The Bumble

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February 4 Saturday



It's that time of year! Come out and celebrate the **5th anniversary of the Super Bowl Saturday Bumble AND enjoy QOC's Winter Meeting and Pot Luck Party!** Thanks to the hard work and mapping skills of Nadim Ahmed, head Bumble David Onkst has a new addition to the Lake Frank map to use for this fun and crazy race. In addition to a Mass Start event for advanced courses, there will also be White, Yellow and Orange level courses available. **PLEASE** read the notes below for important details about the courses and the party.

IMPORTANT: Please do NOT bring dogs to the park. The County has posted a <u>Blue-Green Algae ALERT</u> [2] for Lake Frank and Lake Needwood, which can be very harmful to dogs if ingested (drinking or licking paws); the concern for humans only appears to be if ingested in large amounts. Bumble courses will cross Rock Creek (which feeds into the lakes) so be sure not to splash water on your face or fall in and take a big gulp! Also, be sure to wash your hands after touching any clothing or shoes that may have gotten wet.

Registration and the post-race party will be in the White Oak Hall at the Lathrop E. Smith Environmental Education Center.

- We have access to a full kitchen (fridge, stove, oven), but please bring any pots/utensils you may need for cooking. Also bring serving utensils for your dish.
- NO alcohol is allowed at this facility; QOC will provide non-alcoholic beverages and paper goods.
- NO dogs are allowed in the Smith EE Center.

Parking will be tight, so carpooling is **highly encouraged** and appreciated. There are a limited number of spaces at the Smith Center, but we have permission to parallel-park on both sides of Meadowside Lane (two wheels on grass; two wheels on road). PLEASE follow instructions from our parking assistants.

Because of the mass start we will open registration at 10:30am. Please be sure to arrive early to

avoid a last minute rush.

Important notes:

- Beginners are welcome at this event (just like at 99% of our events!)
- Those participating on the Red or Blue-equivalent courses WILL need to have an SI-6 or newer e-punch to hold the high number of controls. These will be provided free-of-charge for those who own their own punch but need an upgrade and for the usual fee for those borrowing an epunch.
- Beginner (White, Yellow) and intermediate (Orange) courses will have regular starts from 11:00am to 1:30pm.
- The advanced (Beige, Brown, Mint, Green, Pink, Red, Blue) courses will have a MASS START at Noon.
 - Please be ready for the PRE-RACE briefing near the start at 11:45am.
 - Long pants/sleeves and gaiters are recommended as there are some "green" areas.
- Everyone must be out of the woods and back at the registration/finish area by 3:00pm, which is when we begin picking up the controls.

Any youth or large groups attending, please contact the **Event Director** [3] so that we can coordinate pre-registration for your group; the group registration and waiver form [4] is part of the information on our Group Leaders [5] page.

Looking forward to seeing you soon! Please feel free to contact the Event Director (link below) with questions.

Location

Lake Frank, Lathrop Smith EEC, Rockville, MD (.)

Registration

No advance registration required. Just show up and have fun!

You may start your course at any time during the start window listed below for your event.

Start Times

Saturday, February 410:30 .: Registration

Schedule

am -Open

1:15

pm

11:00 .: White,

am - Yellow,

1:30 Orange

pm courses can

start anytime

in this

window

11:45 .: Pre-race

briefing for am

the Mass

Start

12:00 .: Bumble

pm Mass Start

2:00 .: Winter

Meeting and pm

Party Begins

(roughly!)

.: All Courses 3:00

Close: pm

everyone to

have finished

and

5:00 pm

.: Must be cleaned up and out, so all hands welcome to help around

downloaded

4pm

Volunteers

Location Details

Event

Heidi Onkst [6]

Director:

David Onkst [7]

Designer:

Course

., ., ., ., ., From Washington

Beltway (I-495): Take Exit Lake Frank 31 for Georgia Avenue; Lathrop Travel North on Georgia Smith EEC Avenue past Leisure World; Turn left on Rockville, MD Norbeck Road (Route 28);

[8]

Google Map At first light turn right onto Muncaster Mill Road (Route 115); Travel 1.5 miles and turn left onto Meadowside Lane; Take the first right into the L.E. Smith Center parking lot. From I-270 North: Take

exit 8 for Shady Grove Road; Bear Right onto Redland Road; Cross Route 355; Turn right onto Needwood Road; Turn right onto

Muncaster Mill Road; Cross Avery Road and

turn right onto Meadowside Lane; Take the first right into the L.E. Smith Center parking lot. Fron I-270 South: Take the exit for I-370 towards the Metro; Take the Shady Grove Road exit just before the Metro access; Turn left onto Shady Grove Road East; Pass Midcounty Highway and turn right onto Muncaster Mill Road; Cross Avery Road and

turn right onto Meadowside Lane; Take the first right into the L.E. Smith Center parking lot.

Course Details

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Length

Climb (m) No.

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Name	(KM)	Controls
White		
Yellow		
Orange		
Brown		
Mint		
Advanced		
Green		
Red		
Blue		

Course Notes