

# RUNNER INFORMATION



## Welcome to the 2024 Strike it Lucky 1 Mile Race at Virginia Credit Union Stadium!

First and foremost, we need to thank our sponsors! We couldn't host this race without them! Thank you, Matern Staffing, Lifepoint Church, Lucky Road Run Shop, Pure Barre Stafford and Pure Barre Fredericksburg, Robert Cooper, Realtor, Crown Trophy, Galaxy Rolling Video Games, Heppe Chiropractic, The DRIPBaR Stafford, 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 1 Mile Race begins at 8:20am on the dot, so please arrive by 7:45am. The 1/2 Mile race begins at 8am and the 5K race begins at 8:45am. You will be able to exit the parking lot when the exit is clear of 5K runners. You're welcome to stay and enjoy the morning with us and cheer on the 5K finishers!



## Important Dates & Times

**March 15, 2024**

PACKET PICK UP  
LUCKY ROAD RUN SHOP  
1-6PM  
1865 CARL D. SILVER PWKY  
SUITE 110  
FREDERICKSBURG, VA  
22401

**March 16, 2024**

PACKET PICK UP  
VA CREDIT UNION STADIUM  
7AM-7:45AM FOR THE 1/2  
MILE

PACKET PICK UP  
7AM-8AM FOR THE 1 MILE

PACKET PICK UP  
7AM-8:30AM FOR THE 5K

1 MILE RACE START - 8:20AM

Race is held rain or shine!



## Course Description

The race starts on the road between the stadium and the Expo Center. Runners will run west towards the traffic circle and out and back on the southbound lanes of Carl D. Silver Parkway. They'll return to the stadium, running behind the stadium through the back gate and on to the warning track for an exciting race to the finish on the outfield! The full course map is available on the race website.

Parents/Guardians, if your child is 5 or younger and you would like to be on the course with them, we ask that you start in the back with your child and run on the edge of the course to keep the course clear for other race participants.

## Post-Race Activities

Stick around after the race and watch the 5K Finishers come in! We'll have the following available after the race:

- Galaxy Rolling Video Games
- Access to the playground
- Grab & Go post-race food/drink for race participants (banana, granola bar, water)
- 9am - Team Store opens
- 9am - Caroline Street Grill opens
- 9:20am - 1 Mile Awards Ceremony
- 9:30am (ish) - 5K Awards Ceremony
- 10:45am - A 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 Expo Center parking lot and on to Hospitality Way. Southbound Carl D. Silver will be closed to traffic for the 1 Mile and 5K races.**



**Save the Date  
October 26, 2024**



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