

MEMO TO: Cleburne's Ironhorse Competitor

SUBJECT: Confirmation of Entry and Packet Pick-up Instructions

Welcome to the Third Annual Ironhorse Sprint Triathlon, Splash Station City Pool 1010 Hillsboro Street in Cleburne, TX on **May 23, 2010 at 7:15 AM**. 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 5937 Green Oaks Blvd, (SE Corner Green Oaks & I20) Arlington on Thursday, May 20th from 1PM TO 6 PM, Richardson Bike Mart on Coit & Campbell Rd on Friday, May 21st from 11 AM to 7 PM and at the Splash Station Splash Station City Pool, 1010 Hillsboro St., Cleburne, TX on Saturday, May 22nd from Noon until 6 PM. **These are the only three (3) packet pick-ups prior to race.** Failure to pick up your packet by this last time **can result** in your **disqualification** and there are **no refunds**.
3. There is a **mandatory** bike and helmet inspection for this race. These inspections will be conducted at the following bike shops during normal business hours beginning **May 4 2010:**

In the Dallas/Ft. Worth Metroplex: Through May 22nd:

Richardson Bike Mart (3 locations Richardson, Frisco & Dallas) 972-231-3993

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

Bicycles, Inc (4 locations Keller, Bedford, Arlington & Ft. Worth) 817-268-6572

Rockwall Cycling (Rockwall TX) 972-771-8297

Bicycles Plus (Flower Mound, TX) 214-513-2604

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

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

In Houston: Bikesport Houston, 713-850-0250

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

In Midland, TX: Peyton's Bicycles, 325-699-1718

In San Angelo, TX: Randy's Bike & Run 325-655-1605

In San Antonio, TX: B&J Bicycle Shop, 210-826-0177

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

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

4. Massage therapy may be available at the race site on race day.
5. **There will be a mandatory pre-race meeting for all competitors a 7:00 AM on Sunday, May 23rd . No exceptions, no refunds. Be there!!**
6. 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. **Further if during the race you become ill, dehydrated or dizzy, you should stop immediately and seek the assistance of a course volunteer.**
7. *******ABSOLUTELY NO VEHICULAR TRAFFIC WILL BE PERMITTED ON HILLSBORO STREET BETWEEN 7:15AM & 10:30AM. You must arrive and be parked by 7:15AM across from the Pool which is the race site.**
8. The race will begin at **7:15AM** with the seed positioning to be determined on Thursday (May 20). Late entrants will be seeded at the back. **You will be given your seed assignment at packet pick-up.**
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