

DRINKMORE WATER GRAND PRIX OF SILVER SPRING RACE INFORMATION

Dear Participant,

Welcome to the 3rd annual DrinkMore Water Grand Prix of Silver Spring. In order to optimize your experience and ensure a successful event, please note the following:

Parking: Race parking is available at the Town Square garage between Ellsworth and Roeder. Please be considerate of the regular Sunday shoppers and utilize the upper levels of the garage (levels 4-7). There is no charge for weekend parking and, of course, remove your bicycles from your roof racks before proceeding into the garage. **UNDER NO CIRCUMSTANCES ARE PARTICIPANTS TO PARK IN THE WHOLE FOODS LOT.** Doing so will seriously jeopardize the return of the event in future years. Also, please minimize parking in neighborhood streets for the same reason.

Registration and number pick-up: Registration is located in front of *Eggspectation*, located in the central plaza on Ellsworth in the start/finish area. Each rider will be issued one number, to be placed on the left side.

Bathrooms: Portable toilets are located in the alley on Ellsworth just to the left of Red Rock Canyon Grill. In the event of toilet paper shortage, please contact the nearest course marshal. **PUBLIC URINATION WILL NOT BE TOLERATED AND WILL RESULT IN IMMEDIATE DISQUALIFICATION.** Public restrooms are located in the pedestrian alley behind the Start/Finish line. There are also bathrooms available inside *Eggspectation*.

Warm-ups: Due to the nature of the venue, on-street warm up areas are in scant supply. Please use your trainer. There will be limited time to warm up on the course before the start of each event.

Neutral support: SRAM neutral support is located just past the finish line on the left side, just before turn 1. Riders will be granted a free lap for legitimate mishaps until 8 laps to go.

EMT: In the unfortunate event you need medical assistance; the ambulance is located on the corner of Georgia and Ellsworth, at turn 1.

Race recovery/Results: Recovery tent is located at the stairs in the central plaza. Water and classic Mark Frick Ice Towels will be available. Results will be posted on the staircase wall as soon as they are available. As always, order of finish protests must be lodged within 15 minutes of results posting.

Recycle Bins: After you've enjoyed your race recovery water, please place the empty bottles in the recycle bins located throughout the venue. Thanks!!