

*Without the support of these
sponsors, this event would
not take place*

Ironhead Race Productions

C-Me Sports

City of Denison

Holiday Inn

Waterloo Swimming Pool

Run-FAR Racing Services

Pure Sport

Dr Lezlie Maloy, DC

**Denison Parks and
Recreation Department**

Richardson Bike Mart

Cyber Seniors USA

TriSwimmingCoach.com

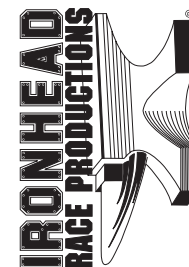
11th Annual Denison Dash Triathlon



**Waterloo
Natatorium**

Denison, TX

June 19, 2010



**PO Box 1113
Euless, TX 76039-1113**

**2010 Denison Dash
Triathlon
Official Entry Form**

Denison Dash Triathlon

300m Swim - 13.8mi Bike - 3.5mi Run

Last Name

First Name

Street

City State

Zip Code Sex M F

Phone

DOB (mm/dd/yy) Age(12/31/10)

email

Personal ChampionChip #

USAT Number

Clydesdale/Athena Weight

Estimated 300m Swim Time (mm:ss) :

Relay Members

Last Name

First Name

Swim Bike Run Sex M F

DOB (mm/dd/yy)

Last Name

First Name

Swim Bike Run Sex M F

DOB (mm/dd/yy)

**USA Triathlon Fee payable
only at Packet Pickup**

**Online Registration available at Ironhead
Race Productions Website**

or

**Make Checks Payable to:
Denison Parks & Recreation
c/o Ironhead Race Productions
PO Box 1113, Euless, TX 76039-1113**

Office Use Only	Date Rcv'd
Chk#	Pkt Out

WHEN
7:15 am Saturday, June 19, 2010

WHERE
Waterloo Natatorium
1501 Brock Road
Denison, TX

AWARDS
1st Overall Male/Female, 1st Male/Female Masters,
15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54,
55-59, 60-64, 65-69, 70-74, 75-79,
80+, Clydesdale, Athena, Relay

AWARDS BASED ON DEPTH OF AGE GROUP
on Monday of race week

EARLY (DISCOUNT) ENTRY FEE
Thru May 28, 2010:
Individual \$60.00 Relay \$120.00

May 29-June 15, 2010:
Individuals \$70.00 Relay \$140.00

June 16-18, 2010:
Individuals \$80.00 Relay \$160.00

Limited to first 400 entrants

ABSOLUTELY NO REFUNDS OR TRANSFERS

HOST HOTEL
Holiday Inn Express
801 Highway 75N
Denison, TX 75020
Reservations: (903) 464-0340
Ask for Denison Tri Rate

**NO RACE DAY REGISTRATION
OR PACKET PICK UP**

ALL PARTICIPANTS
Receive a distinctive Event T-shirt

PACKET PICKUP/LATE REGISTRATION
Course maps and race site directions will be
available at Ironhead website below

Jun 16: noon-6pm at Bicycles, Inc.
5937 SW Green Oaks Blvd
(SE corner of I-20/Green Oaks intersection)
Arlington, TX (817) 572-BIKE

Jun 17: 11am-8pm at Richardson Bike Mart
1451 W. Campbell Rd.
Richardson, TX (972) 231-3993

Jun 18: 4pm-10pm at Waterloo Natatorium
Denison, TX

CPSA Approved Bicycle Helmet **REQUIRED**
USA TRIATHLON
MEMBERSHIP
This is a USA Triathlon  sanctioned event and all participants must hold an annual membership or a single day permit. **SANCTIONED EVENT**
Annual Fee \$39.00, One Day Permit \$10.00

**USA Memberships are available at
packet pick-up only. Do not mail with
entry fee.**



Information Hotline: (817) 707-0500
On the web @ www.ironheadrp.com