parking garage.

From Northeast Washington- Take Michigan Avenue, NE to Irving Street, NW to Kenyon Street NW- Follow Kenyon Street, NW to Park Road, NW- Follow Park Road, NW until it bears right to become Tilden Street at a traffic light. Follow Tilden Street, NW to Connecticut Avenue, NW- Turn right on Connecticut Avenue, NW- Follow Connecticut Avenue, NW to Van Ness Street, NW- Turn left on to Van Ness Street, NW- the UDC Campus will be on your right-Turn right to enter the UDC parking garage.

From Maryland
From I-95- Take I-95 South to I-495 West, to the Connecticut Avenue South exit- Follow Connecticut Avenue South to Chevy Chase Circle- Go through Chevy Chase Circle to continue on Connecticut Avenue, NW- Follow Connecticut Avenue, NW to 4200 block to UDC Campus-Turn right on Van Ness Street, NW- Turn right to enter the UDC parking garage.

From I-270- Take I-270 to I-495 East, to Connecticut Avenue South exit- Follow Connecticut Avenue South to Chevy Chase Circle- Go through Chevy Chase Circle to continue on Connecticut Avenue, NW- Follow Connecticut Avenue, NW to 4200 block to UDC Campus- Turn right on Van Ness Street, NW- Turn right to enter the UDC parking garage.

From Northern Virginia West
From I-66- Take exit I-495 East, to Connecticut Avenue South exit- Follow Connecticut Avenue South to Chevy Chase Circle- Go through Chevy Chase Circle to continue on Connecticut Avenue, NW- Follow Connecticut Avenue, NW to 4200 block to UDC Campus- Turn right on Van Ness Street, NW- Turn right to enter the UDC parking garage.

From Northern Virginia South
From I-395 – Take I-395 north to 14th Street, NW in Washington, DC- Follow 14th Street, NW to I Street, NW- Turn left onto I Street, NW- Follow I Street, NW to 17th Street, NW- Turn right on 17th Street, NW and follow it until it becomes Connecticut Avenue, NW- Continue on Connecticut Avenue, NW for approximately 5 miles to Van Ness Street, NW- Turn left on Van Ness Street, NW- The UDC Campus will be on the right-Turn right into the UDC parking garage entrance.
VISITING TEAM BUS/VAN PARKING

Visiting team busses and vans should park in the area next to the tennis courts in the circle fronting building 46, off Windom Place, NW. Windom Place is located between Yuma Street and Veazey Terrace on the University side of Connecticut Avenue, NW. Please call University of the District of Columbia Police with any questions or for further parking instructions at (202) 274–5050.
Van Ness Campus Map

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Local Restaurants

Chadwicks Friendship Heights
5247 Wisconsin Avenue NW
Washington, DC 20015
(202)-362-8040

Tesoro
4400 Connecticut Avenue NW
Washington, DC 20008
Contact Ignazio at (202) 363-6766
(202) 363-5552 (fax)

Acacia Bistro Wine Bar
4340 Connecticut Avenue NW
Washington, DC 20008
Contact: Uzi Turker at 202-537-1040
acaciabistro.com or
resz@acaciabistro.com

Potbelly’s Sandwich Shop
4300 Connecticut Avenue NW
Washington, DC 20008
Contact: Yuri Waller – GM at 202-237-2892
Fax- 202-237-2985
Yuri.waller@potbelly.com

Listrani’s Ristorante Italiano
5100 MacArthur Blvd. NW
Washington, DC 20016
Contact: Jean Paul or Joel at 202-363-0630
Listranisgourmet@yahoo.com
Lodging

Days Inn Connecticut Ave
4400 Connecticut Ave. NW
Washington, DC 20008
Contact: Larry Van Wert
(202)-244-5600
Larry.VanWert@cwhotels.com

Courtyard Marriott
1325 2nd St. NE
Washington, DC 20002
(202) 898-4000
Contact: Eric Kincaid
(301) 807-3992
Eric.Kincaid@marriott.com

Double Tree by Hilton Hotel Bethesda
8120 Wisconsin Avenue
Bethesda MD 20814
Contact: Mike Murray
(301)664-7324
mmurray@doubletreebethesda.com

Holiday Inn Georgetown
2101 Wisconsin Ave., NW
Washington, DC 20007
Contact: Pable Holloway
(202) 338-3120 x7253
Dear Visiting Trainer,

On behalf of the University of the District of Columbia we would like to welcome you and your team to the campus of the University of the District of Columbia, home of the Firebirds. If you have any special requests, do not hesitate to contact the Head Athletic Trainer, Khalfani Sullivan.

University of the District of Columbia’s athletic training facility is located in building 47. The training room will be open to participating athletes two hours before a scheduled contest. A Certified Athletic Trainer (ATC) will be on site for every home varsity contest.

- Visiting teams should bring their own training supplies. None will be provided.
- Ice is available.
- A table is set up in the athletic training room for taping.
- Towels are not provided for the visiting team.

Head Athletic Trainer
Khalfani Sullivan
Facilities Information

Locker Room

Locker room facilities are only available in Building 47. Visiting teams need to bring their own towels and locks. The locker room will be secured during contests.

Practice Times

Visiting teams should contact Associate Director of Athletics for Internal Operations Mike Riley to schedule practice times or for more information: mriley@udc.edu or (202)274-5024.

University of the District of Columbia Gymnasium
The Sports Information Office serves as the primary contact for the media to obtain information about the athletic program at the University of the District of Columbia. The Office provides news releases, final game statistics, schedules, media guides and other printed resource materials in support of the Athletic program. The Sports Information Office also maintains the University's Official Athletic Web Site, and can be reached by telephone at (202) 274-5064, by FAX at (202) 274-5065, and by E-mail (eric.zedalis@udc.edu).

Requests for credentials should be made to the Sports Information Office at (202) 274-5064 at least 24 hours prior to each game. Credentials may be picked up prior to game day at the University of the District of Columbia Sports Information Office in the Sports Complex (bldg. 47), B-level, or at the ticket window immediately before the start of a game.

A limited number of parking passes are available. Due to limited parking on campus, a pass does not guarantee a parking space, but every effort will be made to accommodate the media.

Coaches and athletes are available for interviews. Please contact the Sports Information Office to schedule all interviews at least 24 hours in advance so that a mutually agreeable time can be arranged.

Game stories, schedules, results and other athletic related matters can be accessed through the official athletic site of the University of the District of Columbia, www.udcfirebirds.com, or the University’s web site at www.udc.edu (click on the athletic link).

Please follow Firebird Athletics:
Web: www.udcfirebirds.com
Twitter: UDCFirebirdfans
Facebook: UDC Athletics
Youtube: UDCAthletics1
### Local Media Outlets

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<tr>
<th>Newspapers</th>
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| Washington Post  
1150 15th Street, N.W.  
Washington, DC 20071  
(202) 334-7350  
FAX: (202) 334-7685 | WRC-TV (4)  
40001 Nebraska Avenue, N.W.  
Washington, DC 20016  
Tel: 202-885-4000  
Fax: 202-885-4002 | Radio One WOL (1450 AM)  
(Channel- 169 XM) |
| Washington Afro-American  
1612 14th Street, N.W.  
Washington, DC 20009-4307  
(202) 332-0080  
FAX: (202) 939-7461 | WUSA-TV (9)  
4100 Wisconsin Avenue, N.W.  
Washington, DC 20016  
Tel: (202) 895-5600  
FAX: (202) 363-6472 | WTEM Radio (980 AM)  
1801 Rockville Pike  
Rockville, MD 20852  
Tel: (301) 231-7798  
FAX: (301) 881-8025 |
| Washington Informer  
3117 Martin Luther King, Jr.  
Avenue, SE  
Washington, DC 20032  
(202) 561-4100 | WTTG-TV (5)  
5151 Wisconsin Avenue, N.W.  
Washington, DC 20016  
Tel: (202) 895-3026  
FAX: (202) 895-3010 | News Channel 8  
Glen Harris  
Sports Talk Show  
1100 Wilson Blvd.  
Arlington, VA 22209  
(703) 236-9499 |
| Associated Press  
2012 K Street, NW  
Washington, DC 20006  
(202) 641-9660  
FAX: (202) 776-9570 | WJLA-TV (7)  
1100 Wilson Blvd.  
Arlington, VA 22209  
Tel: (703) 236-9499  
FAX: (703) 236-9263 | |
| Northwest Current  
5185 MacArthur Blvd, NW  
Suite 102  
Washington, DC 20016  
(202)244-7223  
FAX: (202)363-9850 | | |
Staff Directory

Director of Athletics
Patricia A. Thomas
P: (202) 274-5024
E: pthomas@udc.edu

Associate Director of Athletics for Internal Operations
Mike Riley
P: (202) 274-5024
E: mriley@udc.edu

Associate Director of Athletics for Academic Support/ SWA
Kendra Greene
P: (202) 274-5396
E: kgreene@udc.edu

Associate Director of Athletics for Compliance
Joseph Lang
P: (202) 274-5024
E: jlong@udc.edu

Associate Director of Athletics for External Operations
Patrick Knapp
P: (202) 274-6794
E: pknapp@udc.edu

Associate Director of Athletics for Marketing and Communications
Matt Rienzo
P: (202) 274-6796
E: mrienz@udc.edu

Sports Information Director
Eric Zedalis
P: (202) 274-5064 (O)
(C) (202) 495-8845
E: eric.zedalis@udc.edu

Aquatics Director
Lauren Fuchs
P: (202) 274-5024
E:

Recreation/Facilities Manager
Robert "Butch" Cherry
P: (202) 274-6024
C: (202) 386-5458
E: rcherry@udc.edu

Staff Assistant
Onelta B. Gibbs
P: (202) 274-5368
E: ogibbs@udc.edu

Administrative Assistant
Sandra Smith
P: (202) 274-5095
E: ssmith@udc.edu

Faculty Athletics Representative
Dr. Thomas Bullock
P: (202) 274-6216
E: tbullock@udc.edu

Sports Medicine/Athletic Trainer
Khalfani Sullivan
P: (202) 274-6269
E: ksullivan@udc.edu
COACHING STAFF

Men's Basketball
Head Coach
Jeff Ruland
P: (202) 274-5083
E: jruland@udc.edu

Assistant Men's Basketball Coaches
Terrell Stokes
P: (202) 274-6352
E: tstokes@udc.edu

Anthony Iati
P: (202) 274-6352
E: aIati@udc.edu

Women's Basketball
Head Coach
Lester L. Butler, Jr.
P: (202) 274-5085
E: lbutler@udc.edu

Assistant Women's Basketball Coaches
Ronke Adedoyin
P: (202) 274- 5085
E:aadedoyin@udc.edu

Robin Williams
E:rwilliams@udc.edu
P: (202) 274- 5085

Men's & Women's Cross-Country
Head Coach Track & Field/Cross-Country
Alton McKenzie
P: (202) 274-5381
E: amckenzie@udc.edu

Men's Soccer
Head Coach
Matthew L. Thompson
P: (202)-274-5074
E: mlthompson@udc.edu

Men's & Women's Tennis
Head Coach
T. Richard “Dickie” Mahaffey, III
P: (202) 274-5966
E: tmahaffey@udc.edu

Women's Volleyball
Head Coach
Sheila Weaver
P: (202) 274-5762
E: sweaver@udc.edu
## Emergency Phone Numbers

<table>
<thead>
<tr>
<th>Service</th>
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<tbody>
<tr>
<td>Fire, Medical and Police</td>
<td>911</td>
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<tr>
<td>Metropolitan Police Department (Non-emergency)</td>
<td>202-727-4326</td>
</tr>
<tr>
<td>District of Columbia Fire Department (Non-emergency)</td>
<td>202-727-4326</td>
</tr>
<tr>
<td>UDC Campus Police</td>
<td>202-274-5050</td>
</tr>
<tr>
<td>UDC Athletic Trainer</td>
<td>202-274-6269</td>
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