

# RUNNER INFORMATION



## Welcome to the Grand Slamrock 5K at Virginia Credit Union Stadium!

First and foremost, we need to thank our sponsors and partners! We couldn't host this race without them! Thank you, Matern Staffing, Fletcher Home, Fit Body Boot Camp, Lucky Road Run Shop, Pure Barre Stafford and Pure Barre Fredericksburg, Robert Cooper, Realtor, Crown Trophy, Mary Washington Hospital, Dr. Raindrop, SJK Services, Thunder 104.5 and SuperHits 95.9!

## Address & Parking

**42 Jackie Robinson Way, Fredericksburg, VA 22401**

There is ample parking in the stadium parking lot. Please do not park in the Expo Center parking lot. The 5K race begins at 8:45am on the dot! **We recommend arriving by 8:10am** because the Strike It Lucky Mile begins at 8:20am and we'll be stopping traffic coming in and out of the stadium for that race. You will be able to enter and exit the lot when the entrance/exit is clear of runners.



## Race Day Schedule

### VA CREDIT UNION STADIUM

7AM - PACKET PICK UP  
BEGINS

7:50AM - WARM UP ON THE  
FIELD FOR THE ½ MILE

8AM - START OF THE ½ MILE  
LEPRECHAUN CHASE

8:15AM - WARM UP AT THE  
START FOR THE 1 MILE

8:20AM - 1 MILE START

8:40AM - PRE-RACE  
ANNOUNCEMENTS +  
NATIONAL ANTHEM AT THE  
START LINE

8:45AM - 5K RACE START

9:25AM - 1 MILE AWARDS

9:35AM - 5K AWARDS

10:45AM - PURE BARRE  
CLASS ON THE FIELD



## Course Description

The race starts on the service road between the stadium and the Expo Center. Runners will run West towards the traffic circle and out on to the SB lanes of Carl D. Silver Parkway, turning Right on to Gordon Shelton Blvd. for an out & back, tracing your path back to the stadium. As you return to the stadium, you'll run behind the stadium, through the back gate, and on to the warning track for an exciting race to the finish in Right Field! The course map is available on the race website.

## Important Things to Note

- **Your Beer Bracelet will be issued to you at packet pick up. You must be present and show Photo ID to receive your Beer Bracelet, and you must keep your bracelet on and intact to show the concessions crew after you finish the race. No bracelet = no beer.** We will also be issuing beer bracelets race morning at packet pick up, so if you send a friend to pick up your race packet on Friday, you can pick up your beer bracelet at the race on Saturday. You must show Photo ID to receive your bracelet.
- Parents/Guardians, if you are running with your child, you must also be registered for the race. Unregistered individuals without a race bib will be removed from the course.
- Race Bibs should be pinned to the front of your t-shirt.
- There will be a water stop near the halfway point on the course on Gordon Shelton.
- Restrooms will be available in the stadium.
- Strollers are permitted on the course, but we ask that you start near the back.
- **No dogs are permitted on the course.**

## Post-Race Activities

- Grab & Go post-race food/drink for race participants
- Grab your post-race beer on the field (must have beer bracelet or show ID)
- Awards around 9:35am on top of the dugout. The Top 3 Male and Female Overall, Top Male and Female Masters Overall, and the Top 3 in each age group will receive awards.
- 50/50 Winner will be announced during the Awards Ceremony
- Team Store Opens at 10am
- 10:45am - Pure Barre Pop Up Class on the field for ages 16+. Contact PB Stafford at 540-699-0793 or PB Fredericksburg at 540-693-0030 to book yourself for class.

**Please note that you will need to exit through the Convention Center parking lot and on to Hospitality Way while the race is still in progress. Southbound Carl D. Silver will be closed to traffic for the 5K race.**

**Coming to Packet Pick Up on Thursday or Friday is recommended. Skip the lines on race morning and enter the stadium ready to roll!**