

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 your 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.

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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:

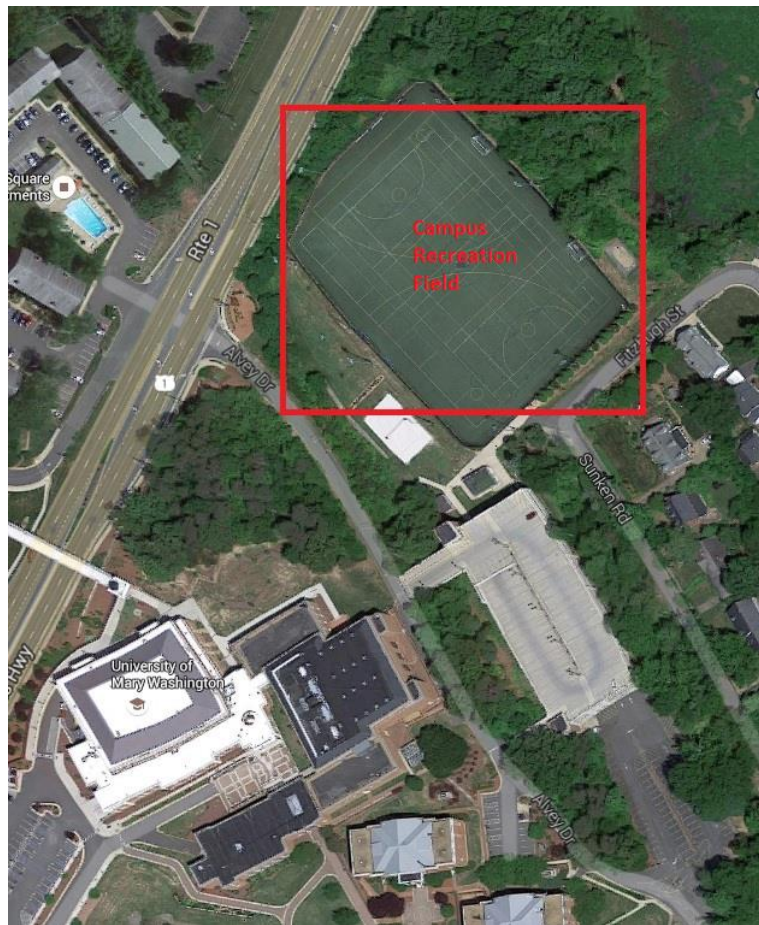
Go through the intersection of U.S. 1 and College Avenue; turn right on Alvey Drive and follow the signs to the parking deck.

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.

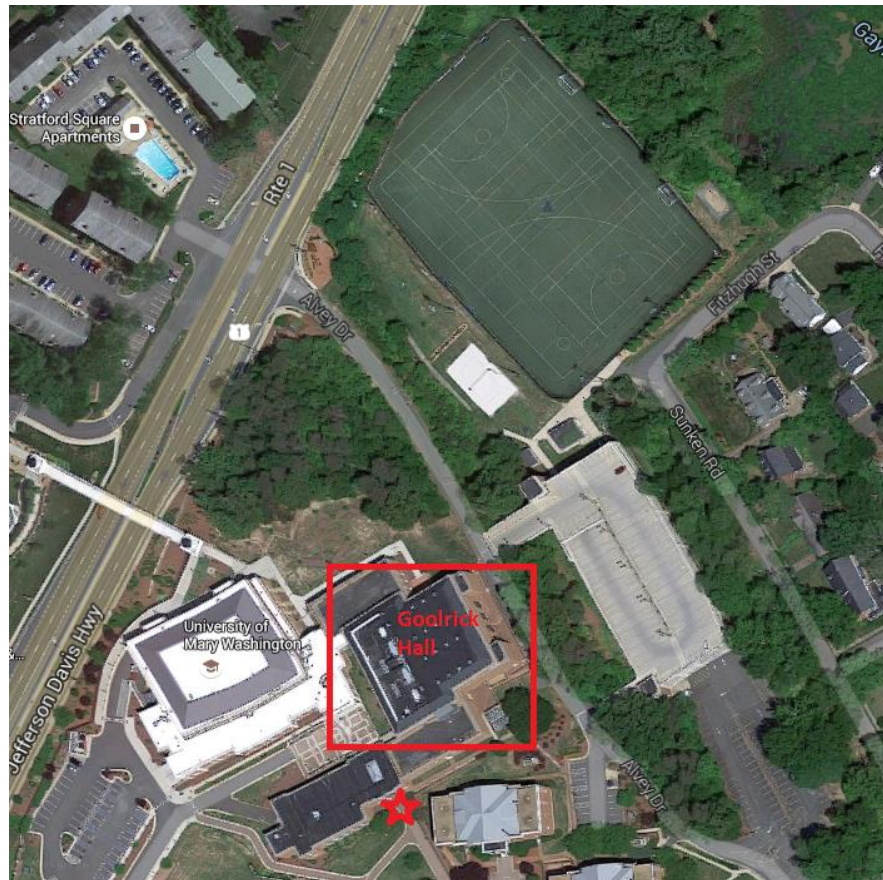


Rules for the Field:

- 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

McDonalds

1212 Jefferson Davis Hwy



Dunkin' Donuts

2229 Plank Rd



Quiznos

1131 Jefferson Davis Hwy



Potbelly Sandwich Shop

1240 Carl D Silver Pkwy



Taco Bell

543 Jefferson Davis Hwy



Noodles & Company

1212 Carl D Silvery Pkwy



Subway

525 Jefferson Davis Hwy



Firehouse Subs

120 Carl D Silver Pkwy



Jersey Mike's Subs

1607 Jefferson Davis Hwy



Five Guys Burgers and Fries

1661 Carl D Silver Pkwy



Chipotle Mexican Grill

1601 Jefferson Davis Hwy



Chick-fil-A

1698 Carl D Silver Pkwy



Cookout

2024 Plank Rd



Panera Bread

1760 Carl D Silver Pkwy



Wendy's

2301 Plank Rd



Local and Downtown Restaurants

Pueblo's Mexican Restaurant
1320 Jefferson Davis Hwy

Sedona Taphouse
591 William St



Pancho Villa Mexican Restaurant
1117 Jefferson Davis Hwy



Primavera Pizzeria & Grill
600 William St

Blackstone Coffee Co.
1113 Jefferson Davis Hwy



Castiglia's Italian Restaurant
324 William St



Home Team Grill
1109 Jefferson Davis Hwy



Mercantile
205 William St

Baba Ganoush Mediterranean & Indian Grill
1115 Jefferson Davis Hwy



Foode
900 Princess Anne St.



Virginia Barbeque
451 Jefferson Davis Hwy



Basilico New York Deli
2577 Cowan Blvd.



Mason-Dixon Café
2100 Princess Anne St

Carl's Frozen Custard
2200 Princess Anne St

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.