

Saturday, 15 September, 2007

Rappahannock RFC

(Falmouth Waterfront Park, 305 River Road, Fredericksburg, VA 22405)

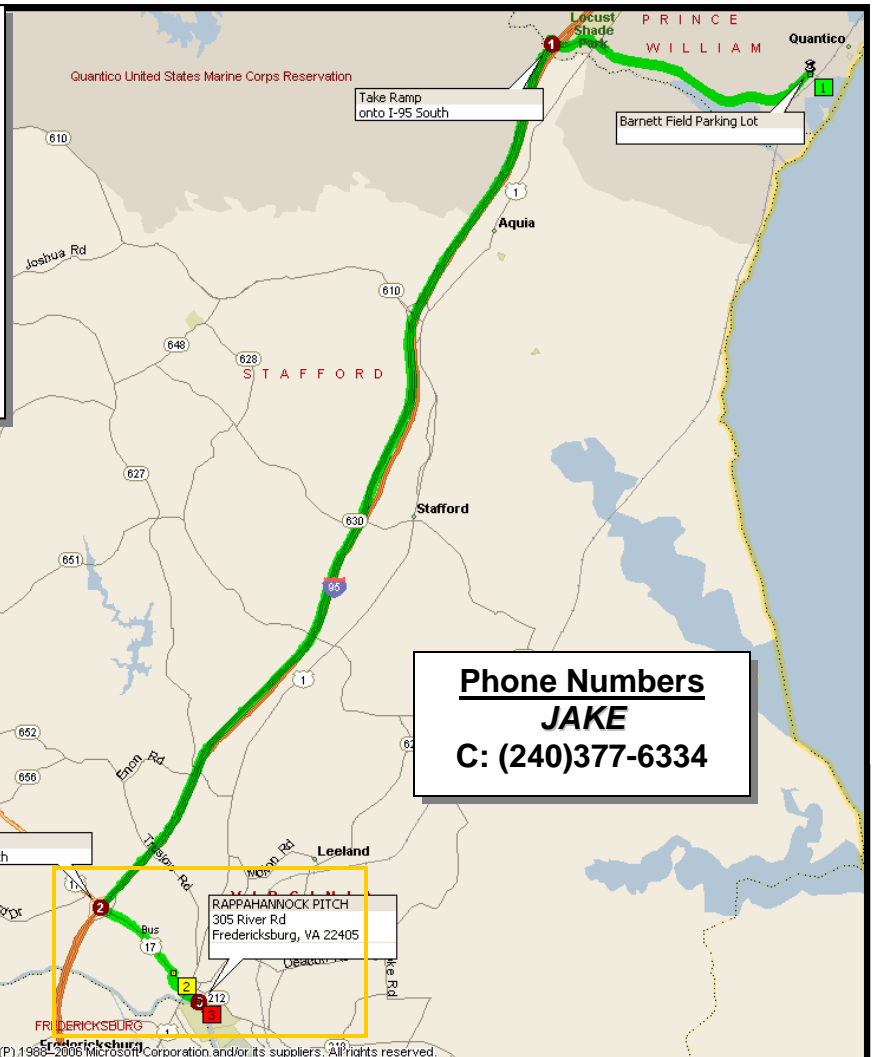
SCHEDULE:

- NLT 10:45** Depart Quantico for Match.
(RP @ Barnett Field Parking Lot)
- ≈ 11:15** Arrive at *Falmouth Waterfront Park Rugby Pitch*
- 11:30** Team meeting / accountability
- NLT 11:45** Boots On – Individual prep / announce line-up
- 11:55** Team warm up/match prep
- 12:35** Unopposed
- 12:50** Water break / final prep / Capt's coin toss
- 13:00** Kick off.
- ≈ 16:00** Push for Social

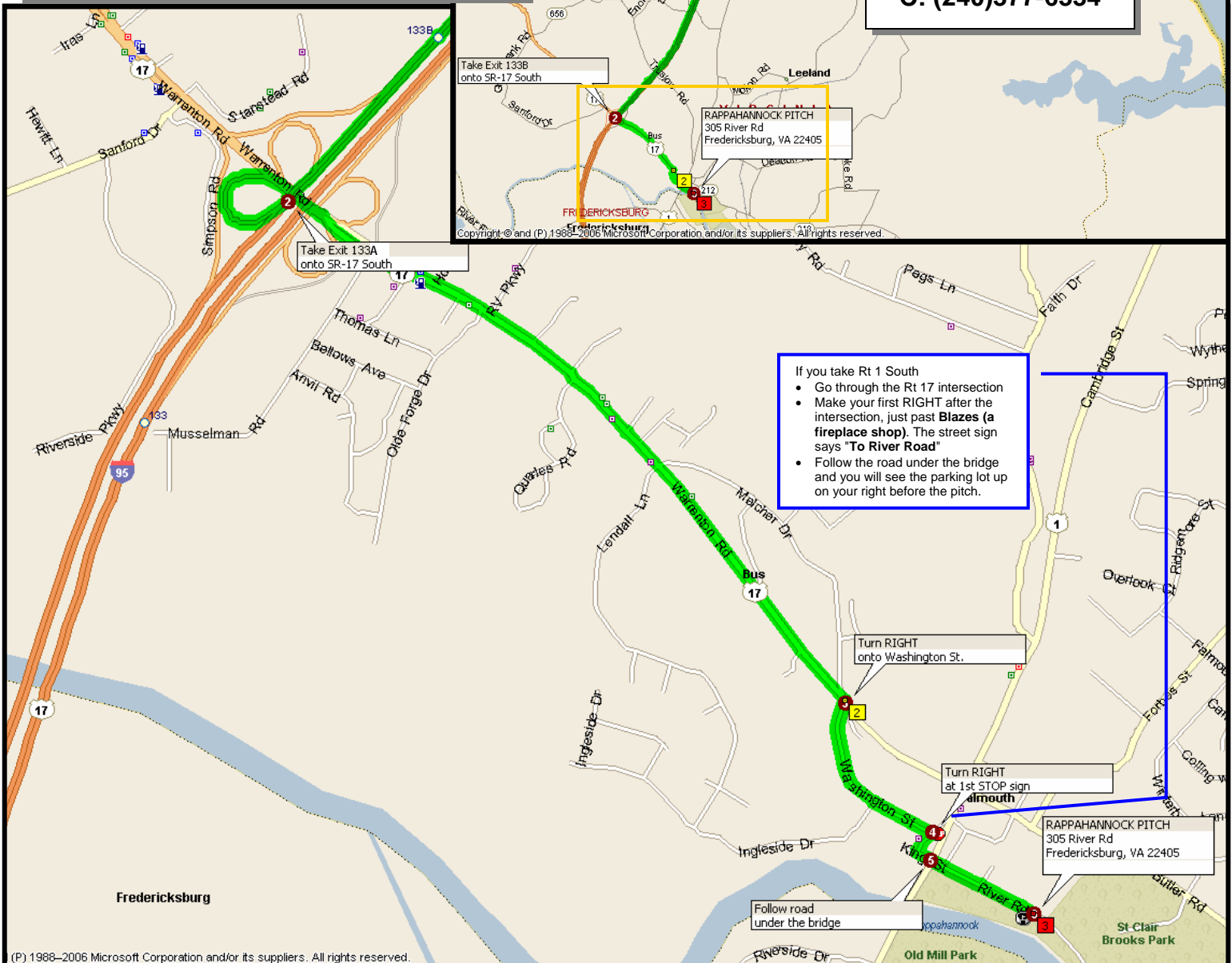
FROM MCB QUANTICO

Summary: 21.5 miles (25 minutes)

Time	Mile	Instruction	For	Toward
10:49	0.0	Depart Barnett Field Parking Lot	4.2 mi	
10:57	4.2	Take Ramp (RIGHT) onto I-95	14.9 mi	I-95 / Fredericksburg
11:10	19.1	At exit 133A, take Ramp (RIGHT) onto US-17 Bus [Warrenton Rd]	1.8 mi	US-17 Business / Falmouth



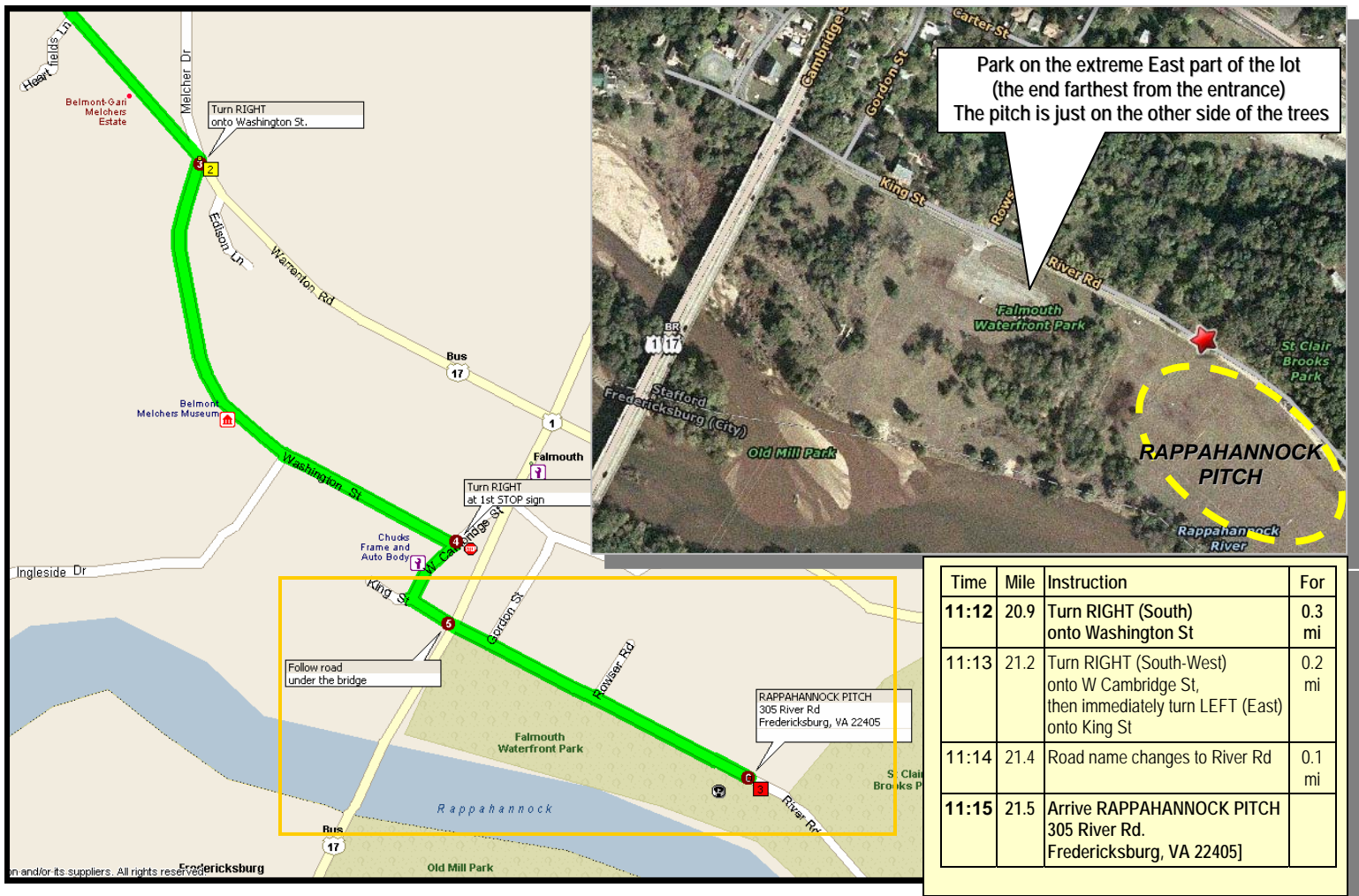
Phone Numbers
JAKE
C: (240)377-6334



If you take Rt 1 South

- Go through the Rt 17 intersection
- Make your first RIGHT after the intersection, just past **Blazes (a fireplace shop)**. The street sign says "To River Road"
- Follow the road under the bridge and you will see the parking lot up on your right before the pitch.

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From Spotsy, Fredericksburg, Culpeper, Orange, Caroline and all places south of the Rappahannock:

- Rt 3 in either direction toward Rt 1
- Take Rt 1 NORTH
- Cross the Rappahannock
- Make your first RIGHT on to Carter Street, there will be a small brown sign for Belmont
- Make your first RIGHT on to Gordon Street
- Turn LEFT on River Road
- Make an immediate RIGHT into the Parking lot. Park at far east as possible
- The pitch is in the field to the east of the lot. There are no signs, but if you walk south you will end up in the river and if you go north you will be in River Road and if you head west you will be under the bridge.

OR:

- Take 95 North (from Rt 3 or points further south)
- Take the Rt 17 Exit SOUTH (Exit 133), the first exit after the Rappahannock River
- Turn Right on Washington St
- At the stop sign, turn RIGHT
- Go under the bridge and the parking lot is on the Right

For those coming from the south, here is another set of directions:

- Rt 3 in either direction, Turn onto William Street
- Follow William all the way through town and cross the River
- Make an immediate LEFT after you cross the river on to River Road
- Drive about 2 miles or so and you will see the pitch on your left and the parking lot will be right after the pitch on your left

For those coming from North of Fredericksburg:

- Take I-95 South
- Take the Rt 17 Exit SOUTH (Exit 133)
- Follow 17 about 1.5 miles and turn RIGHT on Washington. This is where traffic starts to back up from the Rt 1/Rt 17 intersection
- Turn RIGHT at your first Stop Sign
- Follow road under the bridge and you will see the parking lot up on your right. Park on the extreme east part of the lot (the end farthest from the entrance). The pitch is just on the other side of the trees.

OR:

- Take Rt 1 South
- Go through the Rt 17 intersection
- Make your first RIGHT after the intersection, just past Blazes (a fireplace shop). The street sign says "To River Road"
- Follow the road under the bridge and you will see the lot up on your right. Park on the extreme east part of the lot (the end farthest from the entrance). The pitch is just on the other side of the trees.