

PRESS RELEASE FOR 2010 RACE SEASON
Ironhead Race Productions announces its series of Duathlons & Triathlons for 2010
Applications/on-line registration available on Web Site: www.ironheadrp.com
On-line registration direct: www.signmeup.com
Race Hotline: 817-707-0500/ironjack@ironheadrp.com
All Events are USA Triathlon Sanctioned

- 6th Annual Texas Motor Speedway Duathlon /66819** **Feb 21, 2010 8:30AM**
Distances: 2 mile run-15 mile bike-2 mile run
Location: Texas Motor Speedway, Ft. Worth, TX
- 25th Annual Athens Triathlon/66820** **March 6, 2010 8:00 AM**
Distances: 300 Meter Pool swim-13.8 mile bike-5 km run
Location: Athens Cain Center, 915 S. Palestine, Athens TX
- 9th Annual Fast & Furious F-1 Duathlon/66821** **April 11, 2010 8:00AM**
Distances: 2.1 run-11 bike-2.1 run -11 mile bike
Location: Lynn Creek Park @ Joe Pool Lake, Grand Prairie, TX
- 17th Annual IRP Striders Duathlon/66822** **April 18, 2010 8:00AM**
Two Races: 8km run-74km bike-8km run & 5 km run-40 km Bike-5 km run
Location: Middle Concho Boat Ramp @ Middle Concho Park, San Angelo, TX
- Lake Highlands YMCA Kids Tri/66904** **May 2, 2010 7:00AM**
Distances: 100 meter swim-2.5 mile bike-1 km run/100 mete swim5 mile bike/2 km run
Location: 8920 Stults Rd (Corner of Greenville & Stults) Dallas, TX
- 2nd Annual Classic Rock Rotary Sprint Tri/66833** **May 16, 2010 7:00 AM**
Distances: 300 meter pool swim-20 km bike-5 km run
Location: Rockwall ISD Natatorium, TL Townsend Road, Rockwall, TX
- 3rd Annual Cleburne's Ironhorse Sprint Tri/66823** **May 23, 2010 7:30 AM**
Distances: 300 meter Swim Pool Swim-14.75 mi bike- 5km run
Location: City Natatorium, 1010 Hillsboro St, Cleburne, TX
- 7th Annual Dam Bike Time Trial/66824** **June 4, 2010 6:30PM**
Distances: 8 miles cycling (Time Trial)
Location: Joe Pool Lake Embankment@ Lynn Creek Park, Grand Prairie,TX
- 5th Annual Kids Tri @ the "J"/66901** **June 6, 2010 7:00 AM**
Distances: 100 meter swim-3 mile bike-1 km run/200 meter swim-6 mil bike-2 km run
Location: Aaron Family Jewish Community Ctr. Dallas, TX
- 15th Annual Metroplex Sprint Tri (2 Races!)/66825** **Jun 12-13, 2010 7:15AM**
Distances: 400 meter swim-11 mile bike-2 mile run
Location: Lynn Creek Park @ Joe Pool Lake, Grand Prairie, TX
- 11th Annual Denison Dash Triathlon/66826** **Jun 19, 2010 6:45AM**
Distances: 300 meter Pool Swim-15.2 mile bike-3.5 mile run
Location: Waterloo Swimming Pool, 1501 Brock, Denison, TX
- 3rd Annual Iron Brothers Sprint Tri (2 races!)/66828** **July 10-11, 2010 7:15 AM**
Distances: 400 meter open water swim-11 mile bike-2 mile Run
Location: Lynn Creek Park, Joe Pool Lake, Grand Prairie TX

- 10th Annual Town North YMCA Kids Triathlon/66900** **July 18, 2010 7:00 AM**
 Distances: 100meter swim-2.5mi bike-.75mile run/200meter swim-5mi bike-1.5mile run
 Location: Town North YMCA, 4332 Northaven Rd. Dallas, TX
- 2nd Annual TriWaco Olympic & Sprint Distance Tri/67632** **July 25, 2010 7:00 AM**
 Distances: 1.5 Km swim-40 km bike-10 km run/400 m swim-20 km bike-5 km run
 Location: "Lake Brazos" River 113 S. University Park Dr. Waco TX
- 3rd Annual Park Cities YMCA Kids Tri/66902** **Aug 1, 2010 7:00 AM**
 Distances: 100yd swim-3.2mi bike- 1 km run/200yd swim-6.4mi bike-2 km run
 Location: Park Cities YMCA, 6000 Preston Rd. Dallas, TX
- 23rd Annual IRP Wool Capital Triathlon/66829** **Aug. 8, 2010 7:30AM**
 Distances: 1500 meter swim-40 km bike-10 km run
 Location: Middle Concho River & Boat Ramp, San Angelo, TX
- 2nd Annual PrairieTrail (Off Road) Triathlon** **Aug. 15, 2010 7:00AM**
 Distances: 400 meter open water swim-20km MTB bike-5km XC run
 Location: Loyd Park @3401 Ragland Rd Joe Pool Lake, Grand Prairie, TX
- 10th Annual Tri-Rock Kiwanis Sprint Tri/66831** **Aug. 22, 2010 7:15AM**
 Distances: 300 meter pool swim-20 km bike-5 km run
 Location: Rockwall ISD Natatorium, TL Townsend Road, Rockwall, TX
- 7th Annual PrairieMan Half Iron/Aquabike/66830** **Sept 12, 2010 7:15 AM**
 2 Races: Distances: 1.2 mile swim-56 mile bike-13.1 mile run **AND**
 NEW for 2008: Ironhead Sprint: 500 meter swim-27 km bike-5 km run
 Location: Lynn Creek Park @ Joe Pool Lake, Grand Prairie, TX
- 4th Ironhead Women's Sprint Triathlon/69121** **Oct 3, 2010 8:00 AM**
 Distance: 300 meter Pool Swim-20 km mile bike-5 km run
 Location: Mansfield Natatorium 1010 Holland, Mansfield TX
- 3rd Annual Bronda's Run/Bike Duathlon/67486** **Nov. 14, 2010 8:30AM**
 Distances: 2 mile run-15 mile bike-2 mile run
 Location: Texas Motor Speedway, Ft. Worth, TX