

MEMO TO: Ironhead Women's Sprint Competitor

SUBJECT: Confirmation of Entry and Packet Pick-up Instructions

Welcome to the Ironhead Woman's Sprint Triathlon, at the Mansfield ISD Natatorium, Texas on **October 3, 2010 at 8:00 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. **You are required to pick up your own packet as this is a USA Triathlon sanctioned race, no exceptions!**
2. Packet pick-ups will be at **Bicycles Inc** 5937 Green Oaks (Corner of SE Green Oaks & I20) Arlington on September 30, Thursday from 1-6 PM; **Richardson Bike Mart** at 1451 W. Campbell on Friday, October 1 from 11AM until 7 PM; Packet Pick-up will also be at the Mansfield ISD Natatorium **1001 N. Holland Road, Mansfield, TX** from Noon until 5PM Saturday, October 2nd. **There is NO packet pick-up on race day.** Failure to pick up your packet by this last time **will result** in your **disqualification** and there are **no refunds**.
3. There is a **mandatory** bike and helmet inspection for this race. These bike inspections will be conducted at the following bike shops during normal business hours beginning **September 22, 2010:**

In the Dallas/Ft. Worth Metroplex: Through October 2:

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

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

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

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

Rockwall Cycling (Rockwall TX) 972-771-8297

Race Site (Out of town competitors only): from 6:00-6:45AM

Thru October 2:

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, 713-850-0250

In Shreveport, LA: Bicycle Sports, 318-865-8572

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

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

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

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

4. Massage therapy will be available at the race site on race day.

5. **There will be a mandatory pre-race meeting for all competitors a 7:45 AM on Sunday, October 3.**
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 AT THE MISD Natatorium BETWEEN 7:15AM & 10:30AM. You must arrive and be parked by 7:15AM or you will not be allowed to park inside the Park area. Once your car is in, you will not be able to depart the area until 10:30AM. NO EXCEPTIONS!!!**
8. The race will begin at **8:00AM** with the swim start placement to be determined on October 1st based on the swim time of entrants. **Your race number is your start assignment and will be available 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