

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

**Ironhead Race Productions**

**Run-FAR Racing Services**

**CompuTrainer**

**Richardson Bike Mart**

**Bicycles Inc**

**C-Me Sports**

**Texas Health Sports Network**

**City of Grand Prairie**

**Grand Prairie Lake Parks**

**Knights of Columbus**

**Texas Runner & Triathlete**

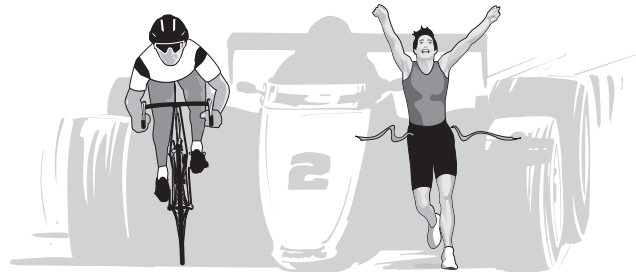
**Spring Valley Spine &  
SportsCare**

**Dr. Lezlie Maloy, DC**

**Gatorade Endurance**

## **Eleventh Annual**

### ***FAST & FURIOUS***



### ***DUATHLON***

## **Texas State Championship**

**Two Distances**

**2mi Run - 11mi Bike - 2mi Run**

**5km Run - 19 mi Bike - 5km Run**

**Lynn Creek Park at  
Joe Pool Lake  
Grand Prairie, TX**

**April 15, 2012**



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

**2012 Fast & Furious  
Duathlon  
Official Entry Form**

# Fast & Furious Duathlon

**Two Distances**  
**2mi Run - 11mi Bike - 2mi Run**  
**5km Run - 19 mi Bike - 5km Run**

Last Name

First Name

Street

City  State

Zip Code  Sex M  F

Phone

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

email

(email address required for confirmation & race updates)

USAT Number

Clydesdale/Athena Weight

Email address required for confirmation and race updates.

**WHEN**

8:00 am Sunday, April 15, 2012

**WHERE**

Lynn Creek Park at Joe Pool Lake, Grand Prairie, TX

**AWARDS**

1st Overall Male/Female, 1st Male/Female Masters,  
 1st Male/Female Grand Masters, 13-15, 16-19, 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  
 Awards based on size of age group as of Monday of race week.

**EARLY (DISCOUNT) ENTRY FEE**

Thru March 23, 2012:

Individual \$50.00

March 24- April 11, 2012:

Individuals \$60.00

April 12-14, 2012 (at Packet Pick-up):

Individuals \$75.00

**ABSOLUTELY NO REFUNDS OR TRANSFERS**

**NO Race Day Registration or Packet Pick-up.**

**No Relay Teams**

**ALL PARTICIPANTS**

Receive a distinctive Event T-shirt

**CPSC Approved Bicycle Helmet REQUIRED**



**HOST HOTEL**

La Quinta (I-20 & Hwy 161)

2131 West I-20

Grand Prairie, TX 75052

(214) 412-3220

**PACKET PICKUP/LATE REGISTRATION**

April 12: 1pm-6pm at Bicycles, Inc.

5937 SW Green Oaks Blvd

(SE corner of I-20/Green Oaks intersection)

Arlington, TX

(817) 572-BIKE

April 13: 11am-7pm at

Richardson Bike Mart

1451 W. Campbell Rd.

Richardson, TX

(972) 231-3993

April 14: noon-5pm at Bicycles, Inc.

5937 SW Green Oaks Blvd

(SE corner of I-20/Green Oaks intersection)

Arlington, TX

(817) 572-BIKE

**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



**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



**USAT 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](http://www.ironheadrp.com)**