

MEMO TO: Ironhead Triple Challenge (ITC) Competitor

SUBJECT: Confirmation Notice of Entry

Thank you for your entry into the ITC Series which includes **the Metroplex Sprint Triathlon, Sunday, June 13-14, 2009, Wool Capital Triathlon, Sunday August 9, 2009, PrairieMan Half Iron, Sunday September 13, 2009.** For each event you will receive a separate event related confirmation.

Here are some important tips to make your racing experience safe, enjoyable and easy:

1. For ALL events be sure to have your **USA TRIATHLON LICENSE** with you at packet pick-up or be prepared to pay a \$10.00 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 for ALL events will be at **Bicycles, Inc** at 5937 SW Green Oaks, Arlington, TX **(817)572-2453, Richardson Bike Mart** at 1451 W. Campbell Road, Richardson, TX tele. **(972)231-3993** at the **Lynn Creek Park @ Joe Pool Lake, Lake 5700 Ridge Parkway in Grand Prairie. ABSOLUTELY NO PACKET PICK-UP ON RACE DAY.**
3. There is a **mandatory** bike & helmet inspection for each race. Inspections will be conducted at the following bike shops during normal business hours 2 weeks prior to each event:

In the Dallas/Ft Worth Metroplex:

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

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

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

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

La Quinta Hotel South Arlington, TX

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

In Austin: Austin Tri-Cyclist, 512-494-9252

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

In Boerne: Gotta Rde Bikes, 830-755-8039

In Houston: Bikesport Houston, 713-850-0250

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

In Rockwall, TX: Rockwall Cycling 972-771-8297

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

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

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

4. **There will be a mandatory pre-race meeting for all competitors at 15 minutes prior to ALL events.**

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. *******ABSOLUTELY NO VEHICULAR TRAFFIC WILL BE PERMITTED IN LYNN CREEK PARK BETWEEN one hour before to 30 minutes after each event. Normally you must arrive and be parked by 6:30 AM or you will not be allowed to park inside Lynn Creek Park. Once your car is in, you will not be able to depart the area until 11:00 AM with the exception of PrairieMan and that time will be 4 PM. NO EXCEPTIONS!!!!**

7. Finally, have a good, safe race. Let's race hard, but race friendly. Good sportsmanship is still the name of the game.

Yours In Sport,

Jack Weiss
RACE DIRECTOR