

MEMO TO: IRP Striders Duathlon Competitor

SUBJECT: Confirmation Notice of Entry and Packet Pick-up

Welcome to the 17th Annual IRP Striders Duathlon, **Sunday, April 18, 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 **\$10.00** for a one-day membership. **USAT also requires all competitors MUST pick up their own packet.** This is a USA Triathlon sanctioned event, **no exceptions!!**

2. Packet pick-up will be at the host hotel, **La Quinta** of San Angelo tel. **(325) 949-0515**, 2307 Loop 306 at Knickerbocker Road on Saturday, April 17 from **2 PM until 8 PM.** **There will be NO packet pick-up on race day.** Failure to pick up your packet by this last time **will result** in your disqualification.

3. There is a **mandatory** bike and helmet inspection for this race and will be conducted at the following bike shops during normal business hours beginning **April 1, 2010:**

In the Dallas/Ft. Worth Metroplex thru April 17:

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

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

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

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

In Austin: Nelo's Pro Cycles, 512-338-00505

In Houston Bikesport Houston 713-850-0250

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

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

In Tyler, TX: Bicycle Sports 903-595-0202

In College Station, TX: Aggieland, TX, 979-696-9490

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

La Quinta Hotel **Saturday only, April 18th from 3-8PM**

Race Site (out of town competitors only): April 18 from 6:45-7:45AM

5. **There will be a mandatory pre-race meeting for all competitors at 6:45 PM on Saturday, April 17th.** **There will also be a brief pre-race meeting for all competitors at 7:45AM on Sunday Morning, April 18th.** **No exceptions and no refunds. Be there!**

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 consider withdrawing and not competing. There is a mandatory 5 hour cut off for the long course race. Athletes not finished at that time will be removed from the course. No exceptions!

7. The race will begin at **8:00 AM** with **2** waves. The **first wave** will be all **Long Course competitors**. The **second wave**, starting at **8:05 AM**, will consist of all **Short Course competitors**. **The Cut-off time for all competitors is 5 hours!**

8. Finally, have a good safe race. Let's race hard but friendly. Good sportsmanship is still the name of the game. **Remember drafting on the bicycle is illegal and will result in time penalties or disqualification.**

Yours In Sport,

Jack Weiss
RACE DIRECTOR

enclosed: Bike/Run Maps