

Rough River Lake Dam Triathlon 2018

Date: 08/11/2018

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

Entry fees:

•\$25.00 per participant

Pre-register by: 07/21/2017

Preregister by July 21st 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 Canoe

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

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.