

MEMO TO: Fast & Furious Duathlon Competitor

SUBJECT: Confirmation Notice of Entry and Packet Pick-up

Welcome to the 9th Annual Fast & Furious Duathlon, **Sunday, April 11, 2010**

Here are some important tips to make your racing experience safe, enjoyable and easy:

1. Be sure to have your **USA TRIATHLON LICENSE** with you at packet pick-up or be prepared to pay a \$10.00 one day membership fee. **USAT also requires all competitors MUST pick up their own packet.** This is a USA Triathlon sanctioned race, **no exceptions.**
2. Packet pick-up will be at **Bicycles Inc.** in Arlington tele **(817)572-2453** on Thursday, April 8, 1-6PM. **Richardson Bike Mart** at 1451 W. Campbell Road, Richardson, TX tele. **(972)231-3993** on Friday, April 9 from 11 AM until 7 PM. Packet pick-up will also be at **Bicycles Inc tele. (817)572-2453** Saturday, April 10 from **Noon** until **5 PM.** Failure to pick up your packet by this last time **will result** in your disqualification.
******ABSOLUTELY NO PACKET PICK-UP ON RACE DAY******
3. There is a **mandatory** bike & helmet inspection for this race. These inspections will be conducted at the following bike shops during business hours starting **Mar 20, 2010:**

In the Dallas/Ft Worth Metroplex thru April 10:

Richardson Bike Mart, (3 locations Richardson, Frisco & Dallas) 214-231-3993.

Bicycles, Inc, (4 locations Keller, Bedford, Arlington & Ft. Worth) 817-461-5555.

Ft. Worth Cycling & Fitness, (3315 Cherry Ln, Ft. Worth) 817-244-7911.

Rockwall Cycling (Rockwall TX) 972-771-8297

In Austin: Jack & Adam's Bicycles, 512-472-5646

In Austin: Nelo's Pro Cycles, 512-338-0505

In Austin: Austin Tri-Cyclist, 512-494-9252

In Boerne: Gotta Ride Bikes, 830-755-8039

In Houston: Bikesport Houston, 713-850-0250

In Midland, TX: Peyton's Bicycles, 915-699-1718

In Tyler, TX: Tanner Bikes, 903-534-9998

In college Station, TX: Aggieland Cycling, 979-696-9490

In Abilene, TX: Biketown, 325-677-2453

4. **There will be a mandatory pre-race meeting for all competitors at 7:45 AM on Sunday, April 11.**

5. This is a very strenuous athletic event. Competitors should be adequately trained and conditioned to safely complete this event. If you are sick or have not sufficiently trained for this event, you should consider withdrawing and not competing.
6. The race will begin at **8:00 AM** with the waves to be determined on Wednesday prior to race day based on the number of entrants. **You will be given your wave assignment at packet pick-up.**
7. Massage therapy may be available at the race site.
8. ******ABSOLUTELY NO VEHICULAR TRAFFIC WILL BE PERMITTED IN LYNN CREEK PARK BETWEEN 7:15 AM & 10:00 A.M. You must arrive and be parked by 7:15 AM or you will not be allowed to park inside Lynn Creek Park. Once your car is in, you will not be able to depart the area until 10:00 AM. NO EXCEPTIONS!!!!**
9. Finally, have a good, safe race. Let's race hard, but race friendly. Good sportsmanship is still the name of the game.

Yours In Sport,

Jack Weiss
RACE DIRECTOR