



DELAWARE'S CAPITAL REGION

THE SPORTING LIFE!

Morning:

Monster Racing Excitement will give your mind and body a wake call as you ride in or drive a NASCAR race car around the Monster Mile at Dover International Speedway. An exhilarating experience!

After your NASCAR experience, walk a short distance to the **Dover Downs Hotel & Casino** where you can try your luck at over 2000 slot machines and choose your lunch venue at 6 different on-site restaurants.

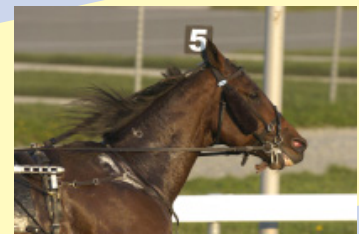


Afternoon:

September through April, you can strap on ice skates and experience a cool time at the **Centre Ice Rink at the Delaware State Fairgrounds** in Harrington.

Depending on the time of year, (Nov. - Apr/**Dover Downs**; Apr. - Nov./**Harrington Raceway**) place your bet on a winner and experience the thrill of live harness racing. Simulcast racing from across the United States is available year-round.

More slots action and dinner can be had at **Harrington Raceway & Casino**.



More options: Golf, 2 NASCAR races per year, fishing, swimming.