

PRESS RELEASE FOR 2012 RACE SEASON
Ironhead Race Productions announces its series of Multi-Sport Events for 2012
Applications/on-line registration available on Web Site: www.ironheadrp.com
On-line registration direct: www.signmeup.com
Race Hotline: 817-707-0500/ironjack@ironheadrp.com
All Events are USA Triathlon Sanctioned

25th Annual Frost Yer Fanny @TMS Duathlon/78387 **Feb 19, 2012 8:30AM**
USAT SMW Regional Championship
Distances: 2 mile run-15 mile bike-2 mile run
Location: Texas Motor Speedway, Ft. Worth, TX

Mean Green Triathlon/79098 **March 18, 2012 8:00 AM**
Distances: 400 meter swim-20 km bike-5 km run
Location: Denton ISD Natatorium FM 428 North, Denton TX

SMW Regional Collegiate Qualifier/80067 **March 31, 2011 8:00 AM**
Distances: 1000 meter swim-19 mile bike-5 mile run
Location: Lynn Creek Park @ Joe Pool Lake, Grand Prairie, TX

10th Annual Fast & Furious Duathlon/78415 **April 15, 2012 8:00AM**
2012 Texas State Championship
Distances: 5 km run-19 bike-5 km run/ 2 mile run-10 mile bike-2 mile run
Location: Lynn Creek Park @ Joe Pool Lake, Grand Prairie, TX

19th Annual IRP Striders Duathlon/80078 **April 22, 2012 8:00AM**
Two Races: 2 mile run-15 mile bike-2 mile run & 5 km run-40 km Bike-5 km run
Location: Middle Concho Boat Ramp @ Middle Concho Park, San Angelo, TX

4th Annual Kiwanis Classic Rock Sprint Tri/79747 **May 13, 2012 7:00 AM**
Distances: 300 meter pool swim-20 km bike-5 km run
Location: Rockwall ISD Natatorium, TL Townsend Road, Rockwall, TX

2nd Annual Mansfield Kids Triathlon/79318 **June 2, 2012 7:00 AM**
Distances: 100 meter swim-2.5 mile bike-1 km run/200 meter swim-5 mil bike-2 km run
Location: Mansfield Natatorium 1010 Holland, Mansfield TX

Ironhead Mansfield Sprint Triathlon/79319 **Jun 3, 2012 7:00 AM**
Distance: 300 meter Pool Swim-20 km mile bike-5 km run
Location: Mansfield Natatorium 1010 Holland, Mansfield TX

17th Annual Metroplex Sprint Tri (2 Races!)/79116 **Jun 9-10, 2012 7:15AM**
Distances: 400 meter swim-11 mile bike-2 mile run
Location: Lynn Creek Park @ Joe Pool Lake, Grand Prairie, TX

10th Annual Dam Bike Time Trial/79320 **June 15, 2012 6:30PM**
Distances: 8 miles cycling (Time Trial)
Location: Joe Pool Lake Embankment@ Lynn Creek Park, Grand Prairie, TX

7th Annual Kids Tri @ the "J"/79321 **June 17, 2012 7:00 AM**
Distances: 100 meter swim-3 mile bike-1 km run/200 meter swim-6 mil bike-2 km run
Location: Aaron Family Jewish Community Ctr. Dallas, TX

11th Annual Town North YMCA Kids Triathlon/ 79322 **July 1, 2012 7:00 AM**

Distances: 100meter swim-2.5mi bike-.75mile run/200meter swim-5mi bike-1.5mile run
Location: Town North YMCA, 4332 Northaven Rd. Dallas, TX

5th Annual Iron Brothers Sprint Tri /79115 **July 7, 2012 7:15 AM**

Distances: 500 meter open water swim-19 mile bike-5 km Run
Location: Lynn Creek Park, Joe Pool Lake, Grand Prairie TX

PrairieKids Open Water Swim Triathlon/79117 **July 8, 2012 7:00 AM**

Distances: 100/200 meter swim-3 mile/6 mile bike-1 km/2km run
Location: 5700 Lake Ridge, Lynn Creek Park, Joe pool Lake, Grand Prairie, TX

4th Annual TriWaco Olympic & Sprint Distance Tri/ **July 22, 2012 7:00 AM**

Distances: 1.5 Km swim-40 km bike-10 km run/400 m swim-20 km bike-5 km run
Location: "Lake Brazos" River 113 S. University Park Dr. Waco TX

Richardson YMCA Kids Triathlon/79324 **Aug. 5, 2012 7:30 AM**

Distances: 100 meter swim-2 mile bike-1 km run/200 meter swim-5.1 mile bike-2 km run
821 Custer Road
Richardson TX 75080

25th Annual Wool Capital Tri Olympic & Sprint/79072 **Aug. 12, 2012 7:30AM**

Distances: 1500 meter swim-40 km bike-10 km run
Distances: 400 meter Swim-30 km bike-2 mile run
Location: Middle Concho River & Boat Ramp, San Angelo, TX

4th Annual PrairieTrail (Off Road) Triathlon **Aug. 19, 2012 7:00AM**

Distances: 400 meter open water swim-20km MTB bike-5km XC run
Location: Loyd Park @3401 Ragland Rd Joe Pool Lake, Grand Prairie, TX

12th Annual Tri-Rock Kiwanis Sprint Tri/ **Aug. 26, 2012 7:15AM**

Distances: 300 meter pool swim-20 km bike-5 km run
Location: Rockwall ISD Natatorium, TL Townsend Road, Rockwall, TX

9th Annual PrairieMan Half Iron/Aquabike/79070 **Sept 8, 2012 7:15 AM**

2 Races: Distances: 1.2 mile swim-56 mile bike-13.1 mile run **AND**
Ironhead Sprint: 500 meter swim-27 km bike-5 km run
Location: Lynn Creek Park @ Joe Pool Lake, Grand Prairie, TX

2nd Annual PrairieMan Half Marathon & 5 km Run/79327 **Sept 22, 2012 8:00AM**

Location: Lynn Creek Park @ Joe Pool Lake, Grand Prairie, TX

6th Ironhead Women's Sprint Triathlon/79329 **Oct 7, 2012 8:00 AM**

Distance: 300 meter Pool Swim-20 km mile bike-5 km run
Location: Mansfield Natatorium 1010 Holland, Mansfield TX

5th Annual Bronda's Run/Bike Duathlon/79732 **Nov. 11, 2012 8:30AM**

Distances: 2 mile run-15 mile bike-2 mile run
Location: Texas Motor Speedway, Ft. Worth, TX