

MEMO TO: PrairieMan Marathon/5 Km Run/Fun Run Competitor

SUBJECT: Confirmation of Entry and Packet Pick-up Instructions

Welcome to the PrairieMan Half Marathon/5 Km Runner & Fun Run at Joe Pool Lake, Grand Prairie, Texas scheduled for 7:00 AM Saturday, Sept 24, 2011. Here are some important tips to make your racing experience safe, enjoyable and easy:

1. Packet pick-up will be at **Spring Valley Spine & SportsCare**, 5323 Spring Valley Rd, Ste 100 Sept 21: 1-6 PM, and **Richardson Bike Mart** 1451 W. Campbell, Richardson, Thursday, Sept 22: 11 AM-7PM, **Spring Valley Spine & SportsCare**, 5323 Spring Valley Rd, Ste 100 Friday, Sept 23 from 10 AM to 3PM. **There is packet pick-up on race day at the race site from 5:30 to 6:30 AM.** Failure to pick up your packet by this last time **will result** in your **disqualification** and there are **no refunds**.
2. ART & Massage therapy will be available at the race site on Sept 24 on race day.
3. **There will be a pre-race meeting for all competitors at 6:45 AM on Saturday, Sept 24th.**

This is a very strenuous athletic event. Competitors should be adequately trained and conditioned to safely compete in this event. There is a mandatory **4 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.**

4. ******ABSOLUTELY NO VEHICULAR TRAFFIC WILL BE PERMITTED IN LYNN CREEK PARK BETWEEN 6:05AM & 11:15AM.** 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 11:15AM. **NO EXCEPTIONS.**

- 5 This race will begin at **7:00 AM** with waves to be determined Wednesday prior to race day based on the number of entrants.

Yours In Sport,

Jack Weiss
RACE DIRECTOR

