



Dear Sailing Athletic Training Staff/Coaches,

On behalf of the Stanford University Sports Medicine Staff, I would like to welcome you and your team to Redwood Shores! The following information should help you prepare for your visit. Our racing facility is approximately 20-30 minutes (pending traffic) away from campus and Stanford Hospital. The emergency action plan is also attached.

At the competition site there will be:

- Ice/Ice Bags
- AED
- Basic First Aid Needs

If you are not traveling with your team but need and have specific requests/athlete needs, please notify me and I will be happy to make arrangements for you and your team. You will find pharmacy, hospital, and urgent care locations below. An athletic trainer will be on-call for all races, and a physician will be on-call throughout the weekend.

If you have any questions or concerns, please feel free to contact me. If you are not affiliated with the Sailing team, please pass this on to the appropriate athletic trainer. Best wishes for the competitive season and safe travels!

Sincerely,

A handwritten signature in black ink, appearing to read 'VLD'.

Vanessa Lara-Diaz  
[lara5041@Stanford.edu](mailto:lara5041@Stanford.edu)  
760-972-6985



Additional Information/Resources:

**Phillip & Penelope Knight Athletic Training Center**

641 E. Campus Drive  
Stanford, CA 94305

**Marc and Laura Andreessen Adult Emergency Department**

1199 Welch Rd,  
Palo Alto, CA 94304  
650-723-5111

**Stanford Urgent Care**

211 Quarry Rd. Suite 102,  
Palo Alto, CA 94305  
650-736-5211

**CVS Pharmacy**

Town and Country  
855 El Camino Real,  
Palo Alto, CA 94301  
650-322-2554