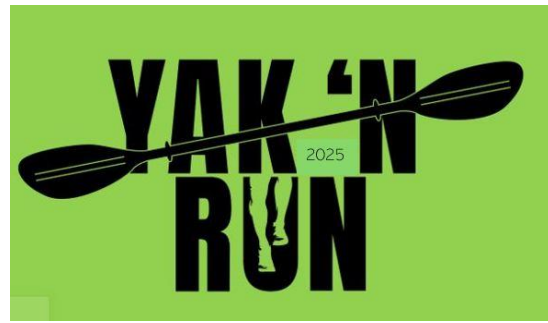


August 16, 2025

9:00 am

**Perry County Community Lake
Perryville, MO**



Two course options: Long Course: 1 mile kayak loop in Perry County Community lake, then ~3 mile run on the trail around the lake.

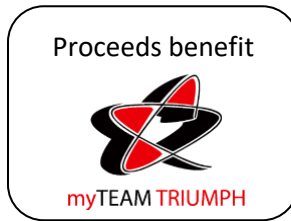
Short course: .5 mile kayak and 1 mile out-and-back run.

The team option is available for the long course only.

Bring your kayak and life jacket (required and must be worn) and join the fun!

Follow the Yak 'n Run FaceBook page for updates!

**\$25 per person prior to event
\$35 event day**



Awards to

1st – 3rd place in 10-year individual age groups.

Rain or shine! No refunds.

Register online at raceentry.com or mail payment to PO Box 121, Jackson MO 63755.
Registration forms can be dropped off at Missouri Running Company.
Make checks payable to myTEAM Triumph (mTT).

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Individual Participant or Team Kayaker

Name _____ Male Female Age on 8/16/25_____

Email address: _____ Phone: _____

Address: _____ City/State/Zip _____

Choose one: Long course Short Course

Team Runner (Long course only):

Name _____ Male Female Age on 8/16/25_____

Email address: _____ Phone: _____

Address: _____ City/State/Zip _____

Life Jackets required

In consideration of acceptance of entry, all participants automatically release the sponsors, officials, volunteers, and anyone connected with the myTEAM Triumph Yak 'n Run from any and all claims of injury or damage resulting from participating in the Yak 'n Run. I further state that I am in proper physical condition to participate in this event. In addition, all participants give permission to organizers to use any and all photography or video that may be recorded during this event. Children under 18 must have parental signature to participate.

Signature of participant or parent/guardian if under 18 years of age

Date