BIG BLUE 5K

PRESENTED BY

Bon Secours | In Motion

GAME ON
APRIL 15, 2017

PACKET PICK-UP
Friday, 4:00–7:00pm | Bud Metheny Baseball Complex Right Field Picnic Area

L.R. HILL SPORTS COMPLEX

SAILING CENTER

ELIZABETH RIVER

MILE 1

MILE 2

PARKER AVE.

ELKHORN AVE.

42ND STREET

43RD STREET

BUD METHENY BASEBALL FACILITY

JIM JARRETT ATHLETICS ADMIN BUILDING

WATER

47TH STREET

POWHATAN AVE.

MELROSE PKWY

ELIZABETH RIVER TRAIL

PARKING

TO DOWNTOWN NORFOLK

MONARCH WAY

GARAGE C

TED CONSTANT CENTER

GARAGE D

41ST STREET

KILLAM AVE.

HAMPTON BLVD.

48TH STREET

MONARCH FOUNTAIN

MILE 3

START

1K 10:00am
5K 10:30am
OUTSIDE S.B. BALLARD STADIUM ON BLUESTONE AVE

MELROSE PARKWAY

BLUESTONE

CEDAR LANE

MONTEREY AVE.

BOLLING AVE.

BRUNSWICK AVE.

PUMP AND RUN

FRIDAY, APRIL 14
4:00–6:00pm
BENCH PRESS PORTION OF THE PUMP AND RUN

SATURDAY, APRIL 15
9:00–10:00am
BENCH PRESS PORTION OF THE PUMP AND RUN

FINISH
ON FOREMAN FIELD

Lafayette River

43RD STREET
44TH STREET
45TH STREET
46TH STREET
47TH STREET
48TH STREET
49TH STREET
COLLEY AVE.

Lot 58
Lot 35

BIG BLUE TAILGATE
11:00–1:00pm | Silver Lot

RACE DAY PACKET PICK-UP & DRY BAG
Saturday, 9:00–10:30am
Under the east side visitor team bleachers at S.B. Ballard Stadium

RESTROOM   **WATER** **WATER STOP**