

Memorandum

To: Cross-Country Athletic Trainers

From: Jeff Winslow, University of Minnesota Cross-Country Athletic Trainer

Re: 2009 Roy Griak Cross Country Invitational

Welcome to the University of Minnesota and the 2009 Roy Griak Cross-Country Invitational. I would like to take this opportunity to inform you of the athletic training services available during your stay at the University.

For your convenience, we have an athletic training room available for use at the Bierman Field Athletic Building. The athletic training room is located in the lower southeast corner of the building, room 190. Our hours are from 8:30 am to 5:30 pm Monday through Friday. Special arrangements for additional treatments can be made as needed by calling ahead.

On race day, the Bierman Athletic Training Room will be closed. Two hours prior to the first race, certified athletic trainers and minor athletic training services (first aid, water, ice, etc.) will be available at the Les Bolstad Golf Course medical tent.

Team physicians (affiliated with the University of Minnesota Physicians Group) will be present at the start of the first race through the completion of the last race and can be contacted through myself if necessary.

Please contact me with any questions you may have regarding athletic training services.

**PHONE NUMBERS**

Athletic Training Room general line: 612-624-9573

Jeff Winslow, MS, ATC, CSCS  
612-626-4449 (office)  
612-616-7329 (cell)

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| Fairview Riverside Hospital Emergency Room | 612-273-6402          |
| 2313 S. 6 <sup>th</sup> St., Minneapolis   |                       |
| Fairview Riverside Hospital Information    | 612-273-3000          |
| Campus ER Transportation/Police            | 612-624-3550 (or 911) |

Available at the race course:

1. Ice bags, ice tubs, cold towels, and water
2. First aid supplies/taping supplies
3. Certified athletic trainers
4. Team physicians
5. EMS