



# VISITING TEAM GUIDE

# CONTENTS

- **Welcome Pg.3**
- **Map of Burlington, VT Pg.4**
- **Recreation Facilities Pg.5**
- **Map of Recreation Facilities Pg.6**
- **Directions Pg.7**
- **Club Sports Teams Pg.8**
- **Hotels Pg.10**
- **Hospital/Medical Centers Pg.11**
- **Restaurants in the Area Pg.12**
- **Map of Local Restaurants Pg.13**
- **Local Attractions Pg.14**
- **Liability Pg.15**

# Welcome

- On behalf of UVM Club Sports I want to welcome you to Burlington, VT. Our program is 60 clubs strong and boasts 1,800 participants. We are very pleased to have you come to town and partake in your sport with us. This guide hopefully contains some helpful information as you venture up. If you have any questions please do not hesitate to be in touch with us.

Sincerely,

Leon Lifschutz

Club Sports Coordinator

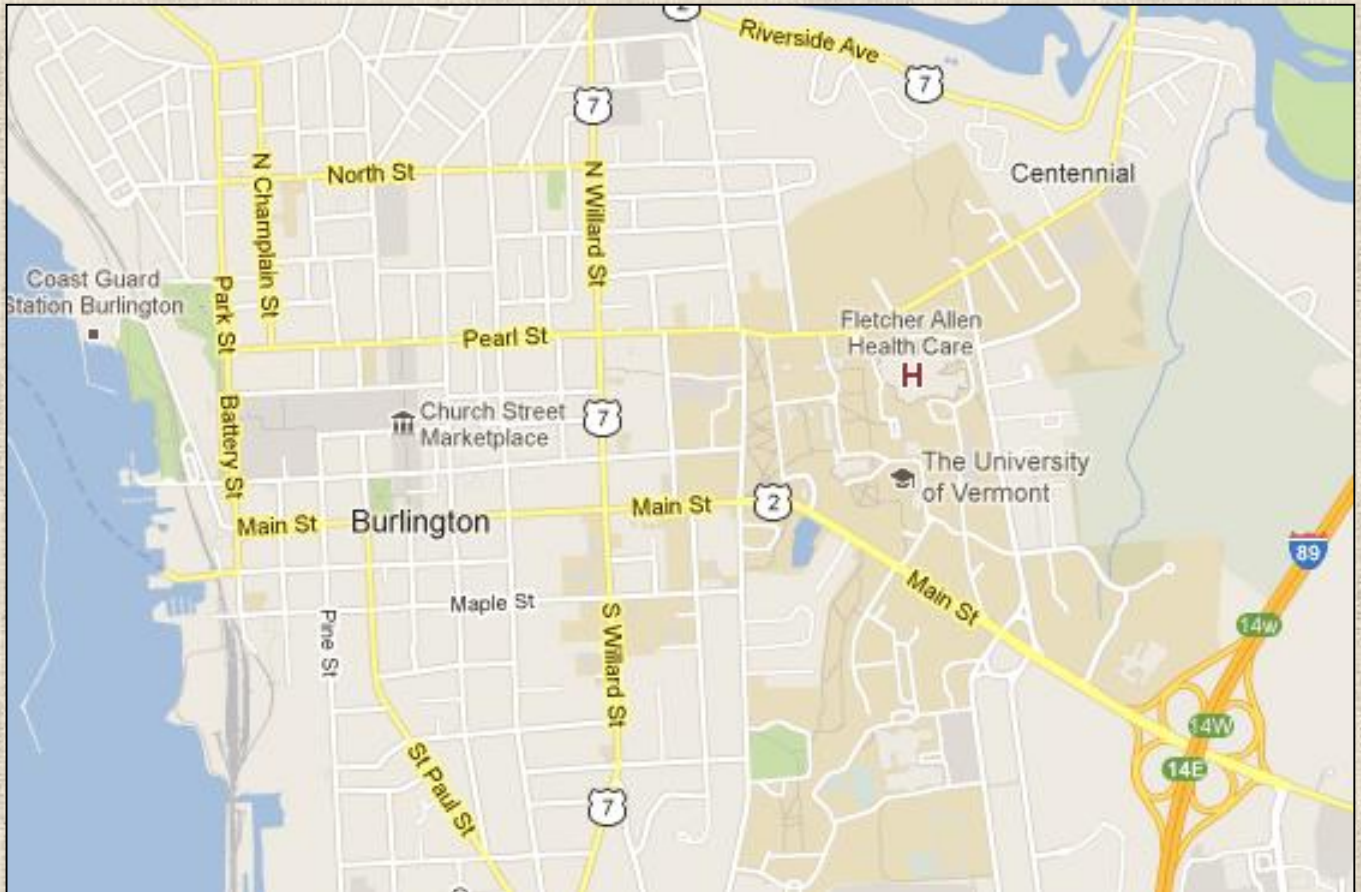
[llifschu@uvm.edu](mailto:llifschu@uvm.edu)

(802) 656-8723

[www.uvm.edu/clubsports](http://www.uvm.edu/clubsports)



## Map of Burlington, VT surrounding the University of Vermont



Students often say that when it comes to Burlington, it was love at first sight. Burlington is one of America's most beautiful and liveliest small cities (population: 40,000), and it charms with its proximity to Vermont's idyllic countryside. Burlington is revered for its arts, healthy lifestyle, outdoor fun and safety. **Burlington** was named the "Best of the Best" places to live (top 5 of their "50 Best Places to Live,") by Men's Journal Magazine.

# About University of Vermont Campus Recreation



- The Patrick-Forbush-Gutterson Athletic Complex (PFG for short) is a shared facility that serves Varsity Athletics, Physical Education, and Campus Recreation. This 303,000 square foot facility provides the University community with ample opportunities to satisfy their recreational needs.
- Facilities available are :
  - 6 Basketball/Volleyball
  - 3 Indoor Tennis Courts
  - Multipurpose turf field
  - 7 Racquetball Courts
  - 2 Squash Courts
  - 4 lane Indoor Running Track (1/10 mile)
  - 3 lane Suspended Running Track (1/8 mile)
  - 6 lane, 25 yard Pool with 1m & 3m Diving Boards
  - Fitness Centre with over 110 pieces of exercise equipment 4
  - 6 cardiovascular exercises machines
  - Over 5,000 square foot Group Exercise Space
  - 26' 9" high Climbing Wall
  - Men's and Women's Locker Rooms
  - Map of the Facility: <https://bit.ly/2lbR1q8>



# Map of Campus Recreation Facilities

## BUILDING MAP

You are in lobby of Patrick Gym,  
the main level of this complex.

### MAIN LEVEL

- A** Patrick Gym Lobby
- B** Patrick Gym
- C** Campus Rec Studio
- D** Indoor Turf & Tennis Courts
- E** Athletic Medicine
- F** Patrick Classrooms (117 & 118)
- G** Athletic Administration
- H** Bostwick Room
- I** Athletic Performance

### UPPER LEVEL

- J** Patrick Multipurpose (217)
- K** Ticket Office, Victory Club, CatamountTV

### LOWER LEVEL

- L** Gutterson Multipurpose (217)
- M** Hall of Fame Room
- N** Squash Courts
- O** Equipment Room
- P** Racquetball Courts (*two locations*)
- Q** Forbush Multipurpose Room
- R** FitZone
- S** Track & Basketball Courts
- T** Personal Training Office
- U** Fitness Center Front Desk
- V** Fitness Center
- W** Climbing Wall
- X** Pool
- Y** Gutterson Ice Rink
- Z** Bouldering Wall

STAIRS

ELEVATOR

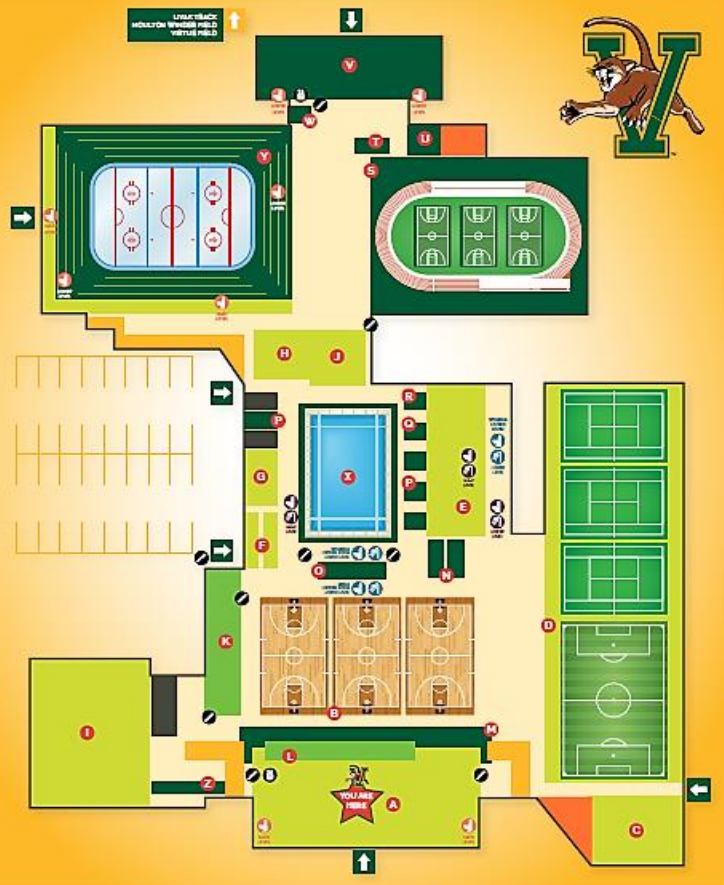
ENTRANCE

RESTROOM

LOCKER ROOM

SINGLE OCCUPANCY LOCKER ROOM

[www.uvmathletics.com](http://www.uvmathletics.com) | [www.uvmcampusrec.com](http://www.uvmcampusrec.com)



# Directions to Recreation Facilities

## Directions to PFG Facility, Virtue field, Moulton Winder Field, and Track:

**From I-89:** Take Exit 14W into Burlington. Stay in far-right lane. Just past Sheraton and stop light, bear right at East Avenue/Spear Street exit, in lane for Spear Street. Take immediate left around jug handle, go through traffic light, which will take you onto Spear Street. Drive approximately 1/2 mile to second Patrick Gym entrance on right.

**From Route 7 North:** Follow Route 7 North from Shelburne. Just past Denny's Restaurant and just before reaching Burlington, take 189 East. Travel approximately one mile to I-89 North. Continue using directions as above, from I-89 (Exit 14W is the second exit upon entering I-89 North).

## Directions to Centennial Field:

**From I-89:** Take Exit 14W into Burlington. Stay in far-right lane. Just past Sheraton and stop light, bear right at East Avenue/Spear Street exit, onto East Avenue. After a 1/2 mile, make a right onto University Road (approximately 100 yards before traffic light). University Road will take you to Centennial Field.

## Other Facilities:

Our club Sports play at many other facilities around the local community. Please contact them directly for directions to other locations.



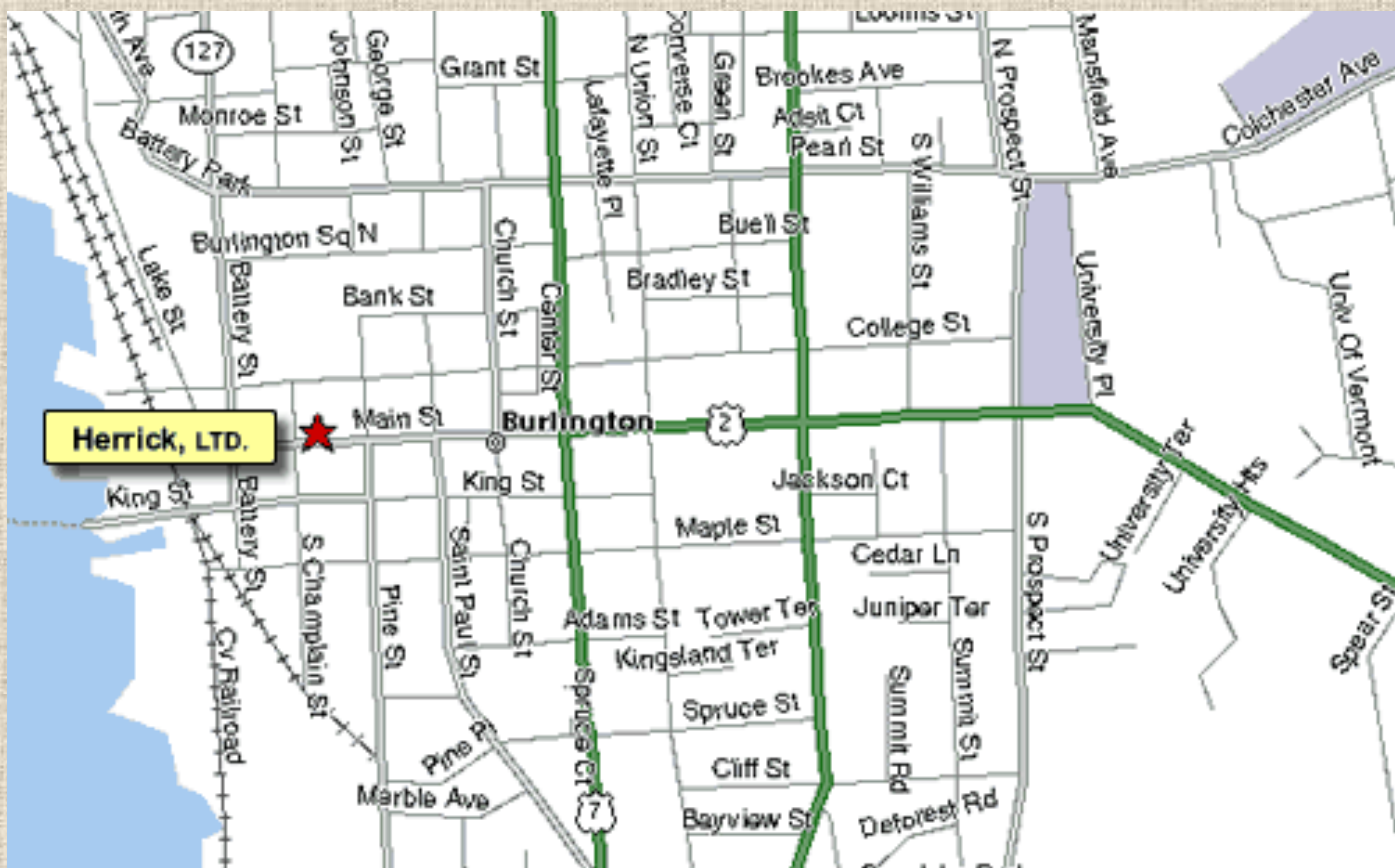
# Club Sports Teams

AcroYoga	Golf	SASS
Aikido	Gymnastics	Shooting Sports
Alpine Skiing	Hoop Dancing	Snowboard
Badminton	Jaazba -	Softball
Ballet Viridis	BollyWood	Squash
Baseball	Dance	Swim
BJJ	Kayak	Tennis
Catamount Dance	Mens	TKD
Crew	Basketball	Triathalon
Celtic Cats	Men's Hockey	UVM Dance Team
Cheer	Men's Lacrosse	Water Polo
Crew	Men's Rugby	Womens
Cycling	Men's Soccer	Basketball
(UVM) Dance Team	Mens Ultimate	Women's Hockey
Diving	Mens Volleyball	Womens Lacrosse
Dressage	Nordic Ski	Women's Rugby
Disc Golf	Olympic	Women's Soccer
Equestrian	Weight Lifting	Womens Ultimate
Fencing	Orchesis	Womens
Field Hockey	Quidditch	Volleyball
Figure Skating	Roller Hockey	Woodsmen
Football	Running	Wrestling
Freestyle Ski	Sailing	

For each club's contact info: <https://bit.ly/2Gmaxni>



# General Map of Burlington Downtown



# Hotels

- **Fairfield Inn**
  - **2844 St George Rd, Williston, VT 05495**
  - **(802) 879-8999**
  - [marriott.com](http://marriott.com)
  - **Discounted Price**
- **Hilton, Burlington**
  - 60 Battery Street, Burlington, VT Burlington Town Center
  - (802) 658-6500
  - [hilton.com](http://hilton.com)
- **Courtyard Burlington Harbor**
  - 25 Cherry Street, Burlington, VT Burlington Town Center
  - (802) 864-4700
  - [marriott.com](http://marriott.com)
- **Lang House Bed and Breakfast**
  - 360 Main Street, Burlington, VT
  - (802) 652-2500
  - [langhouse.com](http://langhouse.com)
- **Trader Dukes**
  - 1117 Williston Rd, South Burlington, VT (802) 651-8710
  - 802-658-0250
  - [traderdukeshotel.com](http://traderdukeshotel.com)
- **Sheraton Burlington**
  - 870 Williston Road, Burlington, VT 05403
  - [www.sheraton.com/Burlington](http://www.sheraton.com/Burlington)
- **Sunset House Bed & Breakfast**
  - 78 Main Street, Burlington, VT
  - (802) 864-3790
  - [sunsethousebb.com](http://sunsethousebb.com)
- **Willard Street Bed And Breakfast Inn**
  - 349 South Willard Street, Burlington, VT
  - (802) 651-8710
  - [willardstreetinn.com](http://willardstreetinn.com)
- **Ethan Allen Motel**
  - 1611 Williston Road, Burlington, VT 05403
  - (802) 863-4573
  - [www.ethanallenmotel.com/](http://www.ethanallenmotel.com/)

# Hospitals/Medical Centres

- **UVM Medical Center**
  - 111 Colchester Avenue, Burlington, VT
  - (802) 847-0000
  - [uvmhealth.org](http://uvmhealth.org)
- **UVM Rescue**
  - 284 East Ave., Burlington, VT
  - (802) 656-3473
- **UVM Student Health Center**
  - 425 Pearl Street, Burlington, VT
  - (802) 656-3350

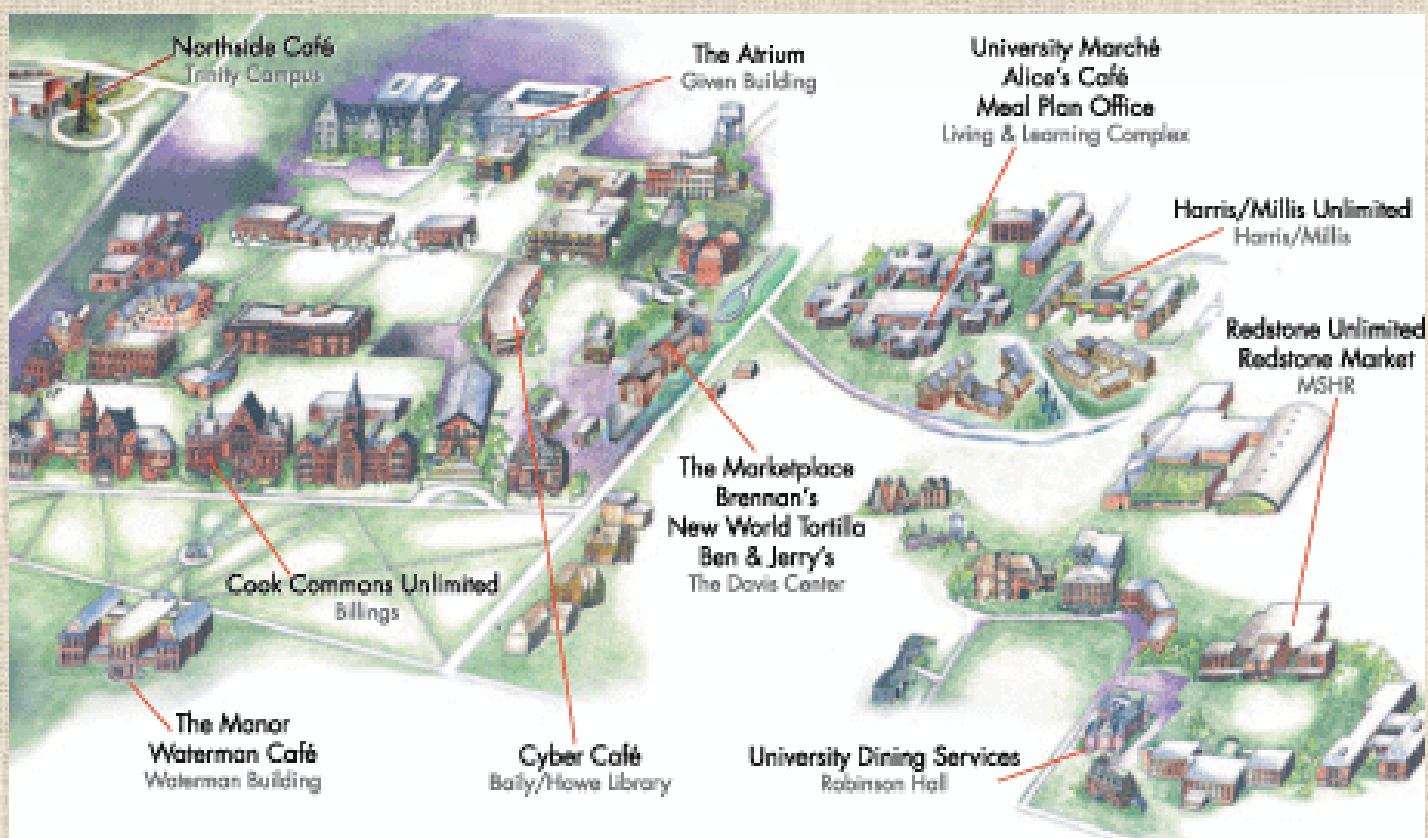


# Restaurants in the Area

Below are a list of restaurants all within walking distance from campus, some of you have heard of and some local gems

- **Chicken Charlie's**  
1160 Williston rd.,  
S. Burlington, VT  
(802) 862-1211
- **Vermont Pub & Brewery**  
144 College Street,  
Burlington, VT  
(802) 865-0500  
[vermontbrewery.com](http://vermontbrewery.com)
- **American Flatbread**  
115 Saint Paul Street,  
Burlington, VT  
(802) 861-2999  
[americanflatbread.com](http://americanflatbread.com)
- **The Farmhouse Tap & Grill**  
160 Bank Street,  
Burlington, VT  
(802) 859-0888  
[farmhousetg.com](http://farmhousetg.com)
- **Asiana Noodle Shop**  
88 Church Street,  
Burlington, VT  
(802) 862-8828 ·  
[asiananoodleshop.com](http://asiananoodleshop.com)
- **Moe's Southwest**  
1150 Williston rd,  
S. Burlington, VT  
(802) 660-4900
- **Penny Cluse Cafe**  
169 Cherry Street,  
Burlington, VT  
(802) 651-8834  
[pennycluse.com](http://pennycluse.com)
- **Applebees**  
155 Dorset St.,  
S. Burlington, VT  
(802) 862-2818
- **Skinny Pancake**  
60 Lake Street,  
Burlington, VT  
(802) 540-0188  
[skinnypancake.com](http://skinnypancake.com)
- **Nectar's**  
188 Main Street,  
Burlington, VT  
(802) 658-4771 ·  
[liveatnectars.com](http://liveatnectars.com)

# Restaurants on Campus



# Local Attractions

- **Church Street Marketplace**
  - 2 Church Street  
Burlington, VT
  - (802) 863-1648
- **ECHO Lake Aquarium and Science Center**
  - 1 College Street  
Burlington, VT
  - (802) 864-1848
  - [www.echovermont.org/](http://www.echovermont.org/)
- **University of Vermont: Fleming Museum**
  - 61 Colchester Avenue  
Burlington, VT
  - (802) 656-0750
- **Flynn Centre for Performing Arts**
  - 153 Main Street  
Burlington, VT
  - (802) 652-4500
- **Higher Ground**
  - 1214 Williston Road  
South Burlington, VT 05403
  - (802) 652-0777
- **Ben & Jerry's - Ice Cream Factory Tour**
  - 1281 Waterbury - Stowe Rd.  
Waterbury, VT 05676
  - (802) 882-2047
- **Water Front Park**
  - Lake St., Burlington, VT



# Liability

- UVM takes the health and well being of our club sports athletes and visiting athletes very seriously. For most medium and high risk competitions an Athletic Trainer will be provided. In the case of an injury we will do our best to provide the support needed for any athlete. Having said that, sports carry inherent risk and we take no responsibility for injury incurred by visiting athletes.
- The University carries Liability insurance in the amount of 1 million dollars. A certificate of insurance is available upon request.
- Please be sure to see the section noting the locations of the UVM Medical Center which is conveniently located on campus. UVM Rescue is also located on campus.
- First Aid Kits and AEDs are available at most, but not all sites.