

# EAST COAST NATIONALS

**DAN'S COMP**

**FLY RACING**

**the INTENSE BMX**

**tangent**

Disney's  
**SPORTS**  
BAWLS  
GUARANA



**TIOGA**

**FRIDAY NIGHT PRE-RACE-LOADS OF PRIZES**

**SCHEDULE B PRACTICE**

 **visitRaleigh™**

**AUGUST 14-16, 2009**  
**RALEIGH, NORTH CAROLINA**

**CAPITAL CITY**

# BMX

**RALEIGH**



**Parks and Recreation**  
[parks.raleighnc.gov](http://parks.raleighnc.gov)

**Capital City BMX is located at 516 Dennis Ave., Raleigh NC 27604**  
Take the I-440 Beltline North. At Exit 11, take Capital Boulevard (US-401) South towards downtown. Turn left at 3rd traffic light onto Crabtree Boulevard. Turn right onto Timber Drive. At the intersection of Timber Drive and Dennis Avenue, drive straight ahead into parking lot and through the gate onto the grass field to the right (you'll see the track on the other side of the baseball field).

There is additional parking off Dennis Avenue one block to the West.

**VENDORS: J & R BICYCLES / COASTAL BIKE SUPPLY / KOVACHI**

## **Holiday Inn Raleigh North (Host Hotel)**

**2805 Highwoods Blvd., Raleigh**  
[www.cmchotels.com/hir\\_accom.html](http://www.cmchotels.com/hir_accom.html)  
**Phone: 919-872-3500 \$75**  
Cut off Date: 7/23/2009  
1.9 miles to Track  
Continental breakfast, on-site restaurant  
open for breakfast and dinner

## **Best Western Raleigh North (Host Hotel)**

**2715 Capital Blvd., Raleigh**  
[www.bestwestern.com/raleighnorth](http://www.bestwestern.com/raleighnorth)  
**Phone: 919-872-5000 \$65**  
Cut off Date: 7/23/2009  
1.9 miles to the track  
Deluxe complimentary breakfast,  
outdoor pool, suites available

**For hotels & local information: [www.visitraleigh.com/ABA\\_BMX](http://www.visitraleigh.com/ABA_BMX)**