



SPORT CLUB

# **Sport Club**

## **Visiting Team/Spectator Guide**

Last updated: 8/2/22

## Welcome

Welcome to Richmond! We hope you enjoy your time here and have provided this guide to help you navigate the area. If there is anything you find that you think should be added to the list below, please contact us at [sportclubs@vcu.edu](mailto:sportclubs@vcu.edu) Good Luck!

-Sport Club Coordinator

## Directions

### Cary Street Gym & Cary Street Field

Arriving from the east or south by Interstate 64W/95N:

- Take Exit 76A for Chamberlayne Avenue.
- At the next light, turn right onto West Leigh Street.
- Turn left about 8 blocks onto N. Harrison St.
- Turn left after about 16 (short) blocks on W. Cary St.
- The field/gym are on your right

Arriving from the west or north by Interstate 64E/95S:

- Take Exit 76B for Belvidere Street.
- At the first light, turn right onto West Leigh Street.
- Turn left about 8 blocks onto N. Harrison St.
- Turn left after about 16 (short) blocks on W. Cary St.
- The field/gym are on your right

### MCV Campus Recreation Center

Arriving from the east or south by Interstate 64W/95N:

- Take Exit 76A for Chamberlayne Avenue.
- At the next light, turn right onto West Leigh Street.
- Turn left onto N.10th
- The field/gym are on your left

## Cary Street Gym/Field Policies

<https://recsports.vcu.edu/about/procedure-and-form-library/>

Spectators- Must stay within the designated area throughout the duration of the event. Spectators who attend club activities at Cary Street Gym or MCV are required to check in at the front desk. Visitor's will be issued a wristband which must be worn at all times.

Pets/Service Animals - Service animals are permitted in campus recreation facilities, however pets and/or emotional support animals are not.

Alcohol, Drugs and Tobacco products are not permitted in any VCU Campus Recreation & Well-Being facility

Glass - No glass bottles are permitted within any Campus Recreation & Well-Being facility

Cleats - No cleats are permitted on Cary St. Field (turf shoes or tennis shoes only)

## Athletic Trainer

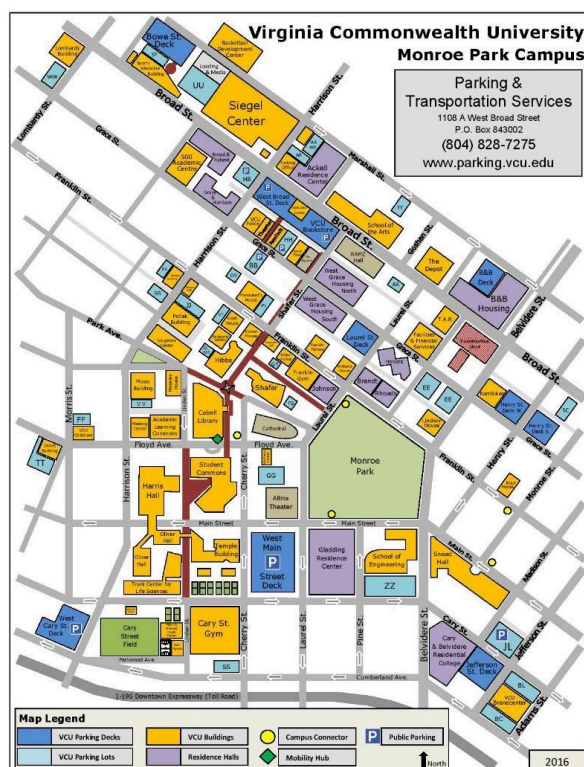
For designated “high impact” clubs, an Athletic Trainer will be present at all VCU Sport Clubs Home Events. All Athletic Trainers will bring a basic kit with them to any event they may cover. Visiting teams should provide their own basic first aid supplies. Athletic Trainers will not be expected to provide tape for taping any chronic injuries. If a player would like to be taped, the player and/or team will need to provide the Athletic Trainer with the tape.

## Directions to other frequently used facilities by Sport Clubs at VCU

<a href="#">Dorey Park</a> <a href="#">2999 Darbytown Rd, Henrico, VA</a> (Men & Women’s Rugby)	<a href="#">Rockett's Landing</a> <a href="#">4708 Old Main St., Richmond, VA</a> (Crew)	<a href="#">Skate Nation Short Pump</a> <a href="#">4350 Pouncey Tract Rd, Glen Allen, VA</a> (Ice Hockey & Figure Skating)
<a href="#">Richmond Ice Zone</a> <a href="#">636 Johnston Willis Dr, N Chesterfield, VA</a> (Ice Hockey)	<a href="#">Rockwood Park</a> <a href="#">3401 Courthouse Rd., Richmond, VA</a> (Baseball)	<a href="#">Stillmeadows Farm</a> <a href="#">8472 Wyndale Dr, Mechanicsville, VA</a> (Equestrian)
<a href="#">Richmond Volleyball Club</a> <a href="#">2921 Byrdhill Rd, Richmond, VA</a> (Men & Women’s Volleyball)	<a href="#">Seven Pines Field</a> <a href="#">514 Whiteside Rd., Sandston, VA</a> (Men & Women’s Rugby)	<a href="#">Tucker High School</a> <a href="#">2910 N. Parham Rd., Richmond, VA</a> (Baseball & Softball)

## Campus Map

Most events that play on campus will be on the [Monroe Park Campus of VCU](#).



Last updated:  
8/2/22

## DINING

### On-campus

There are several on-campus dining options on both VCU's main campus and MCV.

They include:

Bleecker St. Main Campus	Freshii Monroe	POD Market
Cary Street Market & Deli Main	Harris Hall Convenience	Pita Pit N Peel
Chick-fil-A Main	IHOP Express	Starbucks Coffee at Cabell Library
Chili's Main	Jonah's – a culinary emporium (MCV)	Starbucks Coffee at Cary & Belvidere
Croutons, Salads & Wraps Main	Market 810	Starbucks Coffee at Jonah L. Larrick Student Center
Einstein Bros. Bagels - MCV Campus	Market 810-2-GO	Subway
Einstein Bros. Bagels - Shafer Court Dining Center	Panda Express	Taco Bell
	Pizza Hut Express	

There is also a [map](#) of all of the on-campus locations.

### Off - Campus Options

These are just a few of the options. Richmond is full of great local restaurants. We suggest using the Yelp app to find a great place to eat.

#### Kuba Kuba

1601 Park Ave, Richmond, VA 23220

#### Carytown Burgers & Fries

3500 W Cary St, Richmond, VA 23221

#### Ipanema Cafe

917 W Grace St., Richmond, VA 23220

#### En Su Boca

1001 N Boulevard, VA 23220

#### Wong Gonzalez

412 E Grace St., Richmond, VA 23220

#### Don't Look Back

3306 W Broad St, Richmond, VA 23220

#### Galaxy Diner

3109 W Cary St, Richmond, VA 23221

#### The Village Cafe

1001 W Grace St, Richmond, VA 23220

#### Supper

1215 Summit Ave, Richmond, VA 23230

## Hospitals in Metro Richmond

VCU Medical Center 1250 East Marshall St. Richmond, VA (804) 828-9000 Open 24/7	Henrico Doctors' Hospital 1602 Skipwith Road Richmond, VA (804) 289-4600 Open 24/7
St. Mary's Hospital Emergency Room (804) 281-8230 5801 Bremono Rd. Richmond, VA Open 24/7	Retreat Doctor's Hospital 2621 Grove Avenue Richmond, VA (804) 254-9889 Open 24/7

## Urgent Care Facilities

Patient First – Carytown 12 N. Thompson St. (804) 359-1337 8 a.m.–10 p.m./7 days a week	Patient First - Parham and I-64 2205 N. Parham Rd. (804) 270-2150 8 a.m. – 10 p.m./7 days a week
--	---

## 24 Hour Pharmacies

CVS Pharmacy 3514 W Cary St Richmond, VA (804) 355-8533	Walgreens 3520 Ellwood Avenue Richmond, VA (804) 342-8864
---	---

## Hotels

Delta Hotels Richmond Downtown 555 E Canal St, Richmond, VA 23219	Holiday Inn Express Richmond – Downtown 201 E Cary St, Richmond, VA 23219	Hilton Richmond Downtown 501 E Broad St, Richmond, VA 23219
The Berkeley Hotel 1200 E Cary St, Richmond, VA 23219	Courtyard Richmond Downtown 1320 E Cary St, Richmond, VA 23219	The Graduate Hotel 301 W Franklin St. Richmond, VA 23220

## Local Attractions

### **Richmond Flying Squirrels**

3001 N Blvd.  
Richmond, VA 23230

### **Maymont Park**

2201 Shields Lake Drive  
Richmond, VA.  
(804) 358-7166

### **James River Park System**

(multiple locations) - but one of  
the most popular is Belle Isle

### **Byrd Theatre**

2908 W Cary Street  
Richmond, VA 23221  
(804) 353-9911

### **Bow-Tie Cinemas**

1301 North Blvd.  
Richmond, VA 23230  
(804) 354-6008

### **Virginia Museum of Fine Arts**

200 North Blvd.  
Richmond, VA, 23220  
(804) 340-1400

### **The Valentine Richmond History Center**

1015 East Clay Street  
Richmond, VA 23219  
(804) 649-0711

### **Hollywood Cemetery**

412 S Cherry St.  
Richmond, VA 23220  
(804) 648-8501

### **Canal Walk**

14th and Dock Street  
Richmond, VA 23219

### **Institute for Contemporary Art - Richmond**

601 W. Broad Street.  
Richmond, VA 23220  
(804) 828-2823

### **The National**

708 East Broad Street  
Richmond, VA 23219  
(757) 622-9877

### **Altria Theater (Landmark Theater)**

6 North Laurel Street  
Richmond, VA 23219  
(804) 780-4213

### **Richmond CenterStage**

111 Virginia Street  
Richmond, VA 23219  
(804) 327-5755

## Parking

Most street parking is free on the weekends in Richmond. Read the signs carefully and if you are not sure, find another place to park. There are multiple parking garages on campus within a ten-minute walk of the Cary St. Field. For more information about on-campus parking, please refer to the VCU Parking and Transportation Website.