

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

**Ironhead Race Productions**

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**Grand Prairie Lake Parks**

**TriSwimmingCoach.com**

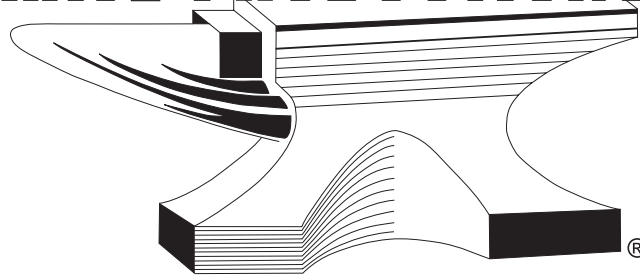
**Dr. Lezlie Maloy, DC**

# 15th Annual Metroplex Sprint Triathlon

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**IRONHEAD  
RACE PRODUCTIONS**



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**Grand Prairie Lake Parks**

**Lynn Creek Park  
at  
Joe Pool Lake**

**June 12 & 13, 2010**



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

**2010 Metroplex Sprint  
Triathlon  
Official Entry Form**

Sat  Sun  Both Days

Last Name

First Name

Street

City  State

Zip Code  Sex M  F

Phone

DOB (mm/dd/yy)  Age(12/31/10)

email

Personal ChampionChip #

USAT Number

Clydesdale/Athena Weight

**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



# Metroplex Sprint Triathlon

## 400m Swim - 11mi Bike - 2mi Run

**WHEN**

7:15 am Saturday & Sunday, June 12 & 13, 2010

**WHERE**

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

**AWARDS**

1st Overall Male/Female, 1st Male/Female Masters, 15-19, 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 DEPTH OF AGE GROUP  
on Monday of race week

**EARLY (DISCOUNT) ENTRY FEE**

Thru May 31, 2010  
Individual \$50.00 Relay \$100.00  
Individual Both Days \$90.00

June 1-9, 2010:  
Individuals \$60.00 Relay \$120.00  
Individual Both Days \$110.00

June 10-12, 2010:  
Individuals \$80.00 Relay \$160.00  
Individual Both Days \$150.00

**NO Raceday Registration or Packet Pickup**

**ABSOLUTELY NO REFUNDS OR TRANSFERS**

**CPSC Approved Bicycle Helmets REQUIRED**

**ALL PARTICIPANTS**

Receive a distinctive Event T-shirt

**PACKET PICKUP/LATE REGISTRATION**

June 10: 1pm-6pm at Bicycles, Inc.  
5937 SW Green Oaks Blvd  
(SE corner of I-20/Green Oaks intersection)  
Arlington, TX (817) 572-BIKE

June 11: 11am-7pm at Richardson Bike Mart  
1451 W. Campbell Rd.  
Richardson, TX (972) 231-3993

June 12: 2pm-7pm at  
Lynn Creek Park @ Joe Pool Lake  
Lake Ridge Parkway  
Grand Prairie, TX 75051 (817) 707-0500

**USA TRIATHLON  
MEMBERSHIP**



This is a USA Triathlon sanctioned event and all participants must hold an annual membership or a single day permit.

**SANCTIONED EVENT**

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)