

MEMO TO: Lake Highlands YMCA Kids Tri Kids Triathlon
SUBJECT: Confirmation notice of entry and Packet Pick-up

Welcome to the 1st Annual Lake Highlands YMCA Kids Triathlon on the site of Lake Highlands YMCA in Dallas, TX on **Sunday, May 2, 2010.**

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

1. This race is USAT sanctioned but possession of a **USA Triathlon Annual License** is required. Annual permits are \$5.00. One-day permits are no longer available.

2. **ABSOLUTELY NO VEHICULAR TRAFFIC WILL BE PERMITTED ON CAMPUS BETWEEN 6:30AM AND 9:30AM. You must arrive and be parked by 6:30 AM or you will not be allowed to park on the YMCA Grounds. Once your car is parked, you will not be able to depart the campus until 9:30AM. NO EXCEPTIONS!!!**

3. Packet pick-up will be at **Richardson Bike Mart** at 1451 West Campbell Road, Richardson, TX (972-231-3993) Friday, April 30th from Noon until 5 PM, Packet pick-up will be at the Lake Highlands YMCA 8920 Stults Rd. Dallas, TX (817-707-0500) on Saturday, May 1 from **Noon until 5 PM. There will be no packet pick-up on race day. Failure to pick-up your packet by this last time will result in disqualification.**

4. There is a **mandatory bike inspection** for this race which will be conducted at the following bike shops during normal hours beginning April 12, 2010:

In the DFW Metroplex:

Richardson Bike Mart (3 locations: Richardson, Frisco & Dallas) 972-231-3993
Bicycles, Inc (4 locations: Bedford, Arlington, Keller & Ft. Worth) 817-268-6572
Bicycles Plus (Flower Mound, TX) 214-513-2604
Ft. Worth Cycling & Fitness (3315 Cherry Lane, Ft Worth) 817-244-7911

Race Site: None

In Austin: Jack & Adam's Bicycles Austin, 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 San Angelo, TX: Randy's Run & Bike Shop 325-655-1605

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

5. As this is a children's race, parents **must sign** the release waiver and should be present during the entire course of the event. No exceptions. **If the parent/guardian cannot be there, a notarized Power of Attorney must be presented by the person signing the waiver in lieu of the parent/guardian.**

6. **There will be a mandatory pre-race meeting for all competitors at 6:45 AM on Sunday, May 2nd.**

7. 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 or your parents should consider withdrawing you from competition. There is no disgrace in not competing when you are physically ill or unprepared. Remember another day another race!

8. The triathlon will begin at **7 AM sharp, Sunday!** Seed times for starting will be determined on Saturday based on the number of entrants. **You will be given your seeded start time on Sunday, May 2nd at 6:30AM.**

9. Finally, have a good, safe race. Let's race hard but friendly. Good sportsmanship is still the name of the game. **Everyone who competes is a winner!!**

Yours In Sport,

Jack Weiss
RACE DIRECTOR