

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

Ironhead Race Productions

City of Benbrook

Richardson Bike Mart

Bicycles, Inc.

**Benbrook
Community Center/YMCA**

Kiefer Swim Shop

Run-FAR Racing Services

Gatorade

Clif Bars

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

**Presbyterian Sports
Network**

TriSwimmingCoach.com

Dr. Lezlie Maloy, DC

**4th Annual
Benbrook
Women's
Triathlon**



**Benbrook Community
Center/YMCA
Swimming Pool**

Benbrook, TX

October 4, 2009



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

2009 Benbrook Women's Triathlon Official Entry Form

Last Name

First Name

Street

City State

Zip Code Sex F

Phone

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

email

Personal ChampionChip #

USAT Number

Clydesdale/Athena Weight

Estimated 300yd Swim Time (mm:ss) :

Relay Members

Last Name

First Name

Swim Bike Run Sex M F

DOB (mm/dd/yy)

Last Name

First Name

Swim Bike Run Sex 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:

Ironhead Race Productions
PO Box 1113, Euless, TX 76039-1113

Office Use Only	Date Rcv'd
Chk#	Pkt Out



Benbrook Women's Triathlon

300yd Swim - 13.8mi Bike - 5km Run

WHEN
8:00 am Sunday, October 4, 2009

WHERE
Benbrook YMCA/Community Center
1899 Winscott
Benbrook, TX

AWARDS
1st Overall Female, 1st Female Masters,
USAT 5-year Age Groups
Athena, Relays

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

EARLY (DISCOUNT) ENTRY FEE
By September 14, 2009:
Individual \$50.00 Relay \$90.00

September 15-September 29, 2009:
Individuals \$60.00 Relay \$120.00

September 30-October 3, 2009:
Individuals \$75.00 Relay \$150.00

Limited to first 400 entrants

ABSOLUTELY NO REFUNDS OR TRANSFERS

ALL PARTICIPANTS
Receive a distinctive Dri-fit Event T-shirt

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

PACKET PICKUP/LATE REGISTRATION
Course maps and race site directions will be
available at Ironhead website

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

October 2: 11am-7pm at Richardson Bike Mart
1451 W. Campbell Rd.
Richardson, TX (972) 231-3993

October 3: noon-5pm at Benbrook Community
Center/YMCA, Benbrook, TX

CPSC 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.

SANCTIONED EVENT

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

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

**IRONHEAD
RACE PRODUCTIONS**



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