QUICK FACTS:

Location..........................................................................................................................................................Hilo, Hawai‘i
Founded .......................................................................................................................................................................1947
Enrollment ..................................................................................................................................................................3,539
Mascot......................................................................................................................................................................Vulcans (Roman God of Volcanoes)
Colors ...........................................................................................................................................................Red and Black
Chancellor ..........................................................................................................................................................Dr. Bonnie Irwin
National Affiliation ...............................................................................................................................................NCAA Division II
Conference Affiliation .......................................................................................................................................Pacific West Conference

UH HILO ATHLETICS ADMINISTRATION

Athletic Director                  Patrick Guillen  pguillen@hawaii.edu             932-7170
Associate Athletic Director       Kula Oda  koda@hawaii.edu             932-7175
Secretary to the Athletic Director  Audrey Hirayama  audreyhi@hawaii.edu             932-7168
Faculty Athletic Representative    Randy Hirokawa  randyh@hawaii.edu             932-7843
Compliance Officer/SWA            Roxanne Levenson  rlevens@hawaii.edu             932-7167
Compliance Specialist            Diane Wissing  dwissing@hawaii.edu             932-7801
Sports Information Director       Russ Blunck  blunckr@hawaii.edu             932-7177
Head Certified Athletic Trainer    Kensei Gibbs  gibbsk@hawaii.edu             932-7162
Certified Athletic Trainer        Trek Rundle  trundle2@hawaii.edu             932-7803
Certified Athletic Trainer        Aya Morioka  amorioka@hawaii.edu             932-7803
Academic Advisor                 Melanie Marciel  mmarciel@hawaii.edu             932-7802

UH HILO ATHLETICS HEAD COACHES

Baseball                        Kallen Miyataki  kmiyatak@hawaii.edu             932-7603
Basketball – Men               GE Coleman  coleman@hawaii.edu             932-7165
Basketball – Women             David Kaneshiro  davidlk@hawaii.edu             932-7164
Cross Country                  Jaime Guerpo  guerpo@hawaii.edu             932-7163
Golf – Men                      Earl Tamiya  tamiya@hawaii.edu             932-7173
Golf – Women                    Jim DeMello  demello@hawaii.edu             932-7172
Soccer – Women                 Gene Okamura  geneo@hawaii.edu             932-7166
Soccer – Men                    Paul Regrutto  regrutto@hawaii.edu             932-7166
Softball                       Callen Perreira  callenp@hawaii.edu             932-7176
Tennis – Men/Women             Kallen Mizuguchi  kallenm@hawaii.edu             932-7792
Volleyball                     Chris Leonard  cleon8@hawaii.edu             932-7174

Directions to UH Hilo

From Hilo Airport: Head west on Airport Rd/Kekuanaoa St. Turn left on Hawaii Belt Rd/Kanoelehua Hwy. Turn right onto E Kawaiilii St, then turn left to stay on E Kawili St. Road turns right onto W Kawili St. UH Hilo Campus is up about 3/4 mile on right.
From the Grand Naniloa Hotel to UH Hilo

Exiting the hotel parking lot, turn right onto Banyan Drive. Turn left on Manono Street and continue for four miles. Manono Street will become West Kawili St. Follow West Kawili Street past main entrance. Gymnasium (volleyball) and softball field will be on your right-hand side, last campus parking lot.

From the Grand Naniloa Hotel to Afook-Chinen Civic Auditorium for basketball/Wong Stadium for baseball

Exiting the hotel parking lot, turn right onto Banyan Drive. Turn left on Manono Street and continue for half a mile. The civic auditorium / baseball field is on the left.

From the Grand Naniloa Hotel to Kamehameha Schools in Keaau (Soccer)

From hotel parking lot, turn left and follow Banyan Drive to first stop light. Continue straight, road turns into Highway 11. Follow for close to 10 miles, through Keaau. Kamehameha School will be on your right (gated entrance). 16-714 Volcano Rd, Keaau, HI 96749.

Places to Eat and Shop

Hilo is well known for its great local food. But you won't find a Denny's or an Applebee's. Most restaurants are local and not chain. From your hotel location, there are a few eateries within walking distance, but mostly, the rest are a short drive away. On Highway 11, there are some fast food options such as McDonald's, Taco Bell and Jack in the Box.

For dining in, we recommend:

- **Famous Ken’s House of Pancakes** for 24-hour hearty meals (American style diner with a Hawaiian twist) at 1730 Kamehameha Avenue, Hilo.
- **Subway** (3 Hilo locations) 2100 Kanoelehua Ave D1, Hilo / 14 W Lanikaula St #1, Hilo / 194 Kilauea Ave #104, Hilo.
- **Wiki Fresh** for made to order, healthy eating (think Chipotle with an Island theme) at 1177 Kilauea Avenue, Hilo.
- **Cronies Bar and Grill** (great burgers, happy hour and plenty of TV’s for the sports fans) at 11 Waianuenue Ave in downtown Hilo.
- **Pineapples Island Fresh Cuisine** (fun island themed dishes with open air seating, full bar) at 332 Keawe St. downtown Hilo.
- **Jackie Rey’s** (casual fine dining, farm to table dishes, excellent happy hour prices) at 64 Keawe St, Hilo.
- **Hula Hula’s at the Grand Naniloa** (casual, open air eatery, farm to table cuisine, full bar on the water of Hilo Bay) next to pool at Grand Naniloa Hotel, 98 Banyan Drive, Hilo.
- **Hilo Bay Café** (casual fine dining overlooking Hilo Bay) at 123 Lih iwai St, Hilo.
- **Pond’s Hilo** (historic Hawaiian Island restaurant, relaxed fine dining overlooking Reed’s Bay, full bar) at 135 Kalanianaole Avenue, Hilo.
- **Café 100** (home of the Loco Moco, 30 varieties, Hawaiian comfort food, outdoor dining, catering) 969 Kilauea Avenue, Hilo.

For grocery shopping and essentials, we recommend:

- **KTA Super Stores** (2 Hilo locations) 50 E Puainako St, Hilo / 321 Keawe St, Hilo.
- **Target Superstore** 391 E, Makaala St, Hilo.
- **Walmart** 325 E, Makaala St, Hilo.
EVENT INFORMATION

Parking
No parking passes are needed and each athletic venue has ample parking.

Volleyball – Parking for visiting teams is in the main parking lot.

Softball – When entering the parking lot, turn left at the third aisle and proceed through the field gate. Go up the hill and park in the first aisle above the soccer field.

Baseball & Basketball - there is a large parking area at Wong Stadium / Civic Auditorium.

Tickets
Tickets can be purchased at the site of competition one hour prior to game time. Please contact Kula Oda for any special ticket requests.

EMERGENCY INFORMATION

In the event of an emergency such as hurricanes, earthquakes, tsunamis or public disturbance, the public address announcer will make an announcement. The visiting team will be directed by athletics department personnel.

SPORTS INFORMATION

Programs will be available prior to the event. Live Stats and Live Stream available for most events at UH Hilo. Game stats will be available immediately following the event. Stats also available online, along with post-game story at hiloathletics.com. Any other questions or requests, contact Russ Blunck at blunckr@hawaii.edu.

SPORTS MEDICINE

The athletic training staff would like to welcome you to the University of Hawai‘i at Hilo. We sincerely hope your visit is pleasant.

We would like to inform you of the services available to you during your stay. The athletic training room is located on campus in building 320A of the athletic complex. Should you require the use of any modalities, electrical stimulation, ultrasound, hot packs and ice, all will be accessible for your use. Our office phones are (808) 932-7803 or (808) 932-7162. Please contact us or supply a written treatment protocol and medical kit should your team be traveling without a certified athletic trainer. Shower towels and soap will be provided for teams leaving directly after the game to catch a flight. Please give us 48 hours notice.

The University of Hawai‘i at Hilo Athletic Trainers will be available throughout your stay. The university team physicians are on call or will be in attendance during our competitions. Injured athletes that may require hospitalization will be transported to the Hilo Medical Center, 1190 Waianuenue Ave. Hilo, HI 96720.

Nearest Hospitals

Hilo Medical Center
1190 Waianuenue Ave.
(808) 932-3000

Hilo Urgent Care (no X-ray)
670 Kekuanaoa St.
(808) 969-3051

Kauka Express Urgent Care (no X-ray)
2100 Kanoelehua Ave.
(808) 981-1700
The Grand Naniloa Hotel
A DoubleTree by Hilton

Boasting a stunning oceanside location with magnificent views of Hilo Bay and Mauna Kea, Grand Naniloa Hotel Hilo - a DoubleTree by Hilton occupies a historic site amidst a lush, tropical landscape. Our ideal setting also offers guests convenient access to Hilo Airport, just 2 miles away. Tee off on our complimentary 9-hole golf course, or soak up the sunshine in our beautiful outdoor swimming pool. Energize in the complimentary fitness center, or rent some water sports equipment and take to the waves.

Our inviting guest rooms offer complimentary WiFi, a generously-sized work desk, microwave, refrigerator, and in-room safe. Upgrade to an ocean-view suite with a separate living area and a balcony offering ocean views. Savor breakfast, lunch and dinner in our restaurant, which has indoor and outdoor seating. Admire sweeping vistas of Hilo Bay from the large deck of our Lobby Lounge.

Our Hilo hotel features the most extensive catering facility and the largest showroom on the east side of the Big Island - a stylish venue providing nightlife and a space to showcase talented local musicians. With 13,000 sq. ft. flexible meeting space, including a wedding gazebo and a large ballroom which can hold up to 400 people, this Hilo hotel is the ideal venue for small to mid-sized meetings, conferences and weddings. Take advantage of onsite catering and the latest A/V technology, and stay productive in the 24-hour business center.

Friendly, professional staff look forward to welcoming you with a signature chocolate chip cookie upon check-in.

Contact Sales Director
Shannon Seider
808-932-4532
Shannon.Seider@hilton.com
93 Banyan Dr, Hilo
Area Attractions

- **Hilo Farmers Market** Located in downtown Hilo.
  
  Market hours are:  
  - Monday 7:00 am - 4:00 pm  
  - Tuesday 7:00 am - 4:00 pm  
  - Wednesday 6:00 am - 4:00 pm (BIG MARKET DAY)  
  - Thursday 7:00 am - 4:00 pm  
  - Friday 7:00 am - 4:00 pm  
  - Saturday 6:00 am - 4:00 pm (BIG MARKET DAY)  
  - Sunday 7:00 am - 4:00 pm

- **Rainbow Falls** is a waterfall located in Hilo, Hawaii. It is 80 ft (24 m) tall and almost 100 ft (30 m) in diameter. The falls are part of the Hawai‘i State Parks. There is no fee to see the falls. At Rainbow (Waiānuenue) Falls, the Wailuku River rushes into a large pool below. The gorge is blanketed by lush, dense non-native tropical rainforest and the turquoise colored pool is bordered by beautiful, although nonnative, wild ginger. Monstera is also in abundance. The falls are accessible via Wailuku River State Park, Waiānuenue Avenue. Known in the Hawaiian language as Waiānuenue (literally “rainbow water”), the falls flows over a natural lava cave, the mythological home to Hina, an ancient Hawaiian goddess. Rainbow Falls derives its name from the fact that, on sunny mornings around 10AM, rainbows can be seen in the mist thrown up by the waterfall.

- **Akaka Falls State Park** The park is about 11 miles (18 km) north from Hilo, west of Honomū off the Hawaii Belt Road (route 19) at the end of Hawaii Route 220. It includes Akaka Falls, a 442 feet (135 m) tall waterfall. Akaka in the Hawaiian language means “A rent, split, chink, separation; to crack, split, scale”. The accessible portion of the park lies high on the right shoulder of the deep gorge into which the waterfall plunges, and the falls can be viewed from several points along a loop trail through the park. Also visible from this trail is Kahūnā Falls.

- **Pacific Tsunami Museum** The Pacific Tsunami Museum is a museum in Hilo, Hawaii dedicated to the history of and education of Tsunamis, including the Hilo Tsunami of April 1946, which devastated much of the east coast of the Big Island, especially Hilo. The museum also has a mission to educate people in general about tsunamis, including the 2004 Indian Ocean earthquake and tsunami. It is located at 130 Kamehameha Avenue, Hilo.

- **Panaʻewa Rainforest Zoo** The Panaʻewa Rainforest Zoo is the only tropical zoo in the United States. You can visit a variety of rainforest animals and endangered Hawaiian animals, such as spider monkeys, lemurs, nene geese (the Hawaiian State bird), and over 80 other animal species. Read more about the Panaʻewa Rainforest Zoo.

- **Helicopter Tours** Hilo is the most popular departure point for helicopter tours for a good reason: tours departing from Hilo Airport can take you to see the tropical waterfalls and the active lava fields in less than 1 hour. This short flight-time makes the tours that depart from Hilo cheaper than the lava helicopter tours from the west coast of the Big Island. Read more about Helicopter tours from Hilo.

- **Beaches** SO MANY to choose! Hilo has beautiful black sand beach parks, with endless tide-pooling, snorkeling, protected green sea turtles and water sports like SUP and Kayaking. The white sand beaches are along the Waikoloa Coast and Kailua-Kona Coast, where you can do more snorkeling, boogie boarding, go deep sea fishing or hike along miles of beach trails.