

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

**Ironhead Race Productions**

**City of Mansfield**

**Richardson Bike Mart**

**Bicycles, Inc.**

**Mansfield ISD**

**Mansfield Parks  
and Recreation**

**Run-FAR Racing Services**

**Gatorade**

**C-Me Sports**

**Presbyterian Sports  
Network**

**TriSwimmingCoach.com**

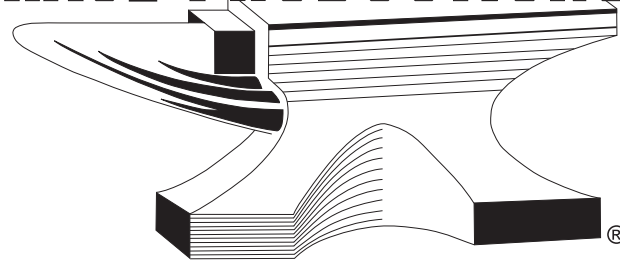
**Dr. Lezlie Maloy, DC**

**5th Annual  
Ironhead  
Women's  
Triathlon**

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**IRONHEAD  
RACE PRODUCTIONS**



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**Mansfield  
ISD  
Natatorium**

**Mansfield, TX**

**October 3, 2010**



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

# 2010 Ironhead Women's Triathlon Official Entry Form

Last Name

First Name

Street

City  State

Zip Code   Sex  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:

Ironhead Race Productions  
PO Box 1113, Euless, TX 76039-1113

Office Use Only	Date Rcv'd
Chk#	Pkt Out

# Ironhead Women's Triathlon

## 300m Swim - 20km Bike - 5km Run

**WHEN**  
8:00 am Sunday, October 3, 2010

**WHERE**  
Mansfield ISD Natatorium  
1001 N Holland Rd  
Mansfield, TX

**AWARDS**  
1st Overall Female, 1st Female Masters,  
USAT 5-year Age Groups  
Athena, Relays

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

**EARLY (DISCOUNT) ENTRY FEE**  
By September 13, 2010:  
Individual \$50.00 Relay \$90.00

September 14-September 29, 2010:  
Individuals \$60.00 Relay \$120.00

September 30-October 2, 2010:  
Individuals \$75.00 Relay \$150.00

Limited to first 600 entrants

**ABSOLUTELY NO REFUNDS OR TRANSFERS**

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

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

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

September 30: 1pm-6pm at Bicycles, Inc.  
5937 SW Green Oaks Blvd  
(SE corner of I-20/Green Oaks intersection)  
Arlington, TX (817) 572-BIKE

October 1: 11am-7pm at Richardson Bike Mart  
1451 W. Campbell Rd.  
Richardson, TX (972) 231-3993

October 2: noon-5pm at Mansfield ISD  
Natatorium, Mansfield, TX

CPSC 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

**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)