2020 USA KARATE NATIONAL CHAMPIONSHIPS

JULY 9-12

SPOKANE, WASHINGTON
Spokane is rolling out the red carpet for USA Karate athletes, officials, coaches and fans.

ERIC SAWYER
CEO/PRESIDENT, SPOKANE SPORTS COMMISSION

On behalf of the Spokane Sports Commission, welcome to Spokane, Washington, for the 2020 USA Karate National Championships. Spokane has a long history of hosting a wide variety of major sports events, but it’s our first time welcoming USA Karate—making this championship extra special. Our community is working hard to develop an exceptional experience for all athletes, officials, coaches and fans. In Spokane, you’ll experience a top-notch championships venue, a superb luxury headquarter hotel experience, and a qualified and experienced event team. Plus, there is no more beautiful time than summer to visit the Pacific Northwest. We are counting down the days to your arrival. Good luck with your training and we’ll see you in July.

Cheers,

Eric Sawyer
Spokane Sports
CHAMPIONSHIP SCHEDULE

TUESDAY, JULY 7
Athlete registration noon–5pm
Training space available

WEDNESDAY, JULY 8
Athlete registration 8:30am–5pm
Training space available

THURSDAY, JULY 9–SATURDAY, JULY 11
Competition begins 8am

SUNDAY, JULY 12
Competition begins 8am
Finals begin 7pm

Schedule subject to change.

SPOKANE FAST FACTS

POPULATION
The larger metropolitan area has a population of 573,493—with the average age of residents being 35 years old.

- 2nd most populous city in Washington
- Largest city between Seattle and Minneapolis
- Home to four universities and two colleges
- Major medical and heart research hub for surrounding region

WEATHER

July Average High/Low Temperature

Average July high temperatures range from 82°F to 88°F, rarely falling below 70°F or going above 97°F.

What to pack: July is Spokane’s warmest month. Lots of sunshine makes for beautiful days and pleasant evenings. Days are long with sun setting around 9pm. Have a day off? Bring a suit and jump in one of the 76 lakes within an hour drive.

CONTACT US

Athlete Concierge
Have travel, venue, or lodging questions? Give us a call:

Cherie Gwinn
Sports Development Manager
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509-363-6824

Time Zone: Pacific Standard Time
Elevation: 1,843 feet | 562 meters

Spokane means “Children of the Sun” in the local native language.
EASY & EFFICIENT ATHLETE TRAVEL

Spokane makes traveling easy for athletes and their families. It is a simple drive from Oregon, Idaho, Montana, and Western Washington and just a quick flight from many places in the country. Airport traffic is minimal—so security is a breeze. In addition, many of the area hotels provide airport, downtown, and destination shuttles for their guests.

Spokane International Airport (GEG)

**Airlines Servicing Spokane**
- Alaska
- American
- Delta
- Frontier
- Southwest
- United

**Car Rental Companies**
- Alamo
- Avis
- Enterprise
- Hertz
- National
- Dollar
- Thrifty
- Uber/Lyft/Taxi Available

**Travel Time By Car**
- Seattle, Washington: 279 miles/449km/4 hours
- Portland, Oregon: 352 miles/566km/5.5 hours
- Missoula, Montana: 197 miles/317km/3 hours
- Vancouver, Canada: 415 miles/667km/6.75 hours

Spokane International Airport: Direct or One-Stop Flights

Average Daily Arrivals—6,600 Seats
State-of-the-art, modern convention center that has hosted a wide range of sports championships.

Located in the heart of downtown Spokane.

Walking distance to many restaurants, coffee shops, shopping, movie theater, live music and much more.

Next to Riverfront Park with walking trails and the Spokane Falls.

Attached to the featured VIP hotel—The Davenport Grand. Walking distance to many other properties.

Free wifi.

On-site concessions.
A member of Marriott Hotels’ Autograph Collection, The Davenport Grand offers a unique alternative for travelers who seek a reprieve from the traditional hotel experience. The Davenport Grand provides a luxurious hotel experience in a highly social atmosphere that is rich in cutting-edge design, energy, and comfort. All guest rooms are configured with a King bed or King/King beds. Located in the heart of downtown Spokane, the hotel also boasts an on site restaurant, whiskey bar, fitness room, and state-of-the-art conference center.

**JULY 9-12**

$159 per night

*Reservation cutoff date: June 8*

**Benefits**

- Connected to the Venue
- Breakfast included for two. Additional breakfast waivers available for purchase.
- Dedicated athlete warm-up area
- Additional breakfast vouchers available for purchase
- Waived destination amenity fee
- Complimentary WiFi
- Rates are good three days pre/post event

**RESERVE ROOM**
Centrally located in the downtown core, DoubleTree by Hilton offers an unbeatable location, featuring premium accommodations and function space. This property offers over 20,000 square feet of flexible function spaces and is connected to the Spokane Convention Center. Guests will begin their stay greeted with a signature warm chocolate chip cookie and have the chance to relax with spacious rooms featuring large work spaces, premium television, and mini refrigerators and microwaves in each guest room. Whether guests choose to start their day with a cup of coffee from Shutters Café or end it with a premium steak from Spencer’s For Steaks and Chops, there will be nothing short of praise for these delectable eats.

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**JULY 9–12**

$149 per night

*Reservation cutoff date: June 6*

RESERVE ROOM
CHEF INSPIRED DINING

Foodies looking to experience local eateries in Spokane will have their stomachs full with diverse options Spokane boasts. From fine dining to chef-owned restaurants to gourmet dive bars, there is something for everyone and every budget. Many restaurants focus on locally-sourced ingredients that capitalize on the unique tastes of the Pacific Northwest. Some of the most sought-after restaurant locations include options with a view of the Spokane River, hidden in the energy filled streets of downtown, or local spots tucked into neighborhoods.

ACCESSIBLE NATURE

Spokane’s natural playground includes five ski resorts, more than three dozen golf courses, hundreds of miles of paved and single-track bike routes, mile-high mountains for hiking and 76 lakes and rivers for the ultimate experience in Northwest water sports. One of our most popular outdoor attractions, Riverfront Park, is just steps from the championships venue and is complete with gondolas, historic carousel and a beautiful river gorge.

VIBRANT, SAFE AND WALKABLE DOWNTOWN

Athletes enjoy Spokane’s walkable downtown area. Walk from a wide variety of hotel properties to the convention center to dinner to shopping. There is always something going on for all ages, from sun up to sun down.

A HAND-CRAFTED BEVERAGE

The Inland Northwest is home to more than forty-six breweries, many of them located in Spokane. These brewers are passionate about their craft, each bringing their unique perspective to an ever-expanding variety of flavors and styles. Check out the “Ale Trail”, a list of local breweries in the area to find your way to the best brews in the Pacific Northwest. If wine is more your style, Spokane is home to over twenty tasting rooms and wineries—known as the Cork District. The large majority of these tasting rooms are located in the urban core of downtown Spokane, making many within walking distance of each other. Too early for a drink? Head to one of Spokane’s many gourmet coffee shops, that we think, serve up some of the best brew anywhere.

A RESUME WORTH NOTING

Spokane has been hosting national and international events for over thirty years. Check out just a few of our clients.

SPOKANE: A CITY BUILT FOR ATHLETES

Spokane knows sports. We are home to the world’s largest 3-on-3 basketball tournament–Hoopfest, as well as Bloomsday, one of the USA’s largest timed road races. The Gonzaga Bulldogs keep Spokane front-and-center as one of the nations’ leading NCAA basketball teams. On top of this, Spokane has been hosting amateur sports championships for over thirty years. Here are a few reasons traveling athletes and fans love Spokane:

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Spokane makes for the perfect launching pad to a Pacific Northwest vacation—with easy trips from the lakes of North Idaho to the waterfront of Seattle.

COEUR D'ALENE, IDAHO
The city of Coeur d'Alene is located just 30-minutes from downtown Spokane, situated on the shores of beautiful Lake Coeur d'Alene. Defined by its lively resort vibe, abundant recreational opportunities, and scenic views, this is a favorite stop by many when visiting the region. Tee-up at the famous Coeur d'Alene Resort Golf Course, shop downtown, hang at the beach, or take a leisurely lake cruise—Coeur d'Alene makes for a perfect afternoon.

SEATTLE, WASHINGTON/PUGET SOUND
As Washington’s largest city, and only a 5-hour drive from Spokane, Seattle offers a vibe unlike any other. The Space Needle and Pikes Place Market are a must to visit but there are many more sites and neighborhoods to explore in this Pacific Northwest gem. From Seattle, visit unique coastal islands featuring some of the best Orca-watching places in the world.

LEAVENWORTH, WASHINGTON
Just a three hour drive to the middle of Washington State takes you to Leavenworth, a Bavarian-styled village nestled in the Cascade mountain range. Strolling the streets of this charming little town, the Alpine inspired structures will take you back in time to Old Germany. Whether it’s hiking along the Wenatchee River or in the mountains, stopping at dozens of award-winning wineries and tasting rooms, or sampling bratwursts at every restaurant, this “Little Bavaria” will not disappoint.

NORTH CASCADES, WASHINGTON STATE
The North Cascades are home to beautiful, jagged peaks and mountain views. With more than half a million acres of rugged wilderness, mountainous trails and multiple national forests, the outdoor enthusiast will always have enough to do in this haven.

WINE COUNTRY/SOUTHEAST WASHINGTON
A two hour drive south of Spokane takes you to the Columbia Basin, the heart of Washington wine country, where some of the best-rated wines in the world are produced. Walla Walla is a quaint town that boasts 140 wineries and is often referred to as the “next Napa Valley.” Tree-lined streets will lead to you to local restaurants, vintage shops, cafes, boutiques, and of course tasting rooms galore.

SILVERWOOD THEME PARK, IDAHO
Silverwood, the Pacific Northwest’s largest theme park, with over 70 rides and attractions, is not a typical theme park—it’s a charming taste of North Idaho culture and history. With impeccable theming and complete with a major waterpark and massive roller coasters, Silverwood is a major attraction for locals and visitors alike. One hour drive from Spokane makes it an easy day trip.
Spokane Sports is a non-profit, publicly funded organization founded in 1989 to promote and facilitate successful sporting events in the Spokane region.

GET IN TOUCH AND WE’LL GET THE BALL ROLLING.

www.spokanesports.org