

2014 - 2015



# JMU SPORT CLUBS VISITING TEAM GUIDE

**Mailing Address:**

James Madison University Recreation

CO/ Club's Name

MSC 3901

Harrisonburg, VA 22801

[urecsclub@gmail.com](mailto:urecsclub@gmail.com)



## Welcome to James Madison University and Harrisonburg, VA!

Dear Visiting Team,

We welcome you to JMU! We are looking forward to hosting you and your team this season. This guide has been designed to provide you with useful information about our campus, facilities, and the surrounding area. UREC works hard to ensure the safety of our participants. If you have any suggestions about how we could improve your visit or participation with James Madison University Recreation, please contact us.

When you arrive, you will be asked to check in with your team at the Welcome Center. Guests will be asked to sign in as well. Be prepared for large bags or coolers to be checked for safety. We ask that you respect the area that has been designated for your event and utilize the space appropriately.

As our guests, we hope you have an enjoyable stay. Have a safe trip to Harrisonburg and we will see you soon!

Sincerely,

James Madison University Recreation  
701 Driver Drive Harrisonburg VA 22807

### UREC Contacts

UREC Welcome Center 540-568-8737  
University Park Gatehouse 540-568-8793  
UREC Hotline (24 Hours) 540-568-8732

### General UREC Policies and Procedures

- No pets (except for guide dogs) are allowed inside UREC, UPARK, or on any turf field.
- The use of cigarettes, tobacco, or tobacco substitute products is not permitted at UREC or any UREC facility.
- The possession of or individuals under the influence of alcohol or illegal drugs will not be permitted at UREC or any UREC facility.
- Profane or indecent language nor verbal or physical altercations will not be tolerated.
- Spectators will be required to adhere to all policies stated for participants of UREC.
- Chewing gum is not permitted in any UREC activity area.

### UREC Gym Policies

- Only non-marking, closed toe athletic shoes are allowed on courts. No street shoes or boots are permitted.
- Jewelry, hats, or other articles that may cause bodily injury or damage equipment are not allowed in play.

### Food and Beverage Policies

- Food and candy is allowed only in the atrium or designated racquetball courts. *Persons with medical conditions may be exempt from this policy.*
- The only beverages approved in activity areas are water or sport drinks in a resealable plastic sport bottle. This includes hallways with satellite equipment, table tennis, etc. and locker rooms.
- Gum is not permitted in any UREC activity area.

### UREC Student Employees

- An **Operations Supervisor** is the student supervisor of the UREC Building or UPARK, who oversees events and student staff. He or she serves as an ambassador and advocate for club events and are available for assistance with any of your needs.
- A **First Responder** or **EMT** will be staffed at all events. These employees are not athletic trainers, but are on duty to provide you with safety and basic medical assistance.



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# SPORT CLUB CONTACTS

## Contact Information



**Chris Jones**  
Assistant Director for Sport  
Clubs and Youth Programs  
jones4cr@jmu.edu  
540-568-8723



**Mary Catherine Sowder**  
Graduate Assistant for Sport  
Clubs and Youth Programs  
sowdermc@jmu.edu  
540-568-8724

## Sport Club Council



**Tatum Davis**  
President  
jmusccpresident@gmail.com

**Kelsey Wildman**  
Vice President  
jmusccvicepresident@gmail.com

**Madison Lewis**  
Secretary  
jmusccsecretary@gmail.com

**Holden Fleming**  
Treasurer  
jmuscctreasurer@gmail.com



# EMERGENCY CONTACTS

## Emergency Contacts

Harrisonburg Police

- Emergency: 9-1-1
- Non-Emergency: 540-434-4436

JMU Police

- Emergency: 540-568-6911
- Non-Emergency: 540-568-6913

Harrisonburg Rescue Squad

- 540-434-2323

## Pharmacies

CVS Pharmacy

780 Cantrell Avenue  
(540) 434-8916

CVS Pharmacy

1151 Port Republic Road  
(540) 433-2437

CVS Pharmacy

1100 S High St  
(540) 433-1158

Rite Aid Pharmacy

1420 South Main Street  
(540) 434-7341

Wal-Mart Pharmacy

171 Burgess Road  
(540) 433-1106

Medicap Pharmacy

1851 Virginia Ave  
(540) 434-7455

Medicap Pharmacy

2091 Pro Pointe Ln  
(540) 433-6337

## Hospitals and Medical Centers

Rockingham Memorial Hospital

2010 Health Campus Drive  
(540) 689-1000

3.6 miles from UREC

2.7 miles from UPARK

RMH South Main Health Center

1661 South Main Street  
(540) 433-2554

2.6 miles from UREC

1.9 miles from UPARK

## Urgent Care

Emergicare of Harrisonburg

755 Martin Luther King, Jr. Way  
(540) 432-9996

1.9 miles from UREC

2.8 miles from UPARK

MedExpress Urgent Care Harrisonburg

1840 East Market Street  
(540) 432-3080

1.7 miles from UREC

3.1 miles from UPARK

Valley Urgent Care

119 University Boulevard  
(540) 434-5709

1.3 miles from UREC

2.3 miles from UPARK



# SPORT CLUB LISTING

## Sport Club Listing

For further contact information, visit [Sport Clubs at JMU](#)



Archery	Field Hockey	Soccer - Women's
Baseball	Golf	Softball
Basketball - Women's	Gymnastics	Swimming
Basketball - Men's	Ice Hockey	Swing Dance
Bhangra	Brazilian Jiu Jitsu	Table Tennis
Boarderline	Lacrosse - Men's	Tae Kwon Do
Caving	Lacrosse - Women's	Tennis
Cheerleading	Madison Dance	Triathlon
Crew	Paintball	Ultimate Frisbee - Men's
Cross Country & Track	Quidditch	Ultimate Frisbee - Women's
Cycling	Roller Hockey	Volleyball - Men's
Disc Golf	Rugby - Men's	Volleyball-Women's
Dodgeball	Rugby - Women's	Water Polo - Men's
Equestrian	Ski and Snowboarding	Water Polo - Women's <sup>®</sup>
Fencing	Soccer - Men's	Wrestling

## Directions to Campus

For comprehensive directions to the James Madison University campus, please visit [Directions to JMU Campus](#) and [Transportation to JMU Campus](#). Please review [Information about JMU Traffic Pattern Changes](#) as well before driving on campus.

## Lightning Detection System

At James Madison, your safety is our top priority. lightning detection system is a system that notifies us of an imminent threat of lightning within the immediate area. It is a lightning detection system that is regulated by campus police. When lightning detection system goes off, necessary precautions are taken.

## Parking Information

Parking Services is located in the Champions Deck underneath by Bridgeforth Stadium, 280 Bluestone Drive.

Parking regulations are enforced **365 days a year, 24 hours a day**. Visitors will need to obtain and display a valid parking permit in order to park on campus. Parking Services provides visitors with parking permits at no charge during normal business hours (7:00 AM - 5:00 PM Monday through Friday). Visitors who arrive at times other than those specified above should park in R1, R2, or R4 Lots and obtain a permit from Parking Services as soon as possible.

In order to obtain a visitor's parking permit, be prepared to present a valid driver's license and vehicle registration. For more information about campus parking and a campus parking map, please click:

- [Visitor Parking Frequently Asked Questions](#)
- [Campus Parking Maps](#)

## Campus Map

For an online, interactive map of campus, visit [Campus Map](#).

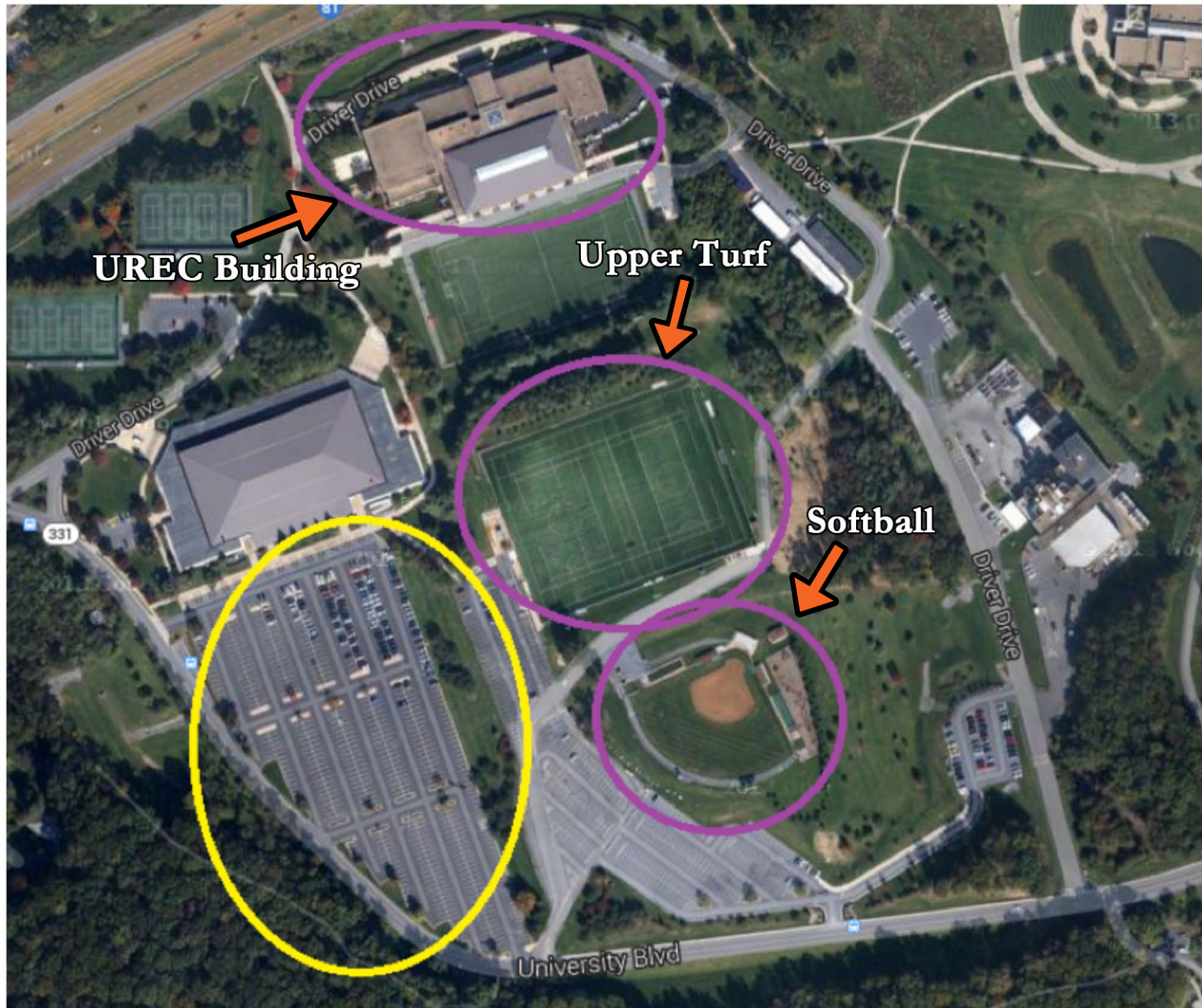
## Bus Services

The Harrisonburg Department of Public Transportation offers community bus transportation to and from campus. For more information, visit the following sites:

- [Harrisonburg Department of Transportation Information](#)
  - Lists all routes and times of arrival
- [JMU Bus Finder](#)
  - This website can be used to pick departure and arrival locations



## UREC: University Recreation Center 701 Driver Drive



### UREC Upper Turf and Softball Field

UREC is a multi-level fitness and wellness center with over 140,000 square feet of activity space. Restrooms and locker rooms are on site. Parking is available in the Convo lots behind UREC and the upper turf off of University Boulevard.

### Directions to UREC

- If driving 81 South, take exit 245 (if driving 81 North do the opposite after getting off at the exit) take a left at the light and then take a left at the second light which is Forest Hill Rd.
- Drive to the stop sign where the road splits and make a left at the stop sign.
- Follow the road as it winds around past the convocation center.
- Park in the big parking lot to your left.
- UREC is below the Convocation Center down the stairs. Construction will be passed on your right side on the backside of UREC as you are walking from the Convo parking lot to UREC.
- If trying to get from UREC to Godwin Hall, walk through the “Duke Dog Tunnel.”



## Godwin Hall 261 Bluestone Drive

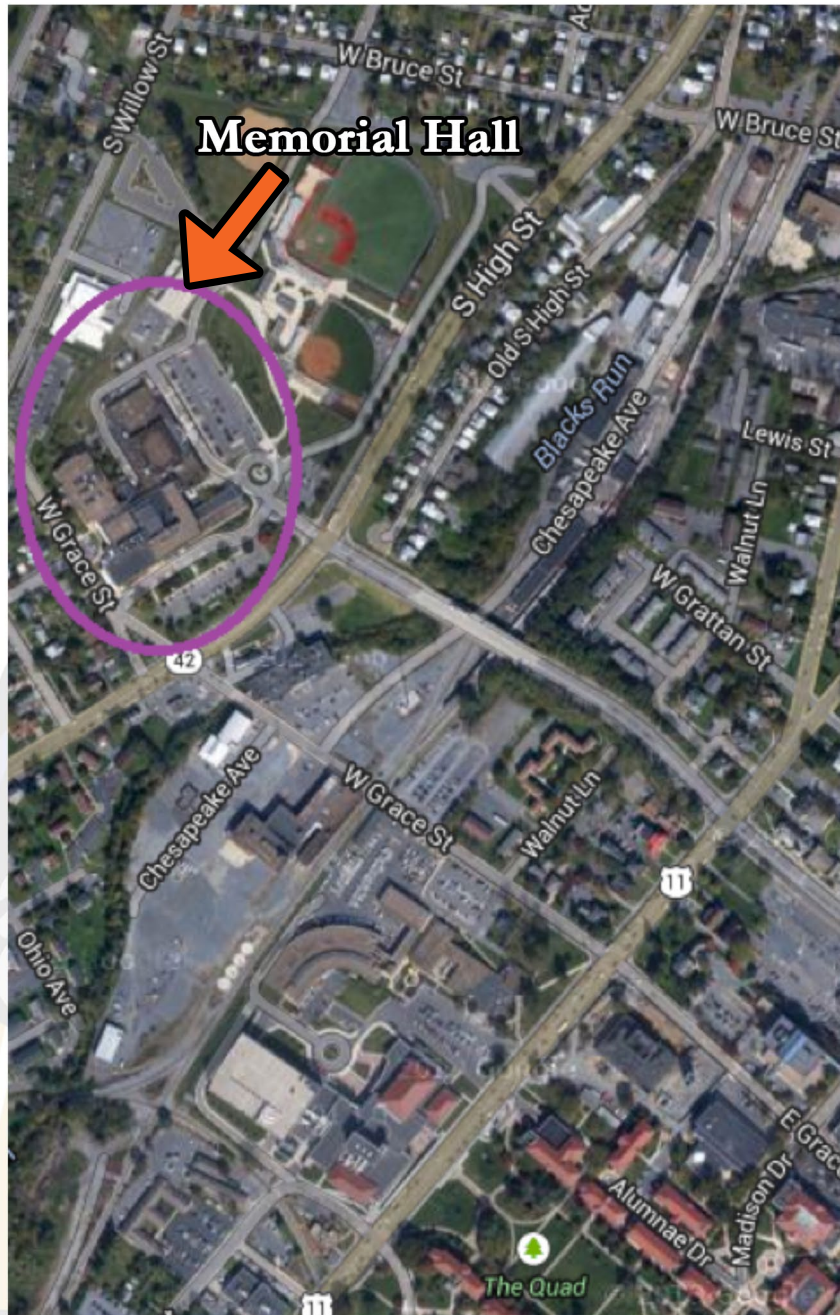


### Directions to Godwin Hall

- If driving 81 south, take exit 245 (if driving 81 North do the opposite once after getting off the exit), take a right at the light and then take your next right at the stop light at Bluestone Drive.
- You will drive past a lake on your left and a stop sign.
- Once you arrive at the stop light, take a left. This is Godwin Hall.
- If you are trying to get from Godwin Hall to UREC, walk through the “Duke Dog Tunnel.”



## Memorial Hall 395 South High Street

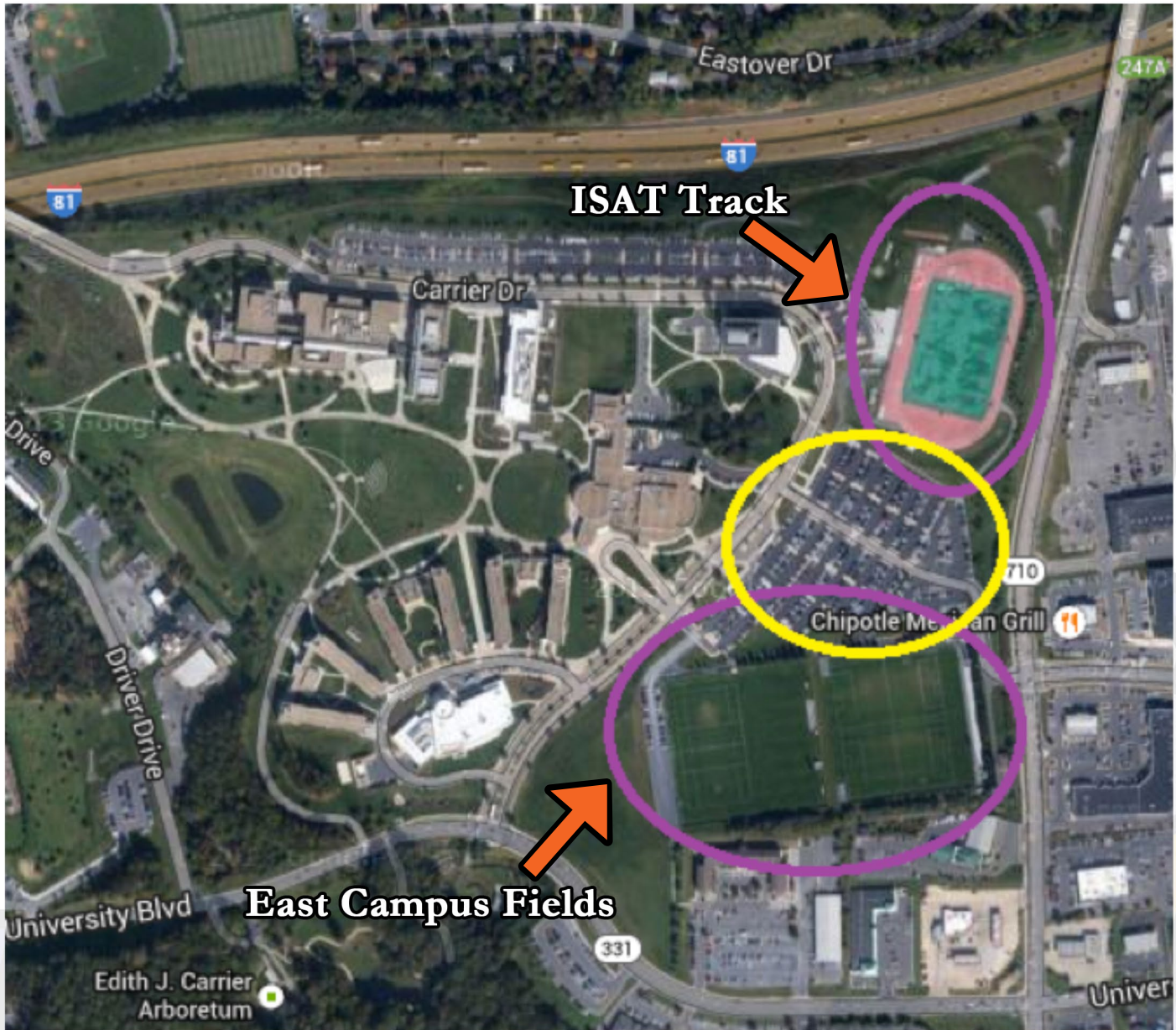


### Directions to Memorial Hall

- If driving 81 south, take exit 245 (if driving 81 North do the opposite once after getting off the exit), take a right at the light onto Port Republic Road.
- Drive straight through the first stoplight at Bluestone Drive.
- Turn right at the second stoplight onto South Main Street/Lee Highway.
- Take a left at the 3rd stoplight onto MLK Jr. Way.
- Memorial Hall will be in front across the street at the stoplight after crossing the bridge.
- Parking is available in front and beside of Memorial Hall.



## East Campus Fields ISAT Track and Field Hockey Complex



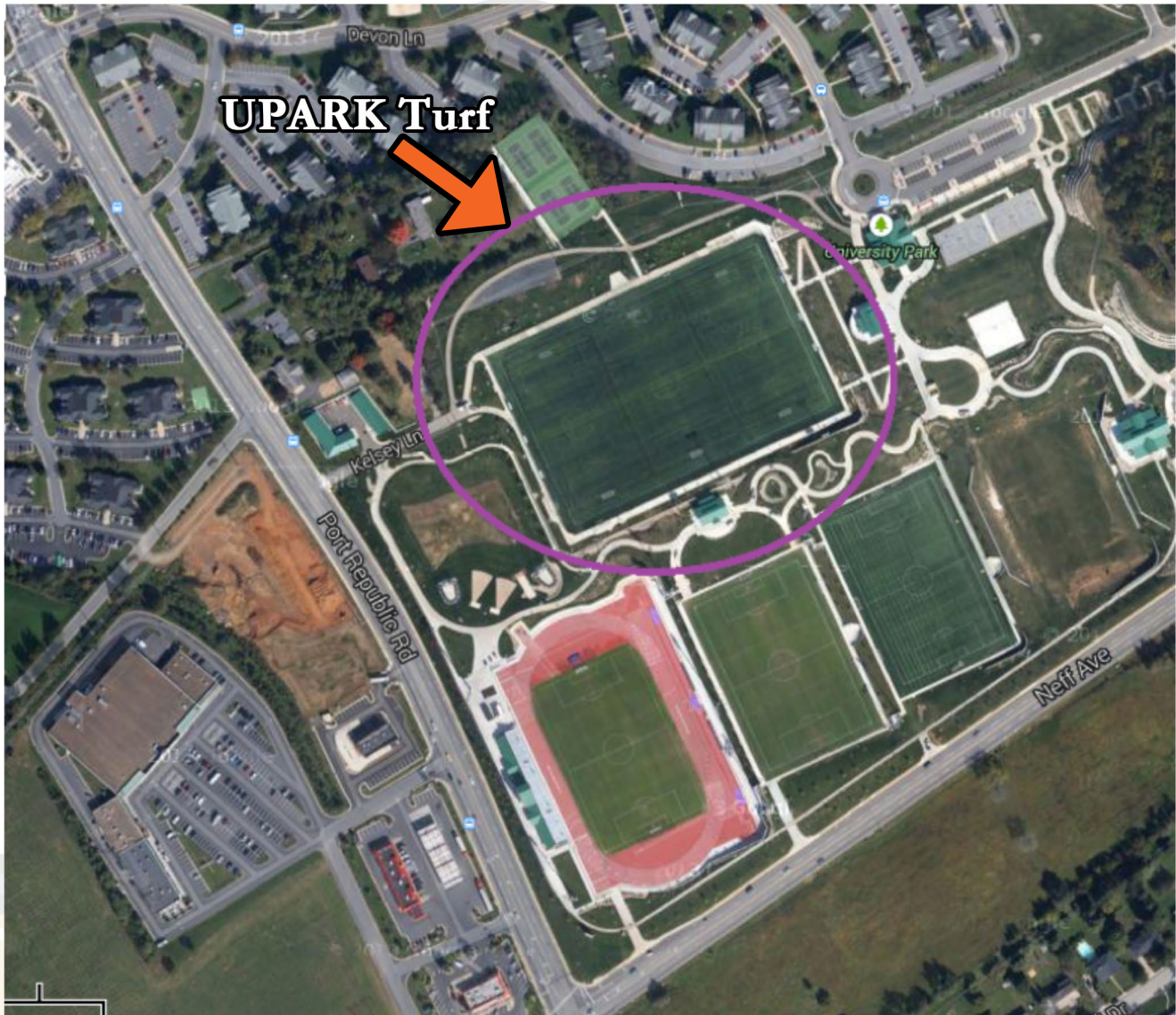
### Directions to East Campus Turf and ISAT Track

- If driving 81 south, take exit 245 (if driving 81 North do the opposite once after getting off the exit), take a right at the light and then take your next right at the stop light at Bluestone Drive.
- You will drive past a lake on your left and a stop sign.
- Once you arrive at the stop light, take a right.
- You will pass through another stop light before the bridge and a couple stop signs.
- Once you arrive at the second stop light, take a left. Park in this lot.
- If facing towards the buildings, East Campus Turf will be on your left, and ISAT Track will be on your right.



## UPARK: University Park 1090 Devon Lane

The Gatehouse serves as a welcome center and includes restrooms and dressing rooms. A pavilion offers students an area for picnics and cookouts, and may also double as a performance venue. A multipurpose synthetic turf, measuring 400' x 620', is available to serve three different purposes: four flag football fields, three soccer fields, or two softball fields at any one time.

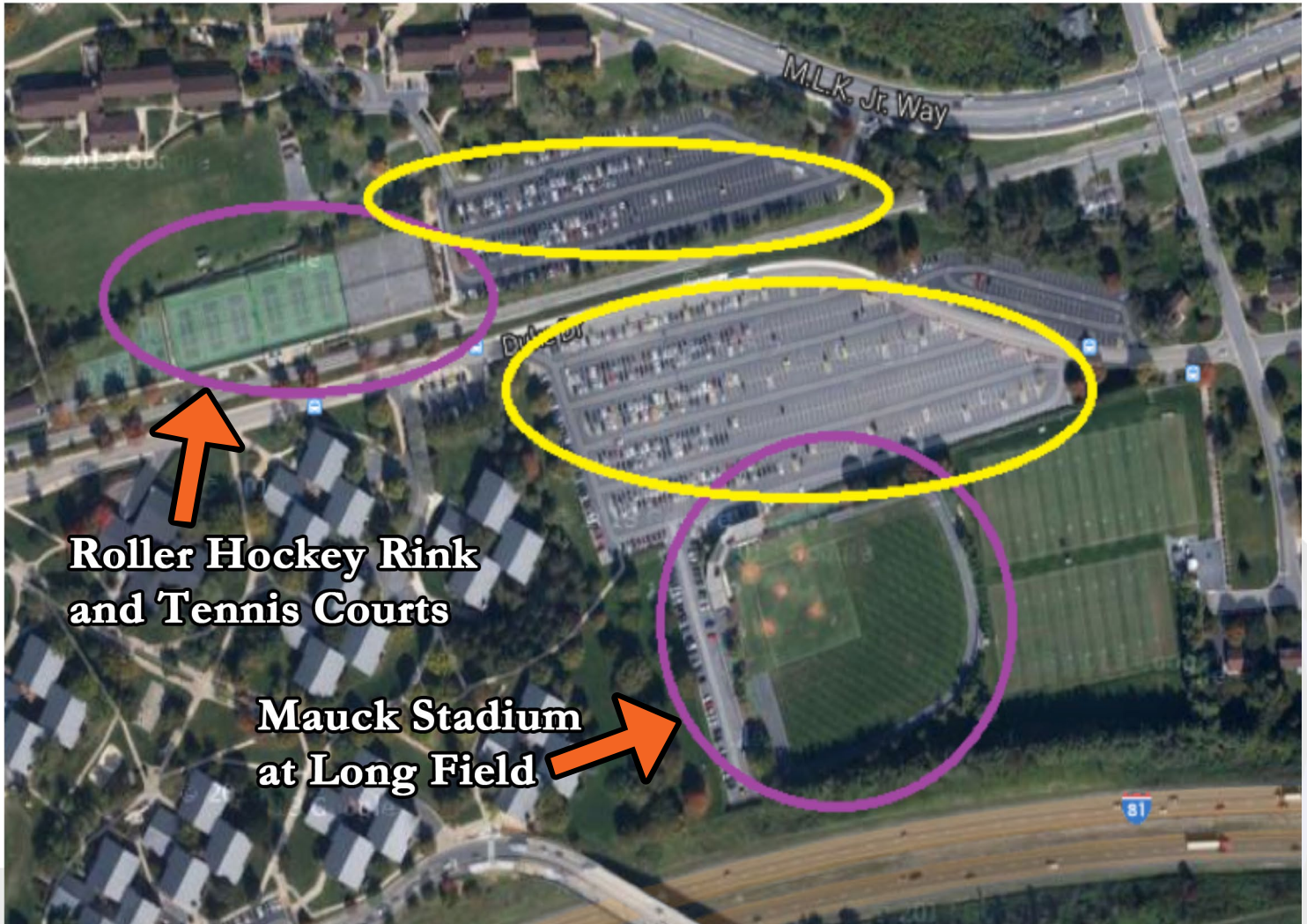


### Directions to UPARK

- If driving 81 south, take exit 245 (if driving 81 North do the opposite once after getting off the exit), take a left at the light onto Port Republic Road.
- Drive through 2 stoplights and up the hill.
- Turn left at the stoplight at the top of the hill onto Devon Lane.
- UPARK will be at the end of the street.
- Parking is available by the gatehouse or in the lots up the hill to the left.



## Hillside Tennis Courts and Roller Hockey Rink Mauck Stadium at Long Field 761 Dukes Drive



**Roller Hockey Rink  
and Tennis Courts**

**Mauck Stadium  
at Long Field**

### Directions to Mauck Stadium and Hillside Courts

- If driving 81 south, take exit 245 (if driving 81 North do the opposite once after getting off the exit), take a right at the light and then take your next right at the stop light at Bluestone Drive.
- You will drive past a lake on your left and a stop sign.
- Once you arrive at the stoplight, continue straight.
- After arriving at the next stoplight, take a right onto Duke Drive.
- After passing by the tennis courts, turn into the parking lot on the right. The baseball stadium is connected to this lot.
- Parking is available in the paved lot in front of the baseball stadium off of Dukes Drive. Additional parking is available across the street beside the Hillside Courts. Access to this lot is off of MLK Jr. Way.



Hampton Inn Harrisonburg  
85 University Blvd, Harrisonburg, VA 22801  
(540) 432-1111  
1.4 miles from UREC



Courtyard by Marriott  
1890 Evelyn Byrd Ave, Harrisonburg, VA 22801  
(540) 432-3031  
1.4 miles from UREC



Comfort Inn  
1440 E Market St, Harrisonburg, VA 22801  
(540) 433-6066  
2.6 miles from UREC



Holiday Inn Harrisonburg  
1400 E Market St, Harrisonburg, VA 22801  
(540) 433-2521  
2.5 miles from UREC



Residence Inn Harrisonburg  
1945 Deyerle Ave, Harrisonburg, VA 22801  
(540) 437-7426  
1.3 miles from UREC



Days Inn Harrisonburg  
1131 Forest Hill Rd, Harrisonburg, VA 22801  
(540) 433-9353  
0.5 miles from UREC



Sleep Inn & Suites  
1891 Evelyn Byrd Ave, Harrisonburg, VA 22801  
(540) 433-7100  
1.4 miles from UREC



Fairfield Inn and Suites Harrisonburg  
1946 Medical Ave, Harrisonburg, VA 22801  
(540) 433-9333  
1.1 miles from UREC



Best Western Harrisonburg Inn  
45 Burgess Rd, Harrisonburg, VA 22801  
(540) 433-6089  
1.6 miles from UREC



Quality Inn  
1881 Evelyn Byrd Ave, Harrisonburg, VA 22801  
(540) 442-1515  
1.4 miles from UREC



Candlewood Suites Harrisonburg  
1560 Country Club Rd, Harrisonburg, VA 22801  
(540) 437-1400  
2.2 miles from UREC



Econo Lodge  
1703 E Market St, Harrisonburg, VA 22801  
(540) 433-2576  
1.8 miles from UREC



# DINING OPPORTUNITIES

## Downtown and Local Fare

Harrisonburg is the first downtown Culinary District of Virginia! Experience all there is to offer in Harrisonburg's Downtown Renaissance.

Clementine  
153 S Main St  
(540) 801-8881  
Eclectic American food



Capital Ale House  
41 Court Square  
(540) 564-2537  
Modern American cuisine with German influence



Food Bar Food  
126 W Bruce St  
(540) 433-3663  
Creative American, global comfort food



Union Station Restaurant and Bar  
128 West Market St  
(540) 437-0042  
Upscale casual American dining



Bella Luna Wood Fired Pizza  
80 W Water St  
(540) 433-1366  
Pizza, Italian



Billy Jack's Wing and Draft Shack  
92 South Main St  
(540) 433-1793  
Wings and fries



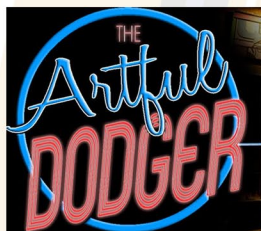
Beyond Restaurant  
50 W Water St  
(540) 432-0105  
Asian fusion dishes



Little Grill Collective  
621 N Main St  
(540) 434-3594  
Breakfast, organic, vegetarian locally inspired dishes



Artful Dodger  
47 Court Square  
(540) 432-1179  
Coffee and breakfast



A Bowl of Good  
1041 Port Republic Rd  
(540) 437-9020  
Ethnic, organic, locally inspired dishes



Jack Brown's Burger Joint  
80 S Main St  
(540) 433-5225  
Burgers and craft drinks



Vito's  
1039 Port Republic Rd  
(540) 433-1113  
Pizza, Italian



Mr. J's Bagels  
1635 E Market St  
(540) 564-041  
Bagels, sandwiches





# DINING OPPORTUNITIES

## Fast Food and Casual Dining

Panera  
295 Burgess Rd  
(540) 433-6333



McAlister's Deli  
1645 Reservoir St  
(540) 437-9619



McDonald's  
1091 Port Republic Road  
(540) 442-9992



Firehouse Subs  
1820 Evelyn Byrd Ave #170  
(540) 442-7827



Starbucks  
1306 Hillside Ave  
(540) 432-6186



Qdoba Mexican Grill  
223 Burgess Rd  
(540) 564-1515



Wendy's  
1694 E Market St  
(540) 434-3368



Jimmy John's  
1314 Hillside Avenue  
(540) 432-1100



Greenberry's  
400 S High St  
(540) 434-0111



Jimmy John's (Drive Thru)  
1681 E Market St  
(540) 437-1200

Chick-fil-a  
1691 E Market St  
(540) 574-2232



Cookout  
1688 E Market St  
(540) 434-1673



Chipotle Mexican Grill  
1615 Reservoir St #101  
(540) 433-0315



Arby's  
1781 S High Street  
(540) 432-9995





# DINING OPPORTUNITIES

## Chain Restaurants

Chili's Grill and Bar  
1572 E Market St  
(540) 564-1142



O'Charley's  
101 Burgess Rd  
(540) 432-6662



Buffalo Wild Wings  
1007 S Main St  
(540) 438-9790



Red Lobster Restaurant  
2121 E Market St  
(540) 564-2719



Outback Steakhouse  
261 University Blvd  
(540) 438-0190



Ruby Tuesday  
111 Burgess Rd  
(540) 564-9601



Quaker Steak and Lube  
350 University Blvd  
(540) 433-9464



Applebee's Neighborhood Grill  
1860 E Market St  
(540) 438-8121



# SHOPPING AND ENTERTAINMENT

Target  
1995 E Market St  
(888) 984-8780 ext. 2071



Food Lion  
1021 Port Republic Rd  
(540) 433-4056



Walmart  
171 Burgess Rd  
(540) 433-0808

Kroger  
1790 E Market St  
(540) 432-1830



Walmart 

Walmart  
2160 John Wayland Hwy  
(540) 438-0349

Dick's Sporting Goods  
1925 E Market St  
(540) 433-1268



Costco  
1830 Reservoir St  
(540) 432-8989



Valley Mall  
1925 E Market St  
(540) 433-1875

VALLEY MALL

Regal Cinemas Harrisonburg Stadium 14  
381 University Blvd  
(540) 434-7661



REGAL  
ENTERTAINMENT  
GROUP



## Thank you for visiting JMU and the Harrisonburg Community!

We hope to see you again sometime! If there is anything we could do to improve your stay please contact us at [urecsclub@gmail.com](mailto:urecsclub@gmail.com). Have a safe trip back home!

Sincerely,

James Madison University Recreation

701 Driver Drive Harrisonburg VA 22807

