



**Phone Numbers**  
**JAKE**  
**C: (240)377-6334**



**Friday, 21 March, 2008**  
**George Mason University RFC**  
 (behind GMU Field House)

**SCHEDULE:**  
**NLT 16:45** Depart Fredericksburg area.  
**NLT 17:15** Depart Quantico for Match.  
 (RP @ Barnett Field South Parking Lot)  
 ~ 18:00 Arrive at **Intramural Field #4**  
**Rugby Pitch.**  
 18:30 Boots On - Warm up/match prep.  
 19:30 Kick-off.  
 ~ 21:00 Push for Social (TBD).

**FROM MCB QUANTICO**

Summary: 28.6 mi (46 minutes)

Time	Mile	Instruction	For	Toward
17:15	0.0	Depart Barnett Field Parking Lot on Henderson Rd (North-West)	4.1 mi.	
17:24	4.1	1 Take Ramp (RIGHT) onto I-95N	10.3 mi	I-95 / Washington
17:34	14.4	2 Take Exit 160B, merge onto Gordon Blvd/VA-123 N. Continue to follow VA-123 N (Ox Rd.)	13.7 mi	Occoquan / Lake Ridge
17:58	28.1	3 Take LEFT onto University Dr	0.4 mi	
18:00	28.5	4 Take LEFT onto "Intramural Field" (Rapidan River Rd.)		
	28.6	Arrive Intramural Field #4 pitch		