ROUGH RIVER DAM TRIATHLON 2023

AUGUST 12, 2023

Race Begins at 8am (registration opens at 7am)

Entry : $25

Pre-Register by August 5 to receive a t-shirt the day of the race.

Classes:

Single paddler (male)
Single paddler (female)
Tandem

Medals Awarded:

Mens Class: 1st, 2nd & 3rd
Womens Class: 1st, 2nd & 3rd
Tandem Team: 1st only

US Army Corps of Engineers®

Friends of Rough River Lake, Inc

KENTUCKY STATE PARKS
"the nation's finest"

Only participants who pre-register will get a t-shirt.

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

Start at The State Park Beach, paddle 4.6 miles out and around a buoy below the flag and back to the state park beach, bike 12.2 miles past Cave Creek and back to the State Park beach, run 2.25 miles through the State Park and finish at the State Park Beach.

All kayaks must be powered by paddle only and must be 14 feet or less.

For More Information:
U.S. Army Corps of Engineers
Rough River Lake
14957 Falls of Rough Road
Falls of Rough, KY 40119
270-257-2061

Mail Forms & Entry Fee :

Friends of Rough River Lake, Inc.
14957 Falls of Rough Rd
Falls of Rough, KY 40119

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.

Name

Address

T-Shirt Size S M L XL

Phone Number

Sex Age on Race Day

Signature Date

Signature of Parent or Guardian Date