

MEMO TO: Denison Dash Competitor

SUBJECT: Confirmation of Entry and Packet Pick-up Instructions

Welcome to the 11th Annual Denison Dash Triathlon, Waterloo Lake in Denison, TX on **June 19, 2010 at 6:45 AM**. 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 \$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 will be at Bicycles Inc 5937 Green Oaks Blvd, (SE Corner Green Oaks & I20) Arlington on Wednesday, June 16th from 1PM TO 6 PM, Richardson Bike Mart on Coit & Campbell Rd on Thursday, June 17th from 11 AM to 7 PM and at the Waterloo Pool, 1501 Brock, Denison, TX on Friday, June 18th from 4PM until 10 PM. **These are the only three (3) packet pick-ups prior to race.** Failure to pick up your packet by this last time **will result** in your **disqualification** and there are **no refunds**.
3. There is a **mandatory** bike and helmet inspection for this race. These inspections will be conducted at the following bike shops during normal business hours beginning **June 8 2010:**

In the Dallas/Ft. Worth Metroplex: Through June 18th:

Richardson Bike Mart (3 locations Richardson, Frisco & Dallas) 972-231-3993
Ft. Worth Cycling & Fitness (3315 Cherry Lane, Ft. Worth) 817-244-7911
Bicycles, Inc (4 locations Keller, Bedford, Arlington & Ft. Worth) 817-268-6572
Bicycles Plus (Flower Mound, TX) 214-513-2604

Race Site: 6-7 AM @ Waterloo Swimming Pool June 19th.

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

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

In Houston: Bikesport Houston, 713-850-0250

In Tyler, TX: Tanner Bikes, 903-534-9998

In Midland, TX: Peyton's Bicycles, 325-699-1718

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

In San Antonio, TX: B&J Bicycle Shop, 210-826-0177

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

In Boerne, TX: Gotta Ride Bikes, 830-755-8039

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

4. Massage therapy may be available at the race site on race day.
5. **There will be a mandatory pre-race meeting for all competitors a 6:30 AM on Saturday, June 19th. No exceptions, no refunds. Be there!!**
6. 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. **Further if during the race you become ill, dehydrated or dizzy, you should stop immediately and seek the assistance of a course volunteer.**
7. *******ABSOLUTELY NO VEHICULAR TRAFFIC WILL BE PERMITTED ON WATERLOO ROAD BETWEEN 6:30AM & 10:00AM. You must arrive and be parked by 7:15AM across from the Pool which is the race site.**
8. The race will begin at **6:45AM** with the seed positioning to be determined on Wednesday (June 16th). Late entrants will be seeded at the back. **You will be given your seed assignment at packet pick-up.**
9. 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