

MEMO TO: PMS Competitor

SUBJECT: Confirmation of Entry and Packet Pick-up Instructions

Welcome to the 7th Annual Power Maiden Sprint Triathlon, Cain Center, Athens, TX on **June 21, 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 Richardson Bike Mart on Coit & Campbell Rd on Thursday, June 19th from 11 AM to 7PM and at Cain Center at 915 S. Palestine, TX on Friday, June 20th from 3 PM until 9 PM **These are the only two (2) 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 & helmet inspection for this race. These inspections will be conducted at the following bike shops during normal business hours beginning **June 10, 2008:**

In the Dallas/Ft. Worth Metroplex: Through June 20th:

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

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

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

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

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

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

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

In Houston: Bikesport Houston, 713-850-0250

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

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

In College Station, TX: Aggieland Cycling, 979-676-9490

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

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

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

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 21st.**

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 PALESTINE STREET BETWEEN 7:00AM & 10:30AM.** You must arrive and be parked by 6:15AM or you will not be allowed to park near the Pool area. Once your car is in, you will not be able to depart the area until 10:30AM. **NO EXCEPTIONS!!!**

8. The race will begin at **7:00AM** with the seed positioning to be determined on the Wednesday prior to race day. 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