

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

**Formerly the
STRUTTERS DUATHLON produced by
IRONHEAD RACE PRODUCTIONS**



17th Annual

**IRONHEAD
STRIDERS**



DUATHLON

Ironhead Race Productions

A B Distributors

La Quinta

Gatorade

Randy's Run & Bike

U.S. Marines

REACT

City of San Angelo

TriSwimmingCoach.com

Runner Triathlete News

Dr. Lezlie Maloy, DC

**Short Course: Texas
State Championship**

**Middle Concho Park
San Angelo, TX**

April 18, 2010



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

**2010 Ironhead Striders
Duathlon
Official Entry Form**

Formerly the
STRUTTERS DUATHLON produced by
IRONHEAD RACE PRODUCTIONS

Long Course Short Course

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 Member (Long Course Only)

Last Name

First Name

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:

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

Office Use Only	Date Rcv'd
Chk#	Pkt Out

Ironhead Striders Duathlon

Formerly the STRUTTERS DUATHLON produced by IRONHEAD RACE PRODUCTIONS

8km Run - 74km Bike - 8km Run
5km Run - 40km Bike - 5km Run

WHEN

8:00 am Sunday, April 18, 2010

WHERE

Middle Concho Park, San Angelo, TX

AWARDS

1st Overall Male/Female, 1st Male/Female Masters,
1st Male/Female Grand Masters
13-15 (Short Course Only), 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+, Relay Teams (2 person/Long Course only)
Clydesdale/Athena

**Awards based on size of age group on Monday of
race week**

No duplication of awards

Awards not mailed unless postage is paid

ENTRY FEE

Thru March 27, 2010:

Short Course: Individual \$45.00

Long Course: Individual \$60.00, Team \$120.00

March 28-April 16, 2010:

Short Course: Individual \$60.00

Long Course: Individual \$75.00, Team \$150.00

On April 17, 2010:

Short Course: Individual \$75.00

Long Course: Individual \$90.00, Team \$180.00

NO Race Day Registration or Packet Pickup

ABSOLUTELY NO REFUNDS OR TRANSFERS

PACKET PICKUP

La Quinta Motor Inn
Loop 306 & Knickerbocker
April 17: 2-8 pm

HOST HOTEL

La Quinta Motor Inn
2307 Loop 306, San Angelo TX 76904
(325) 949-0515

Ask for Ironhead Rates

ENTRY CONFIRMATION

Confirmation will be emailed within 72 hours of receipt

CPSC 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.**



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