

MEMO TO: Frost yer Fanny Duathlon Competitor

SUBJECT: Confirmation Notice of Entry and Packet Pick-up

Welcome to the 28th annual Frost yer Fanny Duathlon, **Sunday, February 19, 2012, site of the 2012 USAT/SMW Regional Championship & Annual Awards/Banquet Program**

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 \$12.00 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 **Richardson Bike Mart** at 1451 W. Campbell Road, Richardson, TX, tele. **(972) 231-3993** on Thursday February 16 from NOON until 6:30PM, Packet pick-up & Expo will also be at the host hotel, **DFW Marriott Solana tele (817) 430-5000**, 5 Village Circle (Just off Hwy 114 @ Kirkwood on Friday & Saturday, February 17 & 18, 2012 from **9 AM** until **6 PM.** Failure to pick up your packet by this last time **will result** in your disqualification. ******ABSOLUTELY NO PACKET PICK-UP ON RACE DAY******

3. There is a **mandatory** bike & helmet inspection for this race. BIKE Inspections will be conducted at the following bike shops during normal business hours starting **Jan 31, 2012:**

In the Dallas/Ft Worth Metroplex: Thru Feb 18:

Richardson Bike Mart, (3 locations: Richardson, Frisco & Dallas) 214-231-3993

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

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

DFW Marriott Solana, Westlake TX **Saturday only, February 18 from 10AM-5PM**

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

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: Tanner Bikes 903-534-9998

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

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

4. **There will be a mandatory pre-race meeting for all competitors at 8:15AM on Sunday, February 19th .**

5. 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 should consider withdrawing and not competing.

6. The race will begin at **8:30AM** with the waves to be determined prior to packet pick-up. **You will be given your wave assignment at packet pick-up.**

7. **ART** thru **Spring Valley Spine & Sportscafe** will be available at the host hotel on Feb 18 and at the race site on Feb 19.

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

Yours In Sport,

Jack Weiss
RACE DIRECTOR

enclosed: Bike/Run maps