

**Saturday, 3 May, 2008**

**North Bay Cup**

(DeMarco Park in Aberdeen, Maryland)



**SCHEDULE:**

- NLT 06:00** Depart Quantico for Match.
- NLT 05:30** Depart Fredericksburg area.
- ~ 08:00** Arrive at **DeMarco Park Rugby Pitch**.
- 08:25** **Boots On** - Warm up and match preparation.
- 10:00** 1<sup>st</sup> Kick off.
- ~ 17:00** end of Final match
- ~ 17:30** Push for Social.

**Phone Numbers**  
**"CONAN"**  
**C: (808)392-3661**

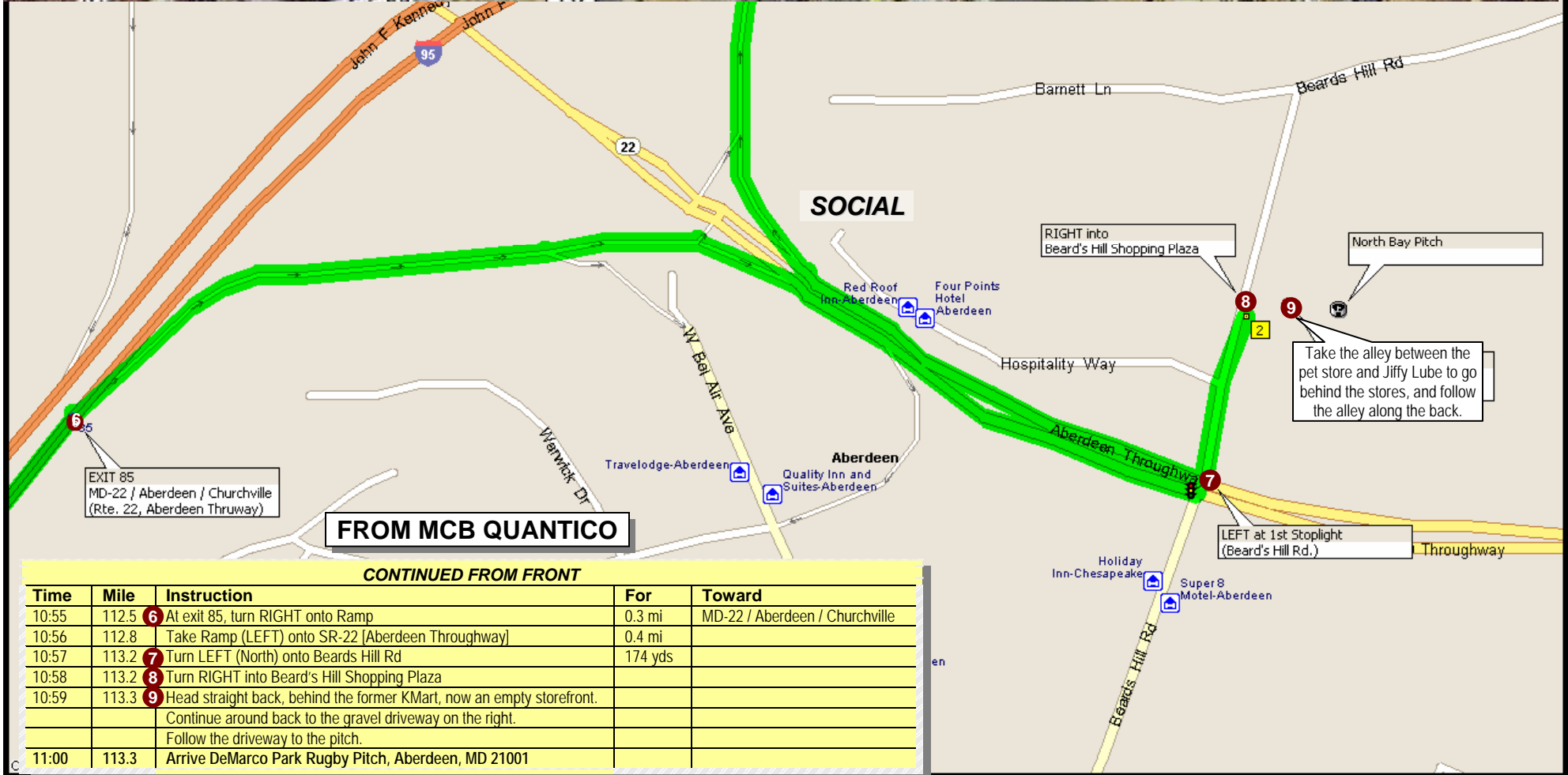


**FROM MCB QUANTICO**

Summary: 113.3 miles (1 hours, 52 minutes)

Time	Mile	Instruction	For	Toward
09:05	0.0	Depart Barnett Field Parking Lot	4.1 mi	
09:14	4.1	1 Take Ramp (RIGHT) onto I-95	18.9 mi	I-95 / Washington
09:33	23.9	2 Continue on Exit 170A-B	0.7 mi	I-395N/I-495 / Tysons Corner/ Washington
09:33	24.2	3 At exit 170B, merge onto Capital Beltway/I-495 N	29.8 mi	Tysons Corner
09:47	39.1	Entering Maryland		
10:01	54.0	4 At exit 27, turn RIGHT onto Ramp	0.4 mi	I-95 / Baltimore
10:01	54.4	5 Take Ramp (LEFT) onto I-95, merge onto I-95 N	50.7 mi	I-95 / Baltimore / New York
10:48	105.1	*Toll road* Stay on I-95 [John F Kennedy Memorial Hwy] (East)	7.4 mi	

**CONTINUED ON BACK**



CONTINUED FROM FRONT				
Time	Mile	Instruction	For	Toward
10:55	112.5	6 At exit 85, turn RIGHT onto Ramp	0.3 mi	MD-22 / Aberdeen / Churchville
10:56	112.8	Take Ramp (LEFT) onto SR-22 [Aberdeen Thruway]	0.4 mi	
10:57	113.2	7 Turn LEFT (North) onto Beards Hill Rd	174 yds	
10:58	113.2	8 Turn RIGHT into Beard's Hill Shopping Plaza		
10:59	113.3	9 Head straight back, behind the former KMart, now an empty storefront.		
		Continue around back to the gravel driveway on the right.		
		Follow the driveway to the pitch.		
11:00	113.3	Arrive DeMarco Park Rugby Pitch, Aberdeen, MD 21001		