

2018 Iowa Indoor Rowing Challenge

Iowa City Area Information



The Iowa Indoor Rowing Challenge will be held at The University of Iowa's Field House.

The Field House address is 225 South Grand, Iowa City, IA. The Field House has locker rooms with daily use lockers and showers, a track overlooking the event area, and wireless access.

For maps, accessibility information, facility hours, other amenities, and more, please visit both

<http://maps.uiowa.edu/fh> & <http://recserv.uiowa.edu/facilities/field-house>

Directions

Iowa City is conveniently located near US 218 and Interstate 80.

- From US 218, the most convenient exit to take may be Exit 93 for Melrose Avenue towards University Heights. After exiting, drive east on Melrose Avenue. In about two miles, the Field House and Grand Avenue will be on your left, past Kinnick Stadium and the University of Iowa Hospitals and Clinics.
- From Interstate 80, the most convenient route to take may be Exit 246 for Dodge St. after exiting, drive south on Dodge St. In about three miles turn right onto Burlington St, this will turn into Grand Avenue and the Field House will be right in front of you.

Parking

- Paid parking is available in University lots near the Field House. The main Field House parking lot is located adjacent to the southeast main entrance. Paid parking may also be available in the staff lot at the corner of Grand Avenue and Melrose Avenue. Please be careful not to park in the lots reserved for patients of the UI Hospitals and Clinics!
- Free parking is available on the weekends about a half mile west of the Field House at Kinnick Stadium.
- Please see **<http://maps.uiowa.edu/ks>** for a map.
- Accessible parking is located adjacent to the southeast main entrance. Additional nearby accessible parking is located under the south gym and in Hospital Ramp #4.

Food and Dining

Breakfast

- Some breakfast food items will be provided free of charge for participants before the race at registration!

Lunch

- Lunches for athletes can be pre-ordered during online registration and can be picked up at the Field House during the event
- The race venue, the Field House on The University of Iowa campus, has vending machines that sell water, juice, and Powerade. Water fountains are also available.

Food and Drink Outside the Field House

Restaurants within Walking Distance of the Race Location:

The Field House is adjacent to the University of Iowa Hospitals and Clinics (UIHC), which has coffee shops, cafeterias, and vending machines. For more information on the food choices available at UIHC, please see **<http://www.uihealthcare.org/places-to-eat/>**

Restaurants within a 10-minute Bus Ride of the Race Location:

- There are a large number of restaurants in Iowa City that are open for lunch and dinner. For a map and

more information on what kinds of food are available, please see the Iowa City Downtown District's website <http://downtowniowacity.com/pages/things-to-do/eat.php>

▪ The University of Iowa has a free Cambus service that can be taken downtown from the Field House. There is bus stop on Grand Avenue in front of Slater Hall. The Cambus Blue Route or Interdorm Route can easily be taken downtown—get off at the Macbride Hall stop. The Cambus Red Route or Interdorm Route can then be picked up at the Downtown Interchange next to Schaeffer Hall to get back to the Field House—get off at the Rienow Hall stop. For more information on the Cambus and the schedules, please see <http://transportation.uiowa.edu/cambus>

Lodging

We do not have a block of hotel rooms this year, here are some hotels that are close to the venue.

Iowa House Hotel: <https://iowahousehotel.com/>

Radisson Hotel and Conference Center: <https://www.radisson.com/coralville-hotel-ia-52241/usacoia>

Shareton Iowa City: <http://www.sheratoniowacity.com/>

Other Area Hotels

▪ There are two hotels and a few bed and breakfasts in or near downtown Iowa City. For more information on Downtown Iowa City hotels and bed and breakfasts, please check out this link to the Iowa City Downtown District's website: <http://downtowniowacity.com/listing-category/stay/>

▪ The University of Iowa also has a hotel on campus within walking distance of the race location. Please see the Iowa House Hotel's website for more information: <http://iowahousehotel.com/>

▪ There are many more hotels and bed and breakfasts available in the Iowa City/ Coralville/ North Liberty area. (Coralville is the city adjoining Iowa City to the west. North Liberty adjoins Coralville to the north.) Hotels in these locations may be cheaper than hotels in downtown Iowa City, and would not be more than perhaps a 10-20 minute drive from the race location. For more information on hotels farther from downtown, please see website of the Iowa City/ Coralville/ North Liberty Visitors' Bureau:

<http://www.iowacitycoralville.org/BusinessDirectoryII.aspx?lngBusinessCategoryID=9>

Local Attractions

Do you have some extra time?!? Will you be hanging around before or after the race?!? The Iowa City, Coralville, and North Liberty area is full of things to do! There are so many that it is not possible to name them all, but here are some options:

Iowa City:

▪ Iowa City became the third UNESCO City of Literature in 2008, following only Edinburgh, Scotland and Melbourne, Australia. There are readings by writers almost every night in Iowa City. Find a reading by checking out The University of Iowa Arts Calendar: <http://arts.uiowa.edu/events/writing>

▪ The University of Iowa Arts Calendar also has information on local museums, theaters, films, dance performances, and more: <http://arts.uiowa.edu/>

▪ The University of Iowa Calendar of Events lists all scheduled academic talks, readings, workshops and more: <http://events.uiowa.edu/>

▪ If you want to watch sports after competing yourself, check out the Hawkeye Sports Schedule: <http://www.hawkeyesports.com/>

▪ There are also many local places to shop in Downtown Iowa City. For more information, check out this page from the Iowa City Downtown District: <http://downtowniowacity.com/retail/>

- Other things to do in downtown Iowa City can also be found on the Downtown Iowa City web page: **<http://downtowniowacity.com/pages/things-to-do/play.php>**
- Even more options of things to do can be found on the Iowa City/ Coralville/ North Liberty Visitors' Center website: **<http://www.iowacitycoralville.org/index.aspx?NID=27>**

Coralville:

- Coralville is the site of a Devonian Fossil Gorge! The Gorge was unearthed after the flood of 1993. For more information, check out this page from the Iowa Department of Natural Resources: **<http://www.iihr.uiowa.edu/igs/guidebooks-to-state-parks/>**
- Coralville also has a lot of shopping options, especially at the Coral Ridge Mall. For more information, see the Visitor Center's website: **<http://www.iowacitycoralville.org/>**