



Participant Information

Thank you for joining us for the **2024 Stafford Hospital Spring Fever 5K and Kids 1/2-mile Fun Run!**

A huge THANK YOU to our sponsors and community partners for supporting Stafford Hospital Foundation to ensure another successful event!

Sponsors

Rainbow Sponsors: Claxton Logistics, Fredericksburg Emergency Medical Alliance, Hilldrup

Ladybug Sponsors: Healthcare Systems Federal Credit Union, Jack and Pat Rowley, Truist, Vascular Institute of Virginia

Friends: Atlantic Union Bank, GCubed, Inc., Mike and Chrissy McDermott

Community Partners

Coldwell Banker Elite, Fredericksburg Area Running Club, Little Tire Co. Tire Pros, Lucky Road Run Shop, Morrison Healthcare, Stafford Race Series, Tour Stafford VA, Wegmans

Event Location & Parking

**Stafford Medical Pavilion (on the campus of Stafford Hospital)
125 Hospital Center Blvd. | Stafford, VA 22554**

Directions to race location: From 95 North. Take exit 140 (East) and merge onto Courthouse Road. Continue straight onto Hospital Center Blvd. Take a left on Care Lane and Stafford Medical Pavilion will be on the left.

IMPORTANT: OVERFLOW PARKING

When the Stafford Medical Pavilion parking lot becomes full, participants will be directed to overflow parking at Washington Avenue.

PARTICIPANTS CANNOT EXIT ANY OF THE PARKING LOTS UNTIL THE ROADS OPEN UP. We estimate roads will reopen around 9:45 a.m.

Participant Information

To ensure runner safety, unregistered runners, unauthorized vehicles, bicycles, skateboards, rollerblades, and running with dogs are strictly prohibited. Non-compliance will result in removal from the racecourse and immediate disqualification. Course is not closed to traffic, and headphones are discouraged. Baby joggers are permitted in the race and must start in the back.

If you are unable to finish the race or need medical care, notify the nearest course marshal.

Packet Pick Up

We will host two packet pickups. All registered participants will receive a shirt if they registered by **11:59 p.m. on March 18.** Packets will not be mailed.

**Thursday, April 11
3:30 p.m. to 5:30 p.m.**

Stafford Hospital*
101 Hospital Center Blvd.
Stafford, VA 22554

**From Hospital Center Blvd., turn into parking lot of Stafford Hospital and proceed straight towards the circle.*

**Friday, April 12
11:00 a.m. - 5:00 p.m.**

Lucky Road Run Shop**
1865 Carl D. Silver Pkwy
Fredericksburg, VA 22401

***Located in Central Park*

NOTE:

If you cannot pick up your race packet at either packet pick up site, please pick up your packet at the registration table when you arrive on **Saturday, April 13.** Registration opens at **7:00 a.m.**

Bib Placement

Bibs must be worn on the front of the shirt to gain entry into the start and finish areas of the race. Additionally, race bibs confirm that you have permission to be on the course.



**Stafford Hospital
Foundation**



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STAFFORD
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