

# FROM MCB QUANTICO / FREDERICKSBURG

West. Suburbs pitch (Lough F...  
13731 Old Springhouse Ct  
Lovettsville, VA 20180

Take Ramp (LEFT) onto  
US-15 Byp/SR-7 [Harry Byrd  
Hwy]

## Saturday, 13 October, 2007 Western Suburbs RFC

(Lough Field, 13731 Old Springhouse Ct, Lovettsville, VA 20180)

### SCHEDULE:

- NLT 09:00** Depart Fredericksburg area.
- NLT 09:30** Depart Quantico for Match.  
(RP @ Barnett Field Parking Lot)
- ≈ 11:00** Arrive at *Lough Field Rugby Pitch*
- 11:15** Team meeting / accountability
- NLT 11:30** Boots On – Individual prep / announce line-up
- 11:45** Team warm up/grids/sub-elements
- 12:25** Unopposed
- 12:45** Water break / final prep / Capt's coin toss
- 13:00** Kick off.
- ≈ 16:00** Push for Social

Summary: 71.3 miles (1 hour, 22 minutes)

Time	Mile	Instruction	For	Toward
09:30	0.0	Depart Barnett Field, Quantico, VA on Henderson Rd (North-West)	4.1 mi	
09:38	4.1	Take Ramp (RIGHT) onto I-95	10.3 mi	I-95 / Washington
09:47	14.4	At Exit 160B onto, take Ramp (RIGHT) onto SR-123 [Gordon Blvd]	10.3 mi	VA-123 / Occoquan / Lake Ridge
10:00	24.7	Take Ramp (RIGHT) onto SR-7100 [Fairfax County Pkwy]	14.6 mi	VA-7100 Fairfax County Pkwy
10:18	39.3	Turn LEFT (West) onto Local road(s)	21 yds	
10:18	39.3	Take Ramp (LEFT) onto, SR-267 [Dulles Toll Rd.]	0.3 mi	VA-267-Toll / Dulles Airport
10:18	39.6	*Toll road* Merge onto SR-267 [Dulles Toll Rd]	15.8 mi	

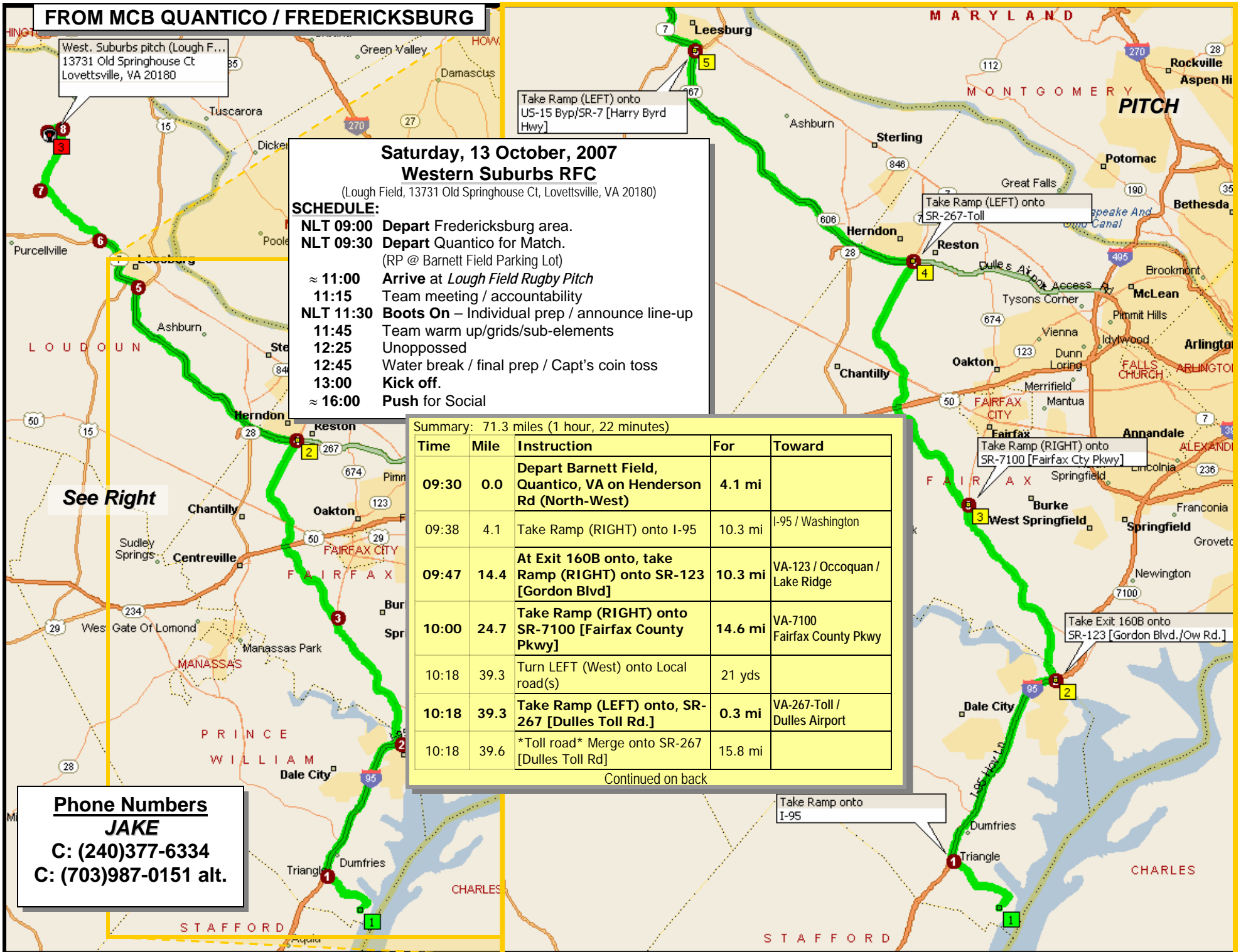
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### Phone Numbers

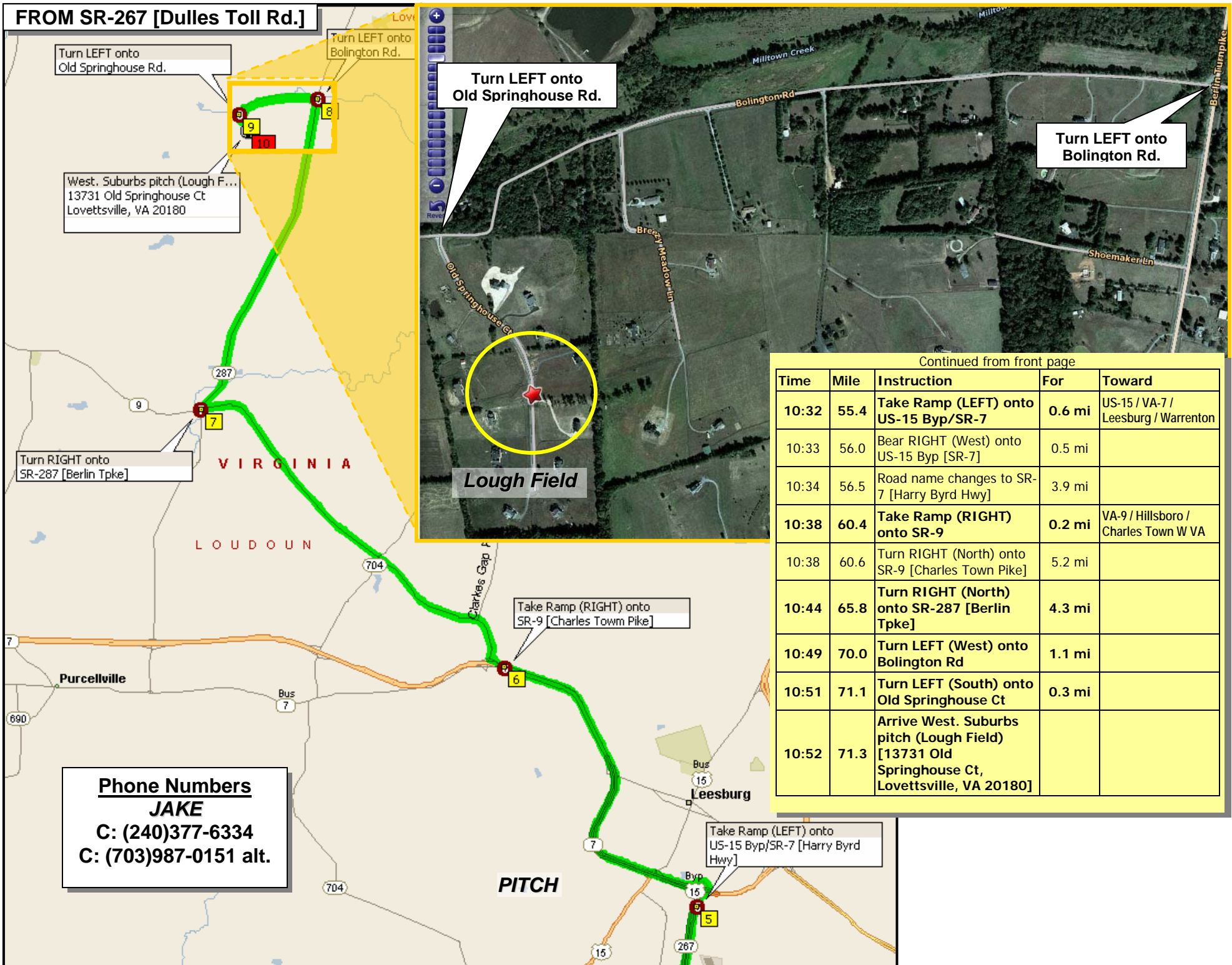
**JAKE**

**C: (240)377-6334**

**C: (703)987-0151 alt.**



**FROM SR-267 [Dulles Toll Rd.]**



**Phone Numbers**  
**JAKE**  
**C: (240)377-6334**  
**C: (703)987-0151 alt.**

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Time	Mile	Instruction	For	Toward
10:32	55.4	Take Ramp (LEFT) onto US-15 Byp/SR-7	0.6 mi	US-15 / VA-7 / Leesburg / Warrenton
10:33	56.0	Bear RIGHT (West) onto US-15 Byp [SR-7]	0.5 mi	
10:34	56.5	Road name changes to SR-7 [Harry Byrd Hwy]	3.9 mi	
10:38	60.4	Take Ramp (RIGHT) onto SR-9	0.2 mi	VA-9 / Hillsboro / Charles Town W VA
10:38	60.6	Turn RIGHT (North) onto SR-9 [Charles Town Pike]	5.2 mi	
10:44	65.8	Turn RIGHT (North) onto SR-287 [Berlin Tpke]	4.3 mi	
10:49	70.0	Turn LEFT (West) onto Bolington Rd	1.1 mi	
10:51	71.1	Turn LEFT (South) onto Old Springhouse Ct	0.3 mi	
10:52	71.3	Arrive West. Suburbs pitch (Lough Field) [13731 Old Springhouse Ct, Lovettsville, VA 20180]		