

MEMO TO: Rockwall Sprint Competitor

SUBJECT: Confirmation of Entry and Packet Pick-up Instructions

Welcome to the 10th Annual Rockwall Sprint Triathlon, at the Rockwall County YMCA in Rockwall, Texas on **Aug. 22, 2010 at 7:15 AM**. 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 at 5937 Green Oaks Blvd**, (SE Corner of Green Oaks & I20) Arlington, Thursday, August 19 from 1 to 6 PM, **RICHARDSON BIKE MART** at 1451 W. Campbell on Friday, August 20 from 11AM until 7PM. Packet Pick-up will also be at **Rockwall Cycling, 832 Steger Towne Drive, Rockwall, TX** from Noon until 5PM Saturday, August 21. **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 and helmet inspection for this race. These bike inspections will be conducted at the following bike shops during normal business hours beginning **Aug. 3, 2010:**

In the Dallas/Ft. Worth Metroplex: Through August 21st:

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

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

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

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

Rockwall Cycling (Rockwall TX) 972-771-8297

Beginning Aug 3 thru Aug 21:

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

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

In Houston: Bikesport, 713-850-0250

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

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

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

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 will be available at the race site on race day.

5. **There will be a mandatory pre-race meeting for all competitors a 6:45 AM on Sunday, August 22nd.**
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 IN YMCA BETWEEN 6:30AM & 10:30AM. You must arrive and be parked by 6:30AM 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 10:30AM. NO EXCEPTIONS!!!**
8. The race will begin at **7:15AM** with the swim start placement to be determined on Tuesday (August 19th) based on the swim time of entrants. **Your race number is your start assignment and will be available 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