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sponsors, this event would
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TriSwimmingCoach.com

Dr. Lezlie Maloy, DC

7th Annual



**Half Iron Distance
Triathlon
AquaBike & Sprint**

Grand Prairie Lake Parks

**Lynn Creek Park
at
Joe Pool Lake**

September 12, 2010



PO Box 1113
Eules, TX 76039-1113

2010 PrairieMan Half Iron Distance Triathlon AquaBike & Sprint Official Entry Form

Half IronTri AquaBike Half Iron Relay Sprint

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

Relay Members (Long Course Tri Only)

Last Name

First Name

Swim Bike Run M F

DOB (mm/dd/yy)

Last Name

First Name

Swim Bike Run M F

DOB (mm/dd/yy)

**USA Triathlon Fee payable
only at Packet Pickup**

Online Registration available at Ironhead
Race Productions Website

or

Make Checks Payable to:
PrairieMan c/o

Ironhead Race Productions
PO Box 1113, Euless, TX 76039-1113

Office Use Only	Date Rcv'd
Chk#	Pkt Out

PrairieMan Half Iron Distance Triathlon AquaBike & Sprint

1.2mi Swim - 56mi Bike - 13.1mi Run 500m Swim - 27km Bike - 5km Run

WHEN

7:00 am Sunday, September 12, 2010

WHERE

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

AWARDS

1st Overall Male/Female, 1st Male/Female Masters, 16-19, 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 Relays (Long Course Tri)

AWARDS BASED ON DEPTH OF AGE GROUP

on Monday of race week

EARLY (DISCOUNT) ENTRY FEE

Thru August 15, 2010:

Individual \$140.00 Aquabike (Swim-Bike Only) \$140.00
Relay \$210.00 Sprint \$50.00

August 16-September 7, 2010:

Individuals \$165.00 Aquabike (Swim-Bike Only) \$165.00
Relay \$225.00 Sprint \$60.00

September 8-11, 2010:

Individuals \$190.00 Aquabike (Swim-Bike Only) \$190.00
Relay \$250.00 Sprint \$75.00

NO Raceday Registration or Packet Pickup

ABSOLUTELY NO REFUNDS OR TRANSFERS

HOST HOTEL

TBD

ALL PARTICIPANTS

Receive a distinctive Tri-Fit Event T-shirt

PACKET PICKUP/LATE REGISTRATION

Sep 8: 1pm-6pm at Bicycles Inc
5937 SW Green Oaks Blvd
(SE corner of I-20/Green Oaks intersection)
Arlington, TX (817) 572-BIKE

Sep 9-10: 11am-7pm at Richardson Bike Mart
1451 W. Campbell Rd.
Richardson, TX (972) 231-3993

Sep 11: 2pm-7pm at
Lynn Creek Park @ Joe Pool Lake
Lake Ridge Parkway
Grand Prairie, TX 75051 (817) 707-0500

CPSA Approved Bicycle Helmet REQUIRED

USA TRIATHLON MEMBERSHIP



This is a USA Triathlon sanctioned event and all participants must hold an annual membership or a single day permit.
Annual Fee \$39.00, One Day Permit \$10.00

SANCTIONED EVENT

**USAT Memberships are available at
packet pick-up only. Do not mail with
entry fee.**

**IRONHEAD
RACE PRODUCTIONS**



Information Hotline: (817) 707-0500
On the web @ www.ironheadrp.com