

RUNNER INFORMATION



Welcome to the 2024 Grand Slamrock 5K 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. Do not park in the Expo Center parking lot. The 5K race begins at 8:45am on the dot! **We recommend arriving by 8am** 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.



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
7AM-8AM FOR THE 1 MILE
7AM-8:30AM FOR THE 5K
5K RACE START - 8:45AM

Race is held rain or
shine!



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 (banana, granola bar, water)
- Grab your post-race beer before you exit the field (must have beer bracelet on)
- Awards at 9:30ish 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.
- Team Store Opens at 9am
- Caroline Street Concession Stand Open from 9am-11am - Drinks & Snacks available for purchase.
- 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 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 Friday is highly recommended! Skip the lines on race morning and enter the stadium ready to roll!