

MEMO TO: PrairieMan Half Iron/Aquabike Competitor

SUBJECT: Confirmation of Entry and Packet Pick-up Instructions

Welcome to the PrairieMan Half Iron Triathlon/Aquabike at Joe Pool Lake, Grand Prairie, Texas scheduled for 7:00 AM Sunday, Sept 12, 2010. 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.** SE Corner I20 & Green Oaks Blvd, Arlington TX (817)-572-bike, Sept 8: 1-6 PM, and **Richardson Bike Mart** 1451 W. Campbell, Richardson, Sept 9 & 10: 11 AM-7PM. **Lynn Creek Park @ Joe Pool Lake** at 5700 Lake Ridge Parkway, Grand Prairie, TX 75052) Saturday, Sept 11 from 2 PM to 7PM. **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/helmet inspection for this race. These inspections will be conducted at these bike shops during normal business hours beginning **August 20, 2010:**

In the Dallas/Ft. Worth Metroplex thru Sept 11:

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

Bicycles, Inc (3 locations: Keller, Arlington, Bedford, Ft. Worth) 817-461-5555 & 817-268-6572

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

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

Rockwall Cycling (Rockwall TX) 972-771-8297

Lynn Creek Park @ Joe Pool Lake **2-7PM, Sept.11th only**

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

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

In Austin: Nelo's Pro Cycles, 512-338-0505

In Houston: Bike Sport Houston, 713-850-0250

In Boerne, TX: Gotta Ride Bikes, 830-755-8093

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

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

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

In College Station, TX: Aggieland Cycling 979-696-949

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

4. Massage therapy may be available at the race site on Sept 8 and the race site on race day.
5. **There will be a mandatory pre-race meeting for all competitors at 6:45 AM on Sunday, Sept 12th.**
6. This is a very strenuous athletic event. Competitors should be adequately trained and conditioned to safely compete in this event. There is a mandatory **8 hour** time limit on this event. If you are sick or have not sufficiently trained for this event, you should consider withdrawing and not competing. **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 IN LYNN CREEK PARK BETWEEN 6:05AM & 1:15PM.** You must arrive and be parked by 6:05AM 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 1:15PM. **NO EXCEPTIONS.**
8. This race will begin at **7:00 AM** with waves to be determined Wednesday prior to race day based on the number of entrants. **All athletes will be given their wave 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. **Drafting and/or blocking on the bicycle are illegal and will result in time penalties as all USAT competitive rules will be enforced.**

Yours In Sport,

Jack Weiss
RACE DIRECTOR

ENCLOSED: Swim/Bike/Run/Transition area Maps

