

3 mile trail run  
11 mile road bike  
(almost to Dauset Nature  
Center and back)  
1-2 mile paddle  
(How straight do **you**  
paddle?)

# *Tri Not to Get Wet!*

## High Falls State Park Triathlon

Saturday, October 7<sup>th</sup>, 8:30 a.m.

### *Triple the fun!*



The High Falls State Park Triathlon sponsored by Friends of High Falls State Park combines the challenges of a trail run with a view of the falls, the limited traffic of paved country roads and ends with a beautiful paddle on historic High Falls Lake.

High Falls State Park – *76 High Falls Park Dr., Jackson, GA 30233*

Sign up at [www.ultrasignup.com](http://www.ultrasignup.com) Search for *Tri Not to Get Wet* \$50 plus \$15 for kayak if needed. Price increases after August 1. For questions contact Joe Reed at 770-441-1683 or [jpreed57@gmail.com](mailto:jpreed57@gmail.com) Try to bring your own kayak, paddleboard or canoe and PFD. A limited number of kayaks can be rented from the state park.

**T-shirts to all participants. Commemorative towels and medals to all finishers! Prizes to the top three males and females in each 10-year age group. Admission fee includes all day parking pass.**

***Don't get left high and dry. Only 100 entries available!***

