

MEMO TO: Iron Brothers Super Sprint Triathlon Competitor

SUBJECT: Confirmation of Entry and Packet Pick-up Instructions

Welcome to the first Iron Brothers Super Sprint Triathlon at Joe Pool Lake, Grand Prairie, Texas scheduled for 7:15 AM Sunday, July 13, 2008. 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.** 5739 SW. Green Oaks, Arlington, July 10: 1-6 PM and **Richardson Bike Mart** 1451 W. Campbell, Richardson, July 11: 11 AM-7PM. **Lynn Creek Park at Joe Pool Lake (Race Site)** Saturday, 5700 Lake Ridge Parkway, Grand Prairie, TX, July 12 from 2PM-7PM. **There is NO packet pick-up on race day.** 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/helmet inspection for this race. These inspections will be conducted at these bike shops during normal business hours beginning **July 1, 2008:**

In the Dallas/Ft. Worth Metroplex thru July 12:

Richardson Bike Mart (3 locations: Richardson, Frisco & Dallas) 972-231-3993

Bicycles, Inc (4 locations: Keller, Arlington, Bedford, Ft. Worth) 817-461-5555 & 817-268-6572

Bicycles Plus (Flower Mound TX) 214-513-2604

Ft Worth Cycling & Fitness (3315 Cherry Lane, Ft Worth) 817-244-7911

Lynn Creek Park (Race Site) **2-7PM, July 13 only**

In Austin: Nelo's Pro Cycles, 512-338-0505

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

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

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

n Houston: Bike Sport Houston, 713-850-0250

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

In Midland, TX: Peyton's Bicycles, 915-699-1718

In College Station, TX: Aggieland Cycling 979-696-9490

In San Angelo, TX: Bike Pro, 325-223-2453

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

4. Park will be open for training on Saturday, July 12.
5. **There will be a mandatory pre-race meeting for all competitors at 6:55 AM on Sunday, July 13th.**
6. This is a very strenuous athletic event. Competitors should be adequately trained and conditioned to safely compete in this event. There is a mandatory 4 and ½ hour time limit on this event. If you are sick or have not sufficiently trained for this event, you should consider withdrawing and not competing. **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 IN LYNN CREEK PARK BETWEEN 6:05AM & 10:00AM.** You must arrive and be parked by 6:05AM or you will not be allowed to park inside the Park area. Once your car is in, you will not be able to depart the area until 10:00AM. **NO EXCEPTIONS.** The reason is because of an ITU Juniors event that starts at 6:30 AM.
8. This race will begin at **7:15AM** with waves to be determined Wednesday prior to race day based on the number of entrants. **All athletes will be given their wave 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

