University of Mary Washington
Sport Clubs
Visiting Team Guide

Mailing Address:

[Club Name]
The Fitness Center
1301 College Avenue
Fredericksburg, Va 22401
umwsportclubs@gmail.com
Welcome!

Dear Visiting Team,

Welcome to the University of Mary Washington and Fredericksburg, Virginia! We are looking forward to hosting you and your team this season. The purpose of this guide is to provide you with information about our school, and the surrounding region. Here is a link to our campus map, but the information necessary for your event should be found in this guide. If you have any suggestions about how we can improve you visit or participation, don't hesitate to contact us.

We hope you enjoy your stay, and we will see you soon!

Sincerely,

UMW Campus Recreation

General Policies and Procedures

- No Pets (except for guide dogs) are allowed inside the Fitness Center, Goolrick Hall, or the Campus Recreation Field.
- The possession of, or individuals under the influence of alcohol or illegal drugs will not be permitted in any facility or field.
- Indecent language nor verbal or physical altercations will not be tolerated.
- Food, colored liquids, Sunflower seeds, and chewing gum are not permitted on any activity surface, including the Campus Recreation turf field.
- A First Responder will be available at all events. They are not athletic trainers, but are available to assist with basic first aid, and CPR/AED.
Table of Contents

Contacts...........................................................................................................4
Directions to the University.............................................................................5
Campus Recreation Field................................................................................6
Goolrick Hall....................................................................................................7
Hospital/Urgent Care......................................................................................8
Hotels..............................................................................................................9
Fast Food and Casual Dining.........................................................................10
Local and Downtown Restaurants.................................................................11
Chain Restaurants..........................................................................................12
Contacts

Your primary point of contact should be the president of the club that you have been communicating with, but the following contacts can provide assistance if necessary:

Fitness Center Front Desk  
(540)-654-1732

Daniel Turner  
Graduate Assistant for Intramural and Club Sports  
dturner2@umw.edu  
(540)-654-1126
Directions to the University

The majority of Sport Club Competition will take place in Goolrick Hall or the Campus Recreation field. Visitors should park on the upper level of the Alvey Parking Deck located on Alvey Drive.

Directions From:

I-95
Take Exit 130-A. Follow Route 3 East business to the traffic light for William Street. Make a left at the light. Follow William Street to the next traffic light and make a left onto College Avenue. The UMW Fredericksburg Campus main gate is on the right at first light. Pass the UMW gate; turn right on U.S. 1. Turn right on Alvey Drive.

U.S. Route 1 North:
Go through the intersection of U.S. 1 and College Avenue; turn right on Alvey Drive and follow the signs to the parking deck.

U.S. Route 1 South:
Turn left on Alvey Drive — the intersection is just prior to the intersection of U.S. 1 and College Avenue. Follow the signs to the parking deck.
Campus Recreation Field

The Campus Recreation Field (CRF) is a lit, synthetic turf field adjacent to the Alvey Parking Deck and U.S. Route 1. Parking in the Alvey Parking Deck provides the easiest access to the field. Bathrooms and a water fountain are available next to the field.

Rules for the Field:

- No Pets are allowed on the turf surface.
- Food, colored liquids, sunflower seeds, tobacco products, and gum are not permitted on the turf surface.
- Bicycles are not allowed on the field at any point.
- Depending on the event, spectators may not be allowed on the surface. There is space around the outside of the field for spectators to sit.
Goolrick Hall

Goolrick Hall is located across Alvey Drive from the Parking Deck. Access to Goolrick Hall should be through the Fitness Center, which is marked by the star in the bottom of the image. Goolrick contains a main gym, auxiliary gym, swimming pools, and locker rooms. Guests should notify the front desk staff that they are there for an event. Bags may be checked for safety.
Hospital/Urgent Care

Mary Washington Hospital
1001 Sam Perry Blvd., Fredericksburg, VA, 22401
<1 mile

Spotsylvania Regional Medical Center
4604 Spotsylvania Pkwy, Fredericksburg, VA, 22408
7.0 miles

Patient First- Fredericksburg
3031 Plank Rd., Fredericksburg, VA, 22401
2.5 miles

Spotsylvania Emergi-Center Inc.
992 Bragg Rd., Fredericksburg, VA 22401
2.9 miles
Hotels

**Hyatt Place Fredericksburg-Mary Washington**
1241 Jefferson Davis Hwy
Fredericksburg, VA 22401

**Hampton Inn & Suites Fredericksburg- at Celebrate Virginia**
1080 Hospitality Ln
Fredericksburg, VA 22401

**Hilton Garden Inn Fredericksburg**
1060 Hospitality Ln
Fredericksburg, VA 22401

**Homewood Suites by Hilton Fredericksburg**
1040 Hospitality Ln,
Fredericksburg, VA 22401

**Fredericksburg Hospitality House and Conference Center**
2801 Plank Road,
Fredericksburg, VA 22401

**Residence Inn**
60 Towne Centre Blvd,
Fredericksburg, VA 22401
# Fast Food and Casual Dining

<table>
<thead>
<tr>
<th>Restaurant</th>
<th>Address</th>
</tr>
</thead>
<tbody>
<tr>
<td>McDonalds</td>
<td>1212 Jefferson Davis Hwy</td>
</tr>
<tr>
<td>Dunkin’ Donuts</td>
<td>2229 Plank Rd</td>
</tr>
<tr>
<td>Quiznos</td>
<td>1131 Jefferson Davis Hwy</td>
</tr>
<tr>
<td>Potbelly Sandwich Shop</td>
<td>1240 Carl D Silver Pkwy</td>
</tr>
<tr>
<td>Taco Bell</td>
<td>543 Jefferson Davis Hwy</td>
</tr>
<tr>
<td>Noodles &amp; Company</td>
<td>1212 Carl D Silvery Pkwy</td>
</tr>
<tr>
<td>Subway</td>
<td>525 Jefferson Davis Hwy</td>
</tr>
<tr>
<td>Firehouse Subs</td>
<td>120 Carl D Silver Pkwy</td>
</tr>
<tr>
<td>Jersey Mike’s Subs</td>
<td>1607 Jefferson Davis Hwy</td>
</tr>
<tr>
<td>Five Guys Burgers and Fries</td>
<td>1661 Carl D Silver Pkwy</td>
</tr>
<tr>
<td>Chipotle Mexican Grill</td>
<td>1601 Jefferson Davis Hwy</td>
</tr>
<tr>
<td>Chick-fil-A</td>
<td>1698 Carl D Silver Pkwy</td>
</tr>
<tr>
<td>Cookout</td>
<td>2024 Plank Rd</td>
</tr>
<tr>
<td>Panera Bread</td>
<td>1760 Carl D Silver Pkwy</td>
</tr>
<tr>
<td>Wendy’s</td>
<td>2301 Plank Rd</td>
</tr>
</tbody>
</table>
## Local and Downtown Restaurants

<table>
<thead>
<tr>
<th>Restaurant</th>
<th>Address</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pueblo’s Mexican Restaurant</td>
<td>1320 Jefferson Davis Hwy</td>
</tr>
<tr>
<td>Sedona Taphouse</td>
<td>591 William St</td>
</tr>
<tr>
<td>Pancho Villa Mexican Restaurant</td>
<td>1117 Jefferson Davis Hwy</td>
</tr>
<tr>
<td>Primavera Pizzeria &amp; Grill</td>
<td>600 William St</td>
</tr>
<tr>
<td>Blackstone Coffee Co.</td>
<td>1113 Jefferson Davis Hwy</td>
</tr>
<tr>
<td>Castiglia's Italian Restaurant</td>
<td>324 William St</td>
</tr>
<tr>
<td>Home Team Grill</td>
<td>1109 Jefferson Davis Hwy</td>
</tr>
<tr>
<td>Mercantile</td>
<td>205 William St</td>
</tr>
<tr>
<td>Baba Ganoush Mediterranean &amp; Indian Grill</td>
<td>1115 Jefferson Davis Hwy</td>
</tr>
<tr>
<td>Foode</td>
<td>900 Princess Anne St.</td>
</tr>
<tr>
<td>Virginia Barbeque</td>
<td>451 Jefferson Davis Hwy</td>
</tr>
<tr>
<td>Basilico New York Deli</td>
<td>2577 Cowan Blvd.</td>
</tr>
<tr>
<td>Mason-Dixon Café</td>
<td>2100 Princess Anne St</td>
</tr>
<tr>
<td>Carl's Frozen Custard</td>
<td>2200 Princess Anne St</td>
</tr>
</tbody>
</table>
Chain Restaurants

**Pizza Hut**  
1224 Powhatan St

**Bonefish Grill**  
1779 Carl D Silver Pkwy

**IHOP**  
2831 Plank Rd

**CiCis**  
1859 Carl D Silver Pkwy

**Joe’s Crab Shack**  
2805 Plank Rd

**Cracker Barrel Old Country Store**  
1971 Carl D Silver Pkwy

**Olive Garden**  
2811 Plank Rd

**O’Charley’s Restaurant & Bar**  
1791 Carl D Silver Pkwy

**Outback Steakhouse**  
2941 Plank Rd

**Carrabba’s Italian Grill**  
1951 Carl D Silver Pkwy

**Buffalo Wild Wings**  
1638 Carl D Silver Pkwy

**Smokey Bones Bar and Fire Grill**  
1801 Carl D Silver Pkwy

**The Melting Pot**  
1618 Carl D Silver Pkwy
Thank You!

We hope your visit to the University of Mary Washington was a pleasurable one and hope to see you again soon. If anything could have been done to improve your visit, don’t hesitate to contact us.