

*Without the support of these
sponsors, this event would
not take place*

Tri-Cowtown Triathlon Club

Ironhead Race Productions

City of Benbrook

Bicycles Inc.

**Benbrook
YMCA/Community Center**

REACT

Kiefer Swim Shop

Run-FAR Racing Services

DFW Area Gold Wings

Gatorade

Clif Bars

**Benbrook Division, US Army
Corps of Engineers**

Presbyterian Sports Network

TriSwimmingCoach.com

**Seventh Annual
Tri-Benbrook
Sprint
Triathlon**



**Benbrook YMCA/
Community Center
Swimming Pool**

Benbrook, TX

April 26, 2009



**PO Box 1113
Eules, TX 76039-1113**

2009 Tri-Benbrook Sprint Triathlon Official Entry Form

Last Name

First Name

Street

City State

Zip Code Sex M F

Phone

DOB (mm/dd/yy) Age(12/31/09)

email

Personal ChampionChip #

USAT Number

Clydesdale/Athena Weight

Estimated 300yd Swim Time (mm:ss) :

Email address required for confirmation and race updates.
Relay Members

Last Name

First Name

Swim Bike Run M F

DOB (mm/dd/yy)

Last Name

First Name

Swim Bike Run M F

DOB (mm/dd/yy)

**USA Triathlon Fee payable
only at Packet Pickup**

Online Registration available at Ironhead
Race Productions Website

or

Make Checks Payable to:
Tri-Cowtown Triathlon Club
c/o Ironhead Race Productions
PO Box 1113, Euless, TX 76039-1113

Office Use Only	Date Rcv'd
Chk#	Pkt Out



Tri-Benbrook Sprint Triathlon

300yd Swim - 13.8mi Bike - 5km Run

WHEN
7:00 am Sunday, April 26, 2009

WHERE
Benbrook YMCA/Community Center
1899 Winscott
Benbrook, TX (817) 249-0500

AWARDS
1st Overall Male/Female, 1st Male/Female Masters,
15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54,
55-59, 60-64, 65-69, 70-74, 75-79,
80+, Clydesdale, Athena, Relays

AWARDS BASED ON DEPTH OF AGE GROUP
on Monday of race week

EARLY (DISCOUNT) ENTRY FEE
By April 4, 2009:
Individual \$50.00 Relay Team \$100.00

April 5-21, 2009:
Individuals \$60.00 Relay Team \$120.00

April 22-25, 2009:
Individuals \$75.00 Relay Team \$150.00

Limited to first 450 individuals

ABSOLUTELY NO REFUNDS OR TRANSFERS

HOST HOTEL
TBD

ALL PARTICIPANTS
Receive a distinctive Event T-shirt

**NO RACE DAY REGISTRATION
OR PACKET PICK UP**

PACKET PICKUP/LATE REGISTRATION
Course maps and race site directions will be
sent with confirmation packet (Also available
at Ironhead website below)

April 22: 1pm-6pm at Bicycles Inc
5937 SW Green Oaks Blvd
(SE corner of I-20/Green Oaks intersection)
Arlington, TX (817) 572-BIKE

April 23: 11am-7pm at Richardson Bike Mart
1451 W. Campbell Rd.
Richardson, TX (972) 231-3993

April 24-25: noon-6pm at Benbrook YMCA/
Community Center, Benbrook, TX

CPSA Approved Bicycle Helmet REQUIRED

**USA TRIATHLON
MEMBERSHIP**
This is a USA Triathlon
sanctioned event and all
participants must hold an
annual membership or a
single day permit.



Annual Fee \$39.00, One Day Permit \$10.00

**USA Triathlon Memberships are available at
packet pick-up only. Do not mail with
entry fee.**



Information Hotline: (817) 707-0500
On the web @ www.ironheadrp.com