

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

**Ironhead Race Productions**

**Run-FAR Racing Services**

**REACT**

**Richardson Bike Mart**

**Bicycles Inc**

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**City of Grand Prairie**

**Grand Prairie Lake Parks**

**TriSwimmingCoach.com**

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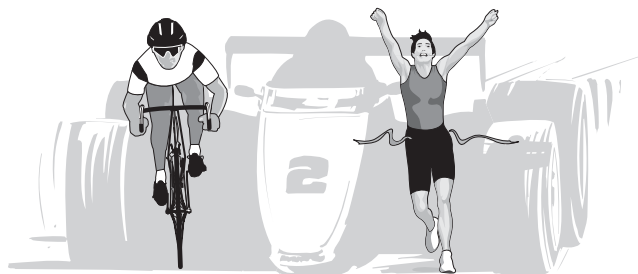
**Runner Triathlete News**

**Dr. Lezlie Maloy, DC**

**Pure Sport**

## ***Ninth Annual***

### ***FAST & FURIOUS***



### ***DUATHLON***

**2mi Run - 11mi Bike - 2mi Run - 11mi Bike**

**Lynn Creek Park at  
Joe Pool Lake  
Grand Prairie, TX**

**April 11, 2010**



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

**2010 Fast & Furious  
Duathlon  
Official Entry Form**

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

Email address required for confirmation and race updates.

**Fast & Furious Duathlon**  
**2mi Run - 11mi Bike - 2mi Run - 11mi Bike**

**WHEN**  
8:00 am Sunday, April 11, 2010

**WHERE**  
Lynn Creek Park at Joe Pool Lake, Grand Prairie, TX

**AWARDS**  
1st Overall Male/Female, 1st Male/Female Masters,  
1st Male/Female Grand Masters, 13-15, 16-19, 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  
Awards based on size of age group as of Monday of race week.

**EARLY (DISCOUNT) ENTRY FEE**  
Thru March 18, 2010:  
Individual \$45.00  
  
March 19-April 7, 2010:  
Individuals \$55.00  
  
April 8-10, 2010 (at Packet Pick-up):  
Individuals \$70.00  
**ABSOLUTELY NO REFUNDS OR TRANSFERS**  
NO Race Day Registration or Packet Pick-up.  
No Relay Teams

**ALL PARTICIPANTS**  
Receive a distinctive Event T-shirt

**CPSC Approved Bicycle Helmet REQUIRED**



**HOST HOTEL**  
TBD

**PACKET PICKUP/LATE REGISTRATION**  
April 8: 1pm-6pm at Bicycles, Inc.  
5937 SW Green Oaks Blvd  
(SE corner of I-20/Green Oaks intersection)  
Arlington, TX (817) 572-BIKE

April 9: 11am-7pm at  
Richardson Bike Mart  
1451 W. Campbell Rd.  
Richardson, TX (972) 231-3993

April 10: noon-5pm at Bicycles, Inc.  
5937 SW Green Oaks Blvd  
(SE corner of I-20/Green Oaks intersection)  
Arlington, TX (817) 572-BIKE

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

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

or  
**Make Checks Payable to:  
Ironhead Race Productions  
PO Box 1113, Euless, TX 76039-1113**

Office Use Only	Date Rcv'd
Chk#	Pkt Out



**USA TRIATHLON  
MEMBERSHIP**



This is a USA Triathlon sanctioned event and all participants must hold an annual membership or a single day permit.  
Annual Fee \$39.00, One Day Permit \$10.00

**USAT 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](http://www.ironheadrp.com)**