SPORT CLUB
Visiting Guide
The Sport Club department would like to welcome you to the University of New Hampshire. It’s our hope that this guide is useful and helpful for the entirety of your stay here in Wildcat Country.
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**Sandwich Co.**

**Any Questions?**

**Sport Club Staff**

- **Club Member/Coach**
- **Spectator**

Who to ask:
- UNH Club Student Leader/Coach
- Sport Club Supervisor

If any other issue arises, our staff is here to assist you

<table>
<thead>
<tr>
<th>Name</th>
<th>Title</th>
<th>Phone</th>
<th>Email</th>
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<tbody>
<tr>
<td>Stacey Hall, Ph.D.</td>
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<td>Front Desk Supervisor</td>
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Facilities

Bremner Field

Function: Athletic programs, Campus Recreation programs, student activity

Hours: Monday–Friday 6:00am–12:30am (with lights). Saturday/Sunday, all day when available

Memorial Field

Function: Athletic programs, Campus Recreation and other student activities

Hours: Monday–Friday: 6:00am–12:30am (with lights). Saturday/Sunday, all day when available

Student Recreation Field

Function: Campus Recreation Sport Club and Intramural programs, summer programs and other student activities

Hours: Monday–Friday: 6:00–12:30am (with lights). Saturday/Sunday – all day when available
Facilities (Cont.)

Whittemore Center Arena

*Function:* Olympic-sized hockey arena used for Athletics, Club teams, and special events
*Amenities:* Skybox Lounge – Lounge located above the Whittemore Center Area. (Managed by the Campus Rec Reservation System)

Hamel Recreation Center

*Features:*
- 3 Basketball Courts
- 2 Multipurpose Courts
- 2 Studios
- 2 Classrooms/Meeting Rooms

- **FOOD, SUNFLOWER SEEDS, and GUM** are *not allowed* on artificial turf playing areas and on the upper courts of the Hamel Recreation Center. There are designated areas for individuals to eat/drink while inside the Hamel Recreation Center.
- The University of New Hampshire *prohibits* the use of **alcoholic beverages**, and **tobacco** use at any of these locations.
- UNH Sport Club Staff have the final-decision making authority regarding behavior not covered – It is expected that both club members and spectators will abide by these terms. A lack of regard for these policies may result in an individual being asked to leave.

The University of New Hampshire thanks you for abiding by these terms. If any questions arise feel free to contact: 603–862–2031 (UNH, Department of Campus Recreation)
UNH is located off US Route 4 in Durham, NH

From Boston/Hampton:

1. Take I-95 North to Exit 4 (“NH Lakes and Mountains, Spaulding Turnpike)
2. Continue to Exit 6W and follow Route 4 past the UNH /Durham Route 108 Exit.
3. Exit at Route 115A and turn left towards Durham.
4. Follow 115A through a short stretch of fields to UNH Campus.
5. The Whittemore Center will be on your left, continue over the bridge and Cowell Stadium/Bremner Field/ Student Recreation fields will be on your right.
Local Hospitals

**Wentworth-Douglass Hospital:**

Dover, NH  
*Phone: 603-742-5252*

1. Travel **North** on Main Street through campus and town.  
2. Follow **RT 108** into Dover. Take a **RIGHT** after the Burger King onto **RT. 16 North** (Spaulding Turnpike).  
3. Get off the Spaulding Turnpike at **Exit 9**, veer **RIGHT** at the end of the ramp, and take a **RIGHT** at the first set of lights.  
4. Go **STRAIGHT** through Downtown Dover until you see the hospital on the **LEFT**.

**Portsmouth Regional Hospital:**

Portsmouth, NH  
*Phone: 603-436-5110*

**Traveling North:**

1. Take **I–95 North** to **EXIT 3**, the first Portsmouth exit.  
2. Turn **RIGHT** onto **Route 33 eastbound**. Proceed about 600 feet to the traffic light and take a **LEFT**.  
3. The road veers to the right and becomes **Borthwick Avenue**.  
4. Following Borthwick Avenue to Portsmouth Regional Hospital on the **LEFT**.

**Traveling South:**

1. Take **I–95 South** to **EXIT 3**, the last Portsmouth exit.  
2. Turn **RIGHT** onto **Route 33 eastbound**. Proceed about 600 feet to the traffic light and take a **LEFT**.  
3. The road veers to the right and becomes **Borthwick Avenue**.  
4. Following Borthwick Avenue to Portsmouth Regional Hospital on the **LEFT**.

**Traveling East on Routes 4 and 16:**

1. **US–4E becomes NH–16S**. Enter the Portsmouth Traffic Circle, travel half way around the circle and follow the signs for **Route 1 By-pass South**.  
2. Take a **RIGHT** onto Borthwick Avenue. Portsmouth Hospital is on the **RIGHT**.
Coffee:

Dunkin Donuts
2 Dover Road
(603) 868–5627

Aroma Joes
72 Main Street
(603) 397–5623

Take-Out/Sit Down:

The Works Bakery Café
5A Mill Road Plaza, Mill Road Plaza
(603) 868–3500

UNH Dairy Bar
3 Depot Road
(603) 862–1006

Pauly’s Pocket
51 Main Street
(603) 868–3110

Tacomano
38 Main Street
(603) 397–5203

Subway
72 Main Street
(603) 397–5355

Sit-Down:

Durham House of Pizza
40 Main Street
(603) 868–2224

Wildcat Pizza
3 Madbury Road
(603) 868–5530

Domino’s
7 Mill Road
(603) 868–6230

Bella’s Casual Dining
5 Mill Road
(603) 868–3377

Young’s Restaurant
48 Main Street
(603) 868–2688

Libby’s Bar & Grill
47 Main Street
(603) 868–5542

Franz’s Food
46 Main Street
(603) 868–3800

Mixteca Taqueria y Cantina
Restaurant
10 Jenkins Court
(603) 397–5971
UNH Parking Map

Bremner Field & Student Recreation Field are located beyond this point on the map

★ = Areas to park for club events

Note:

Lots are open to public without permits from 6:00pm–7:00am Monday–Friday, and all weekend.

Winter Parking Ban: December 1st–April 1st ban from 12:00am–7:00am in ALL LOTS all week.
Local Overnight Accommodations

**Holiday Inn Express**
2 Main Street
Durham, NH 03824

*Distance Away: 0.8 mile*

**Days Inn**
481 Central Avenue
Dover, NH 03820

*Distance Away: 6.6 miles*

**Comfort Inn and Suites**
10 Hotel Drive
Dover, NH 03820

*Distance Away: 8.4 miles*

**Hampton Inn**
9 Hotel Drive
Dover, NH 03820

*Distance Away: 8.5 miles*
Local Pharmacies

Rite Aid Pharmacy
5 Mill Road, Durham NH
(603) 868–5221
Distance Away: 0.6 mile

CVS Pharmacy
118 Central Avenue, Durham NH (603) 742–3995
Distance Away: 5.3 miles

Walgreens Pharmacy
91 Calef Highway, Lee, NH
(603) 868–6404
Distance Away: 4 miles