

University of Maine at Farmington Athletics Department Visiting Team Guide

Personnel

Director of Athletics, Fitness and Recreation	Julie Davis	(207) 778-7264 jadavis@maine.edu
Assistant Athletics Director/Men's Soccer/ Women's Basketball	Jamie Beaudoin	(207) 778-8168 jbeaudoin@maine.edu
Assistant Athletics Director/Field Hockey	Cyndi Pratt	(207) 778-7140 cynthia.pratt@maine.edu
Men's Basketball/Baseball	Dick Meader	(207) 778-7148 meader@maine.edu
Women's Soccer/Softball	Robert Leib	(207) 778-7144 rleib@maine.edu
Administrative Assistant	Wendy Allen	(207) 778-7147 browning@maine.edu
Athletic Trainer	Karin Krzal	(207) 778-7064 karin.krzal@maine.edu
Sports Information Director	Marc Meyers	(207) 778-7535 umfsportsinfo@maine.edu
Men's Cross Country	Arvid Cullenberg	(207) 778-7567 arvid.cullenberg@maine.edu
Women's Cross Country	Katie Herbine	(207) 778-7529/8153 katie.herbine@maine.edu
Men's and Women's Golf	Bob Timmins	(207) 778-7566 robert.timmins@maine.edu
Women's Volleyball	Sara Thurston	(207) 778-7143 sara.haney@maine.edu
Skiing	Harry Ricker	(207) 754-3455 harry.ricker@maine.edu

Sports medicine:

- The athletic training room is located downstairs in Dearborn Gymnasium. The athletic training room will be open 90 minutes prior to the competition.
- The athletic trainer is happy to help your team; however, they should travel with a stocked kit including any tape necessary.
- We do have a whirlpool, hydrocollator, ice, and ultrasound/estim unit. If requesting either ultrasound or estim treatments please attach a doctor's prescription.
- Water and ice will be provided by UMF.
- The athletic trainer will be in attendance for home competitions. If two games are being run simultaneously an EMT may be covering a competition.
- Please contact athletic trainer in advance if there are any special situations in regards to an athlete.

For more information, visit <http://athletics.umf.maine.edu> or call (207) 778-7147

Lodging:

In Farmington:

Colonial Valley Motel	(207) 778-3391
Farmington Motel	(207) 778-4680
Mount Blue Motel	(207) 778-6004

In Wilton: (15 minutes)

Whispering Pines Motel	(207) 645-3721
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Other hotels and motels available in Augusta and Waterville (40 minutes)

Meals:

In Farmington:

Subway	(207) 778-4050
Farmington House of Pizza	(207) 778-6867
Arkay Pizza	(207) 778-3944

McDonald's, Burger King, KFC/Taco Bell, Pizza Hut within five-minute drive. Also nearby, Hannaford Supermarket and Super Wal-Mart.

For more information on the Farmington area, visit <http://www.farmington.edu/about/area.php>.