

# BIG BLUE 5K

Win the Day

APRIL 14, 2018

PRESENTED BY



## 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



PARKING

TO DOWNTOWN NORFOLK

GARAGE C

TED CONSTANT CENTER

GARAGE D

MONARCH FOUNTAIN

MILE 3

START

FINISH

ON FOREMAN FIELD

BIG BLUE TAILGATE

11:00-1:00pm | Silver Lot

PUMP AND RUN

FRIDAY, APRIL 13  
4:00-6:00pm  
BENCH PRESS PORTION  
OF THE PUMP AND RUN

SATURDAY, APRIL 14  
9:00-10:00am  
BENCH PRESS PORTION  
OF THE PUMP AND RUN

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

RACE DAY PACKET PICK-UP  
& DRY BAG

Saturday, 9:00-10:30am  
Under the east side visitor team bleachers  
at S.B. Ballard Stadium

