

# Rough River Lake Dam Triathlon 2019

**Date: 08/10/2019**

**Time: 08:00 a.m. (Registration starts at 7am)**

**Entry fees:**

•\$25.00 per participant

**Pre-register by: 07/20/2019**

Preregister by July 20st to receive a T-shirt on the day of the event.

**Only participants that pre register will get a T-shirt.**

**All Kayaks must be powered by Paddle only and must be 14 ft or less.**

**ALL LEGS WILL START AND END AT THE STATE PARK BEACH.**

Start at The State Park Beach, Paddle 7.6 miles out and around the big island and back to the state park beach, Bike 9.4 miles to Cave Creek and back to the State Park beach, Run 1.9 miles through the state park and finish at the State Park Beach.

**Kayaks must be powered by Paddle only and must be less than 14ft in length. No Rudders will be permitted.**

**CLASSES :**

Single Paddler (men)

Single Paddler (women)

Tandem

**PRIZES**

Trophies  
Women's class -1st, 2nd, and 3rd  
Men's class -1st, 2nd,3rd  
Tandem team -1st Only

**Event Partners**



**US Army Corps of Engineers**  
Louisville District



Friends of  
Rough River Lake, Inc.



**For more information:**

U.S. Army Corps of Engineers  
Rough River Lake  
14957 Falls of Rough Road  
Falls of Rough, KY 40119-6313  
270-257-2061  
[www.lrl.usace.army.mil/Missions/CivilWorks/Recreation/Lakes-RoughRiverLake](http://www.lrl.usace.army.mil/Missions/CivilWorks/Recreation/Lakes-RoughRiverLake)

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

T-shirt Size:    S        M        L        XL

Sex \_\_\_\_\_ Age on race day \_\_\_\_\_

**Mail form and entry fee to:**

Friends of Rough River Lake, Inc.  
14597 Falls of Rough Rd  
Falls of Rough, KY 40119  
270-589-7514

Signature \_\_\_\_\_ Date \_\_\_\_\_

Signature of parent or guardian if under 18 years of age. \_\_\_\_\_ Date \_\_\_\_\_

Event partners are not responsible for accidents or lost/stolen property. Participants are required to wear all manufactured safety gear at all times during the triathlon. Participants must be at least 18 years of age or accompanied by their legal guardian.