

2013 TRADEWATER RIVER FITNESS CHALLENGE

REGISTRATION FORM

Name

E-mail

Phone Number

Gender

Race Entry

- Entire Race
- 2 Person Race
- 3 Person Race
- Single Event
 - Kayak
 - Run
 - Bike

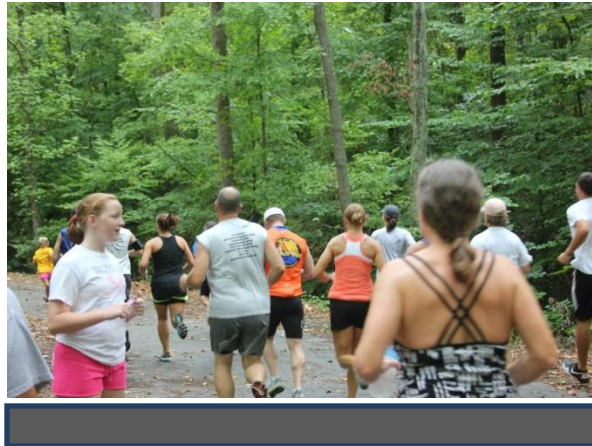
REGISTER BY:

Completing the entry form above and
mailing it to:

Hank Mills
114 Lakeview Drive
Dawson Springs, KY 42408

Visiting:

[http://tradewaterfitnesschallenge.w
eebly.com/register.html](http://tradewaterfitnesschallenge.weebly.com/register.html)



4K RUN

2 MILE KAYAK

16.5 MILE BIKE RIDE



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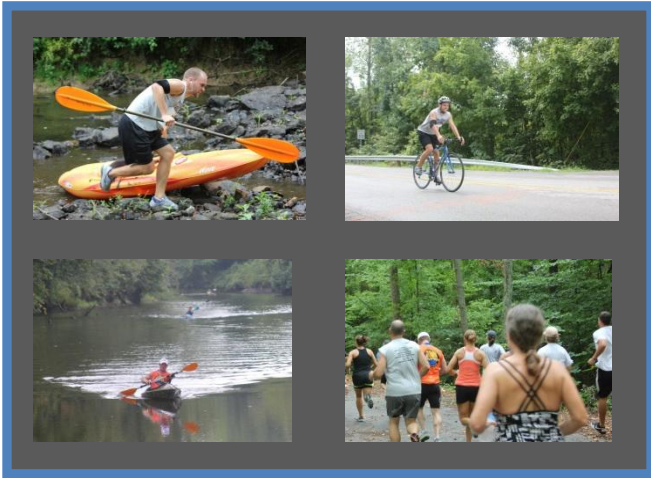
@TRFC3

For more information contact
Hank Mills 270-871-9475

TRADEWATER RIVER FITNESS CHALLENGE



AUGUST 24, 2013



2ND ANNUAL TRADEWATER RIVER FITNESS CHALLENGE



**FIELD LIMITED TO
THE FIRST 80
PAID ENTRIES**

The first annual Tradewater River Fitness Challenge took place on September 1, 2012. The event featured 21 participants that ran, kayaked, and biked their way across the Tradewater River area near Pennyriple Forest State Park.

The event begins with a 4K trail run beginning at Tradewater Station. Participants finish the run at Tradewater Station where they begin a 2 mile Kayak trips down the Tradewater River finishing at the old mill dam at Riverside Park. The last leg of the fitness challenge ends with a 16.5 mile bike ride through the scenic hills of the Pennyriple Forest State Park area.

COST

| | |
|---------------|-----------|
| ENTIRE RACE | \$50 |
| 2 PERSON TEAM | \$60/TEAM |
| 3 PERSON TEAM | \$70/TEAM |
| SINGLE EVENT | \$20 |

ADDITIONAL INFORMATION

ALL BIKE RIDERS NEED TO BE AT
LEAST 16 YEARS OF AGE

ALL PARTICIPANTS RECEIVE A FREE
TRADEWATER RIVER FITNESS
CHALLENGE T-SHIRT

RACE BEGINS AT 9:00 AM, AUGUST
24, 2013

