



Meadow Creek  
Mountain Mingle  
Ride and Tie

**November 2 and 3, 2018**

Come race in the **THIRD** of the Southeast Triple Crown  
in the Cherokee National Forest.

**Base Camp:** Meadow Creek Mountain Resort in Parrottsville,  
TN near the split between Interstates I-40 and  
I-81. [www.meadowcreekmountain.com](http://www.meadowcreekmountain.com)

**Distances:** 10, 15, and 25 mile races  
4-5 mile short course  
14-15 Mile Equathon (10 ride/4-5 run)

**Race director:** Sara Boelt [lightermountevents@gmail.com](mailto:lightermountevents@gmail.com)

