

MEMO TO: The Computrainer (CT) Indoor Tri Competitor

SUBJECT: Confirmation Notice of Entry and Packet Pick-up

Welcome to the CT Indoor Tri, **Friday, March 26, 2010**

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

1. Packet Pick up will begin at 5 PM at the Jewish Community Center (JCC) 7900 Northaven Road, Dallas at the side entrance near the Pool. Be prepared to sign a waiver and show a picture ID, no exceptions. You **MUST** pick up your own packet, this is a liability issue. **This is the only packet pick up and will close at 6:15 PM**
2. Shower and bathroom facilities will be available to all competitors but you will need to bring **your** own towel. Please arrive early and prepared to rack your bike when requested.
3. There will be bike racks available for those waiting to race or who have already ridden their portion of the race. They will be located inside adjacent to the Computrainer area. The bike is the first portion as it requires the most prearrangement. There will be 6 waves of 15 competitors going off at 20 minute intervals.
4. **There will be a mandatory pre-race meeting for all competitors 5 minutes before each heat. The earlier you arrive, the earlier you will race. Race is limited to first 75.**
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 **6:00 PM** beginning with the first 16 competitors. Each heat will then go off **in 20 minute intervals**. Seeding will be based on first come first serve basis.
7. **Course Records: To Be Determined**
8. Finally, have a good, safe race. Let's race hard, but race friendly. Good sportsmanship is still the name of the game. Refreshments and age group awards will be given after the race.

Yours In Sport,

Jack Weiss
RACE DIRECTOR

