

VISITING TEAM GUIDE



LINCOLN MEMORIAL
UNIVERSITY

2011-2012

WELCOME TO LINCOLN MEMORIAL UNIVERSITY

We welcome your visit and look forward to having you on campus for the upcoming season. Please feel free to contact any of us if we can serve you in any way. In the meantime, this guide gives you some general information to get you started. Again, we are happy and honored to have you.
The Railsplitter Staff

ATHLETIC STAFF DIRECTORY

Administration	Position	Phone
Roger Vannoy	Athletic Director	(423) 869-6241
Mike Smith	Associate AD & Compliance Officer	(423) 869-6239
Robin Susong	Athletic Administrative Assistant	(423) 869-6285
Rusty Peace	Sports Information Director	(423) 869-6236
Bill Porter	Assistant Sports Information Director	(423) 869-6376
Donny Grigsby	Head Athletic Trainer	(423) 869-6378
Melissa Hayes	Assistant Athletic Trainer	(423) 869-6826
Jack Mansfield	Faculty Athletics Representative	(423) 869-6322
Jenny Michael	Senior Women's Administrator	(423) 869-6246
Baseball	Position	Phone
Jeff Sziksai	Head Coach	(423) 869-6345
Ryan Schmalz	Assistant Coach	(423) 869-6344
M Basketball	Position	Phone
Josh Schertz	Head Coach	(423) 869-6240
Lance Egnatz	Assistant Coach	(423) 869-6346
Chris Cottrell	Assistant Coach	(423) 869-6346
W Basketball	Position	Phone
Roger Hodge	Head Coach	(423) 869-6224
Matt Acton	Assistant Coach	(423) 869-6343
M & W Cross Country	Position	Phone
Jeremy Donahue	Head Coach	(423) 869-7166
M & W Golf	Position	Phone
Travis Muncy	Head Coach	(423) 869-6383
Matt Ringley	Assistant Coach	(423) 869-6652
M & W Soccer	Position	Phone
Helio D'Anna	Head Coach	(423) 869-6245
Adriano Moraes	Assistant Coach	(423) 869-6340
Softball	Position	Phone
Dan Burns	Head Coach	(423) 869-6242
	Assistant Coach	(423) 869-7081
M & W Tennis	Position	Phone
Benny Collins	Head Coach	(423) 869-6399
Volleyball	Position	Phone
Jenny Michael	Head Coach	(423) 869-6246
Cheer/Dance	Position	Phone
Marcia Yeary-Hembree	Head Coach	(423) 869-6451

DIRECTIONS

Physical Address: 6965 Cumberland Gap Parkway – Harrogate, TN 37752
Main Phone Number – 1.800.325.0900

From McGhee-Tyson Airport (Knoxville, TN)

From McGhee-Tyson Airport, take Highway 129 North (Alcoa Highway) towards Knoxville, TN. After approximately 14 miles, you will reach I-40. Take the I-40 west ramp toward Nashville/Chattanooga. Take the I-75 North/I-640 East exit, exit number 385, towards Lexington, KY. Merge onto I-75 North. Take I-640 East toward Asheville. After 2.7 miles, take the US-441/Broadway exit, exit number 6. Turn left onto Broadway (be careful not to take the very first left off the exit, which is “Old Broadway,” but the second left which is Broadway.) Broadway becomes highway TN-33. After about 40 miles, Broadway will reach Tazewell, TN. In Tazewell, stay straight and TN-33 will become US-25E. Stay on US-25E, and go approximately 13 miles to Harrogate, TN. In Harrogate, the entrance to LMU is on the left.

From I-81 (coming from the Northeast)

From Interstate 81, take exit 8 (Morristown, TN exit), and take US-25E North to Tazewell, TN. Turn right at the traffic light in Tazewell (you will stay on US-25E North). Go approximately 13 miles to Harrogate, TN. In Harrogate, the entrance to LMU is on the left.

From I-40 (coming from the West)

Take Interstate 40 to Knoxville, TN. In Knoxville, take the I-75 North/I-640 East exit, exit number 385, towards Lexington, KY. After 2.9 miles, merge onto I-75 North. After about 3 miles, take I-640 East toward Asheville. Merge onto I-640 East. After 2.7 miles, take the US-441/Broadway exit, exit number 6. Turn left onto Broadway (be careful not to take the very first left off the exit, which is “Old Broadway,” but the second left which is Broadway.) Broadway becomes highway TN-33. After about 40 miles, you will reach Tazewell, TN. In Tazewell, stay straight and TN-33 will become US-25E. Stay on US-25E, and go 13 miles to Harrogate, TN. In Harrogate, the entrance to LMU is on the left.

From I-40 (coming from the North)

Going on I-75 South, take exit 29 (the first Corbin, KY exit). Take US-25E east approximately 45 miles to Harrogate, TN. Once you pass through the Cumberland Gap Tunnel, the entrance to LMU is on the left.

From I-75 (coming from the South)

Take I-75 North to Knoxville, TN. In Knoxville, take the I-640 East/I-75 North exit, exit number 385, towards Lexington. After 2.9 miles, take I-640 East towards Asheville. After 2.7 miles, take the US-441/Broadway exit, exit number 6. Turn left onto Broadway (be careful not to take the very first left off the exit, which is “Old Broadway,” but the second left which is Broadway.) Broadway becomes highway TN-33. After about 40 miles, you will reach Tazewell, TN. In Tazewell, stay straight and TN-33 will become US-25E. Stay on US-25E, and go 13 miles to Harrogate, TN. In Harrogate, the entrance to LMU is on the left.

From I-75 (coming from Scott or Anderson Counties)

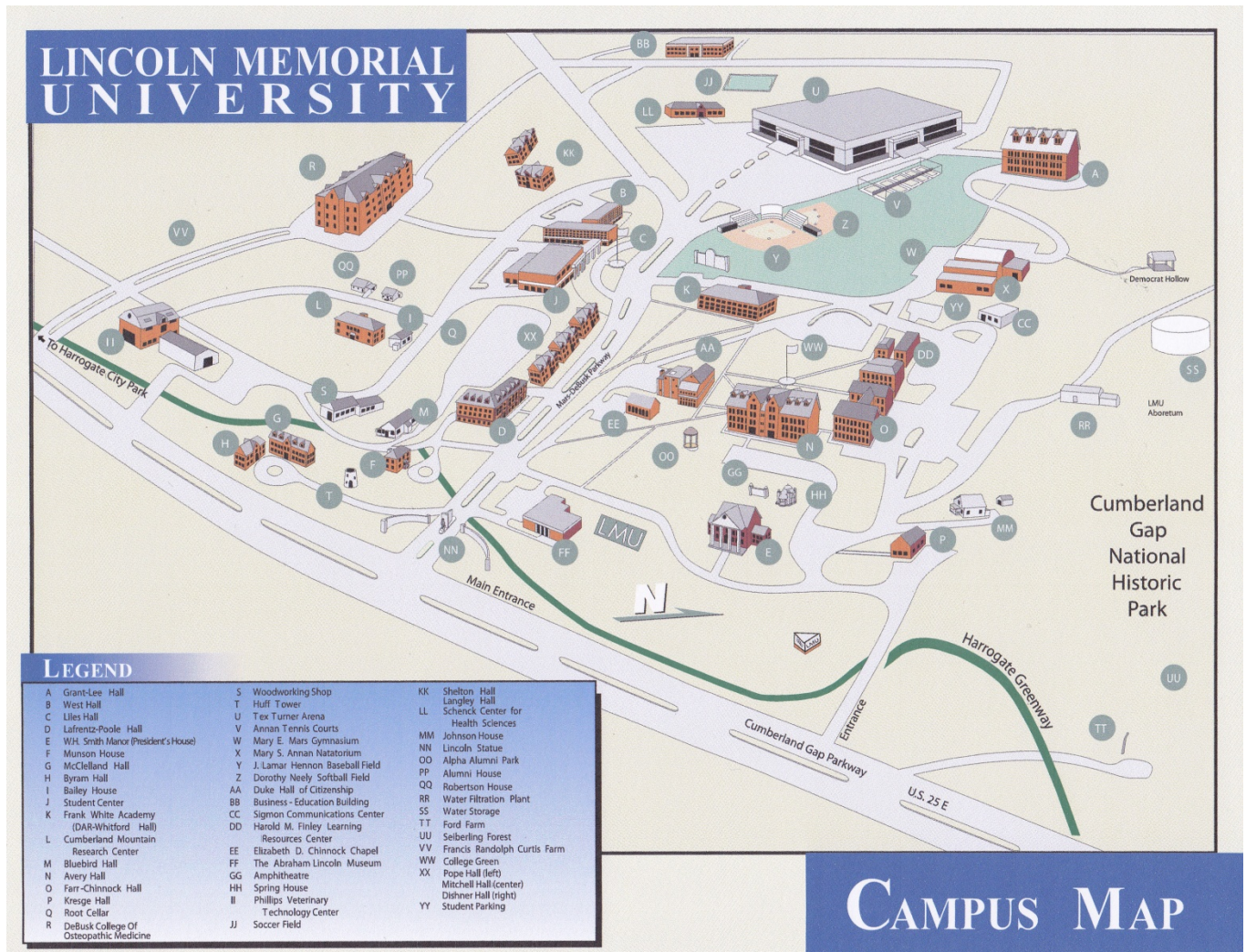
Going on I-75 North or South, take exit 134 (Lafollette/Caryville/Jacksboro exit). This will be highway 63. Go east on highway 63 approximately 35 miles to Harrogate, TN. At the junctions of highway 63 and the Cumberland Gap Parkway (highway 25E), make a left onto highway 25E. College is on the left.

CAMPUS MAP

Unless instructed differently, please drive to the Tex Turner Arena ("U" on the map below) and park in the front parking lot. Contact the appropriate coach who will direct you to your point of destination on campus.

The main Athletic Training Room is located in the lower level at the back of the Tex Turner Arena.

The LMU Security office is located in the upper level at the front of the Tex Turner arena. To call an officer, please dial 423.526.7911.



LOCKER ROOMS

All locker room requests should be made through the head coach or by contacting the Administrative Assistant Robin Susong at 423.869.6285 or robin.susong@lmunet.edu

ATHLETIC TRAINING

The Athletic Training Staff would like to take this opportunity to welcome you to our campus. If we may be of any help to you or your team, please don't hesitate to ask us. Below you will find useful information. We look forward to your visit. See you on the court or at the field!

The Athletic Training Room is located on the lower concourse of Tex Turner Arena. The Athletic Training Room will be open approximately 2 hours prior to game time. The Railsplitter staff will be available to cover any pre-contest taping. Please have your team bring their own supplies. **A letter from a Certified Athletic Trainer or Physician is required for any ultrasound or electrical stimulation treatments. No bench or shower towels will be provided.**

Title	Name	Phone	E-Mail
Head Athletic Trainer	Donny Grigsby	(O) 423.869.6378 (C) 606-269-3166	donald.grigsby@lmunet.edu
Assistant Athletic Trainer	Melissa Hayes	(O) 423.869.6826	melissa.hayes@lmunet.edu

Items available to your team:

On Field/Court:

- Injury ice with bags
- Water
- Cups
- Crutches
- Immobilizers
- Biohazard containers
- AED

In Athletic Training Room:

- Ultrasound
- Electrical Stimulation
- Moist Heat Packs
- Paraffin Bath
- Ice Massage
- Intermittent Compression
- Whirlpools
- Rehab equipment

Local Hospitals:

Middlesboro Appalachian Regional Hospital - 606-242-1100 - Middlesboro, KY
Claiborne County Hospital - 423-626-4211 - Tazewell, TN

AREA HOTELS

Below are the recommended hotels. All are within 5-10 minute drive from the school campus.

Holiday Inn Express	-	606-248-6860	-	Middlesboro, KY
Sleep Inn	-	606-576-7523	-	Middlesboro, KY
Downtown Inn & Suites	-	606-248-5630	-	Middlesboro, KY

AREA RESTAURANTS

Burger King	-	606-248-5002	-	Middlesboro, KY
Chinatown Cafe'	-	606-248-2356	-	Middlesboro, KY
Gondolier Italian Restaurant	-	423-869-8001	-	Harrogate, TN
Hardee's	-	423-869-5412	-	Harrogate, TN
Haymaker Farms Restaurant	-	423-869-4771	-	Harrogate, TN
J. Milton's Steak House	-	606-248-0458	-	Middlesboro, KY
Kentucky Fried Chicken	-	606-248-3484	-	Middlesboro, KY
La Esperanza Mexican Restaurant	-	606-248-9252	-	Middlesboro, KY
McDonald's	-	606-248-5945	-	Middlesboro, KY
New China Express	-	606-248-5000	-	Middlesboro, KY
New King Buffet	-	606-248-7666	-	Middlesboro, KY
Oasis Pizza	-	423-869-8000	-	Harrogate, TN
Papa John's Pizza	-	606-248-7272	-	Middlesboro, KY
Pelancho's Mexican Food	-	606-248-0303	-	Middlesboro, KY
Pizza Hut	-	606-248-7338	-	Middlesboro, KY
Ryan's	-	606-242-9200	-	Middlesboro, KY
Subway	-	423-869-7827	-	Harrogate, TN
Subway	-	606-248-5464	-	Middlesboro, KY
Webb's Country Kitchen	-	423-869-5877	-	Harrogate, TN
Wendy's	-	606-248-4392	-	Middlesboro, KY

PLACES OF INTEREST / THINGS TO DO IN THE AREA

- **Abraham Lincoln Library & Museum** – On the LMU campus – One of the world’s largest Lincoln Collections
- **Cumberland Gap National Historical Park** – Minutes north of campus – Historic Cumberland Gap, Civil War earthworks/forts, hiking, camping, picnicking
- **Pine Mountain State Park** – Pineville, KY – 20 minutes from campus – Hiking, camping, picnicking, scenic views
- **Wilderness Road State Park** – Ewing, VA – 15 minutes from campus – Hiking/biking/horseback riding, picnicking, Replica of historic Martin’s Station Fort
- **Great Smoky Mountains National Park** – 1.5 hours South of campus - Most visited National Park in nation - Hiking, camping, picnicking, fishing, scenic views
- **Cumberland Falls State Park** – 1 hour WNW of campus – Massive 60 foot waterfall on the Cumberland River creates a moonbow on clear nights when there is a full moon - Hiking, camping, picnicking, fishing, scenic views
- **Big South Fork National River & Recreation Area** – 1.5 hours West of campus - Hiking/biking/horseback riding, camping, fishing, whitewater rafting, scenic views, scenic railway, historic sites
- **Other Natural Areas** – Three National Forests and several other state parks located with 2 hours of campus
- **Birthplace of Kentucky Fried Chicken** – 1 hour NW of campus in Corbin, KY – Restaurant & museum at location of Sanders Café, where Harland Sanders created the KFC recipe
- **On the Water** – Norris Lake, Cherokee Lake, Douglas Lake, Martins Fork Lake, Laurel River Lake, Melton Hill Lake, Fort Loudoun Lake and Lake Cumberland are all within 2 hours of campus. Lakes and nearby Powell, Clinch, Holston, French Broad and Cumberland Rivers all offer good opportunities for fishing.
- **Festivities** – Cumberland Mountain Fall Festival (Middlesboro, KY), Kentucky Mountain Laurel Festival (Pineville, KY), Raid at Martin’s Station (Ewing, VA), Dogwood Arts Festival (Knoxville)
- **Golf** – Several courses within 1 hour of campus including Middlesborough Country Club, Wasioto Winds Golf Course, Cedar Hills Country Club, Three Ridges Golf Course, Clinch View Country Club and Woodlake Golf Course
- **NASCAR/NHRA Racing** – Bristol Motor Speedway/Dragway is less than two hours East of campus.
- **Other sports** – Tennessee Smokies (Class AA Chicago Cubs affiliate) – just east of Knoxville on I-40, MLB Appalachian League affiliates are nearby in Kingsport, Bristol, Johnson City, Elizabethton and Greeneville, Knoxville also has minor league hockey
- **Knoxville, Tennessee** – 1 hour SSW of campus. University of Tennessee athletics, two shopping malls, numerous other restaurants and stores
- **Recreation/Shopping** – All within 2 hours of campus Pigeon Forge (TN) and Gatlinburg (TN) Middlesboro (KY), Morristown (TN), Corbin (KY), London (KY), Tri-Cities (Kingsport, Bristol (TN/VA) and Johnson City, TN). Numerous attractions including Dollywood, Ripley’s Aquarium of the Smokies and the Titanic Museum.