JMU Sport Clubs
Visiting Team Guide

Mailing Address:
James Madison University Recreation
CO/ Club’s Name
MSC 3901
Harrisonburg, VA 22801
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.
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

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

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
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Facilities

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 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.”
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.”
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.
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.
Facilities

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.
Facilities

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

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
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

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

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

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

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

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

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

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

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

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

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

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

Jack Brown’s Burger Joint
80 S Main St
(540) 433-5225
Burgers and craft drinks
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
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. Have a safe trip back home!

Sincerely,
James Madison University Recreation
701 Driver Drive Harrisonburg VA 22807