

DIRECTIONS TO RUSSELL TRAINING CENTER

Russell Training Center
One Rams Way
Earth City, MO 63045

From Interstate 44:

Take I-44 to HWY I-270 North. Merge onto I-70 West. Exit Earth City Expressway North exit- 231B. Make a right on to Lakefront Drive. Right on Rams Way. Park in the designated parking area.

From Interstate 55:

Take I-55 to I-44 West. Take I-44 to HWY I-270 North. Merge onto I-70 West. Exit Earth City Expressway North exit- 231B. Make a right on to Lakefront Drive. Right on Rams Way. Park in the designated parking area.

From Interstate 270

Merge onto I-70 West. Exit Earth City Expressway North exit- 231B. Make a right on to Lakefront Drive. Right on Rams Way. Park in the designated parking area.

From Illinois

Take I-70 West, Exit Earth City Expressway North exit- 231B. Make a right on to Lakefront Drive. Right on Rams Way. Park in the designated parking area.

From I-64 (HWY 40):

Take I-64 to HWY I-270 North. Merge onto I-70 West. Exit Earth City Expressway North exit- 231B. Make a right on to Lakefront Drive. Right on Rams Way. Park in the designated parking area.

From Lambert St. Louis International Airport

Take I-70 West, Exit Earth City Expressway North exit- 231B. Make a right on to Lakefront Drive. Right on Rams Way. Park in the designated parking area.

SCRIMMAGE AT LINDENWOOD

The St. Louis Rams will hold an open scrimmage during training camp on Friday, August 7 at 6:30 p.m. at Lindenwood University in St. Charles, Mo. The practice will last approximately two hours. Players will sign autographs following the conclusion of practice.

Lindenwood University
209 South Kingshighway Street
Saint Charles, MO 63301

From Interstate 70/270 Interchange:

Take Interstate 70 W across the Blanchette Bridge (Missouri River). Take Exit 228 and turn right onto First Capitol Drive. Follow First Capitol Drive for 3/4 mile. At the First Capitol Drive/Kingshighway traffic light, turn left into the Lindenwood campus.

From Interstate 64 in Chesterfield, Mo.:

Travel west across the Daniel Boone Bridge (Missouri River). Take Exit 10 at Highway 94. Turn right. Follow Highway 94 north and cross I-70. The name of Highway 94 changes to First Capitol. Proceed to Kingshighway. At the First Capitol Drive/Kingshighway traffic light, turn left into the Lindenwood campus.

COMMUNITY OUTREACH AT CAMP

Throughout training camp, the Rams community outreach department will host various non-profits who are making a difference in St. Louis. More than 25 groups whose missions range from fulfilling dreams of seriously ill children to providing opportunities for children with physical disabilities will be provided special access to watch the Rams prepare for the 2009 season.

Invited charities include: Annie Malone, Immigrant and Refugee Program, Fisher House, Disabled Veterans, Angels Arms, Kid Talk, Dream Center, American Red Cross, Diversity Awareness Partnership, Epilepsy Foundation, Lift for Life Academy, Delta Gamma Center, St. Louis Area Foodbank, Healthy Youth Partnership, Make-A-Wish, Down Syndrome Association, Character Plus, Catch a Falling Star, Children's Home Society of Missouri, Disabled Athletes Sports Association, Team Activities for Special Kids, Special Olympics, Ronald McDonald House, United Way, Dream Factory and Gateway Classic Foundation.

A Rams cheerleader will be in attendance at all open practices and available to sign autographs and take photographs with the fans.

2009-10 IMPORTANT DATES

2009

July 22	--	Signing period ends at 3:00 p.m. CT for unrestricted free agents who received June 1 tender
July 29	--	Rookies, quarterbacks and selected veterans report for Rams training camp
July 30	--	Full squad reports for Rams training camp
July 31	--	First full-squad practice of Rams training camp
Aug. 9	--	Pro Football Hall of Fame Game, Canton, Ohio (Buffalo vs. Tennessee - 7 p.m.)
Aug. 7	--	Rams Training Camp Scrimmage - 6:30 p.m. Lindenwood University
Aug. 14	--	Rams at New York Jets - 6 p.m. (preseason game no. 1)
Aug. 21	--	Rams vs. Atlanta - 7 p.m. (preseason game no. 2)
Aug. 27	--	Rams at Cincinnati - 6:35 p.m. (preseason game no. 3)
Sept. 3	--	Rams vs. Kansas City - 7 p.m. (preseason game no. 4)
Sept. 1	--	Roster cutdown to max of 75 players
Sept. 5	--	Roster cutdown to max of 53 players
Sept. 10-14	--	Kickoff 2009 Weekend
Sept. 13	--	Rams at Seattle - 3:15 p.m. (2009 Regular Season Opening Game)
Oct. 12-13	--	NFL Fall Meeting, Boston, Mass.
Oct. 20	--	Trading deadline
Oct. 25	--	International Series, London, England (New England vs. Tampa Bay)

2010

Jan. 9-10	--	Wild Card Playoffs
Jan. 16-17	--	Divisional Playoffs
Jan. 24	--	Conference Championships
Jan. 31	--	AFC-NFC Pro Bowl, South Florida
Feb. 7	--	Super Bowl XLIV, South Florida
Feb. 24-March 2	--	NFL Scouting Combine, Indianapolis, Indiana
March 5	--	Free agency begins
March 21-24	--	NFL Annual Meeting, Orlando, Florida
Early-May	--	NFL Draft, New York City
May 24-26	--	NFL Spring Meeting, Dallas, Texas

LOCAL RESTAURANTS

Ameristar Casino (47 Port Street Grill, Amerisports Bar and Grill, Falcon Diner, etc.) One Ameristar Blvd. St. Charles, MO 63301	Jack in the Box 3402 Rider Trail South Earth City, MO 63045
Buffalo Wild Wings 1465 Bass Pro Drive St. Charles, MO 63301	LongHorn Steakhouse 5552 St. Louis Mills Blvd. Hazelwood, MO 63042
Chevy's Fresh Mex St. Louis Mills Mall Entry #4 5555 St. Louis Mills Blvd. Hazelwood, MO 63042	McDonald's 3296 Rider Trail S Earth City, MO 63045
Dave & Buster's 13857 Riverport Dr. Maryland Heights, MO 63043	Steak 'n Shake 5534 St. Louis Mills Blvd. Hazelwood, MO 63042
Harrah's Casino (Charlie Gitto's, Sammy's Beach Bar & Grill, The Range Steakhouse, etc.) 777 Casino Center Drive Maryland Heights, MO 63043	Thai Bowl 3276 Rider Trail South Earth City, MO 63045
Imo's Pizza 3280 Rider Trail South Earth City, MO 63045	Trailhead Brewery Co. 921 South Riverside Dr. St. Charles, MO 63302
	Quiznos Sub Shop 3260 Rider Trail South Earth City, MO 63045