



Safety Briefing
Soaring Eagle USAT
Duathlon

Friday September 29, 2023,
5 pm PDT

SammamishRunning.com

The Duthie Hill Beast

10-mile Road Bike, 4.3 Mile Trail Run

September 30, 2023, 8 am



Join us for the last Duathlon of the season when you are at your peak performance. It is a 10-mile road bike up and down Duthie Hill and a 4.3-mile trail run. Great season ending event for Tri Duathlon season of running, biking and swimming. The event starts at the Soaring Eagle trail head at Trossachs Boulevard and SE 9th Way Sammamish Washington. There is plenty of street parking. Portable potties will be provided. The event starts promptly at 8 am with the 10-mile road bike. Mass Start along Trossachs Boulevard through flashing red lights (police officer) and continues down Duthie Hill to SR202 then on to rural gentle rolling hills to the climb up Duthie Hill and back down. This challenging course is one for your bucket list. The course is a lollipop course. The event starts promptly at 8 am with the 10-mile bike followed by the 4.3-mile Trail run through Soaring Eagle Park. God Speed!

Sign up today at SammamishRunning.com



Safety Requirements per the USAT Rules

- No drafting
- Aid stations with bike repair kit
- Water and Gatorade on the course
- No littering on the course



Safety regulations

- We have notified the police and fire rescue of our event
- The Fire station is less than a mile away – Emergency call 911
- Race Director can be contacted at 708-668-5488
- The course is well marked with signs and flour in the road – The run is 4.3 miles - technical
- We will have first and CPR on the course – First Aid kits are available at the Aid station at the transition area
- The course is open. King County Sheriff officer directing traffic at the flash red lights on Duthie Hill Fall City Road and Trossachs Boulevard
- There will be Red Cones on the bike course where you need to pay attention – use caution turning on to SR 202 – 50 mph and little to know break down lane to drive in. **WATCH FOR POTHOLE**s coming down Duthie Hill to SR 202.

Safety Rules and Regulations

- No ear buds or radio devices allowed per USAT
- No glass containers are allowed
- No outside help/aid is permitted (You may not accept drinks/towels from spouses/friends)
- Race Bib must be on front torso for photo finish and timing purposes
- No pushing or cursing other athletes
- Must have label on helmet and bike to exit transition area
- Must wear chip around ankle

Safety Rules and Regulations

- 4.3-mile Trail Run through Soaring Eagle Park. Follow red streamers and signs.
- There are roots, rocks, and dips and curves. The trail is well maintained and only 1 little tree to jump over as of yesterday
- There are warnings for bear and cougar on the trail
- I run the same course every day so saw a little black bear once and was dive bombed by an owl in two separate incidents.
- There may be ponding/puddles on the course so be care on cross over. Emergency call 911 or my cell 708.668.5488. Search and Rescue has been notified. Stay on the course – follow red streamers and signs.
- To get scored (3 times) bike run and total must go through the Red timing cones with chip on ankle and bib on front torso



Conduct

1. Participants shall run or walk the entire course. DQ
2. Participants shall wear shoes at all times while on the run course. T

Race Rules

1. Unsportsmanlike conduct on the part of participants or their parents and supporters must treat others with courtesy and respect. No rude, abusive, or discourteous language or DQ at official's discretion
2. Participants must complete the prescribed course in its entirety. DQ
3. No personal audio devices or headsets may be used or carried during any portion of the race.
4. No unauthorized assistance of any kind is allowed. Parents or other non-participants may not touch, hold, or assist a participant nor may they provide participants any food, fluid, or equipment aid during the race.
5. Race numbers must be displayed at all times. Swimmers must be clearly body-marked with their race numbers, and runners must wear their bib numbers. T

DUTHIE HILL



10 MILE BIKE 4.3 MILE RUN

SEPTEMBER 30, 2023



Soaring Eagle Park

Sammamish Washington



SOARING EAGLE
USAT DUATHLON
10 MILE ROAD BIKE
4.3 MILE TRAIL RUN

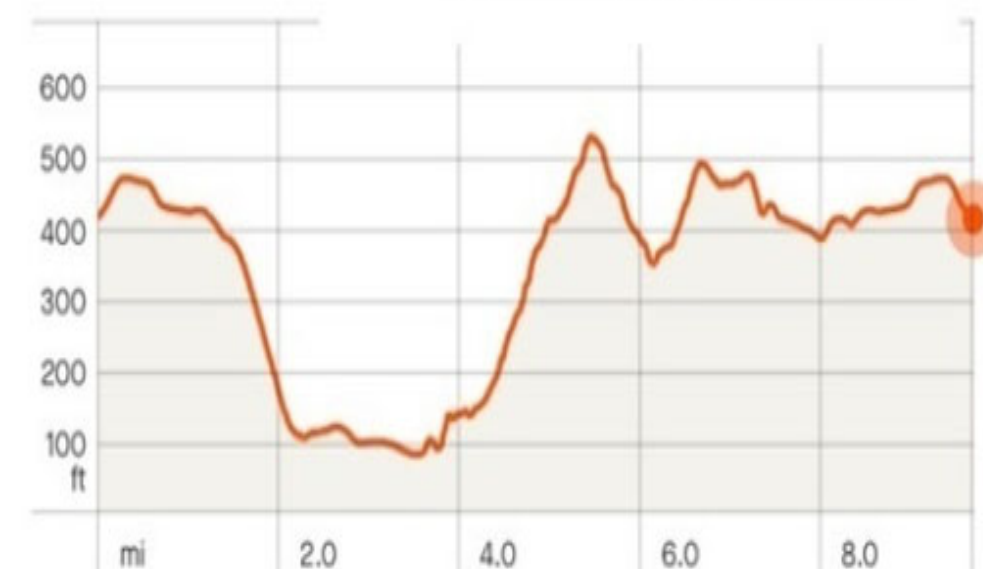


10 mile bike on paved roads

9.77 mi (41m - 58m) • 786 ft

• Sammamish, Washington •

Elevation



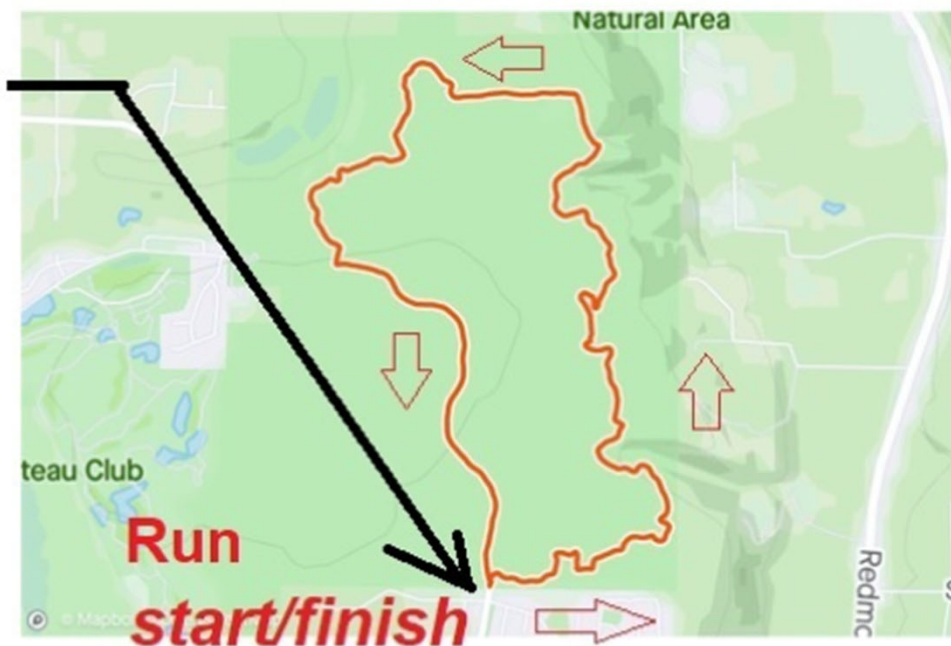
Soaring Eagle USAT Duathlon - 10 mile road bike, 4.3 mile trail run

STREET NAMES

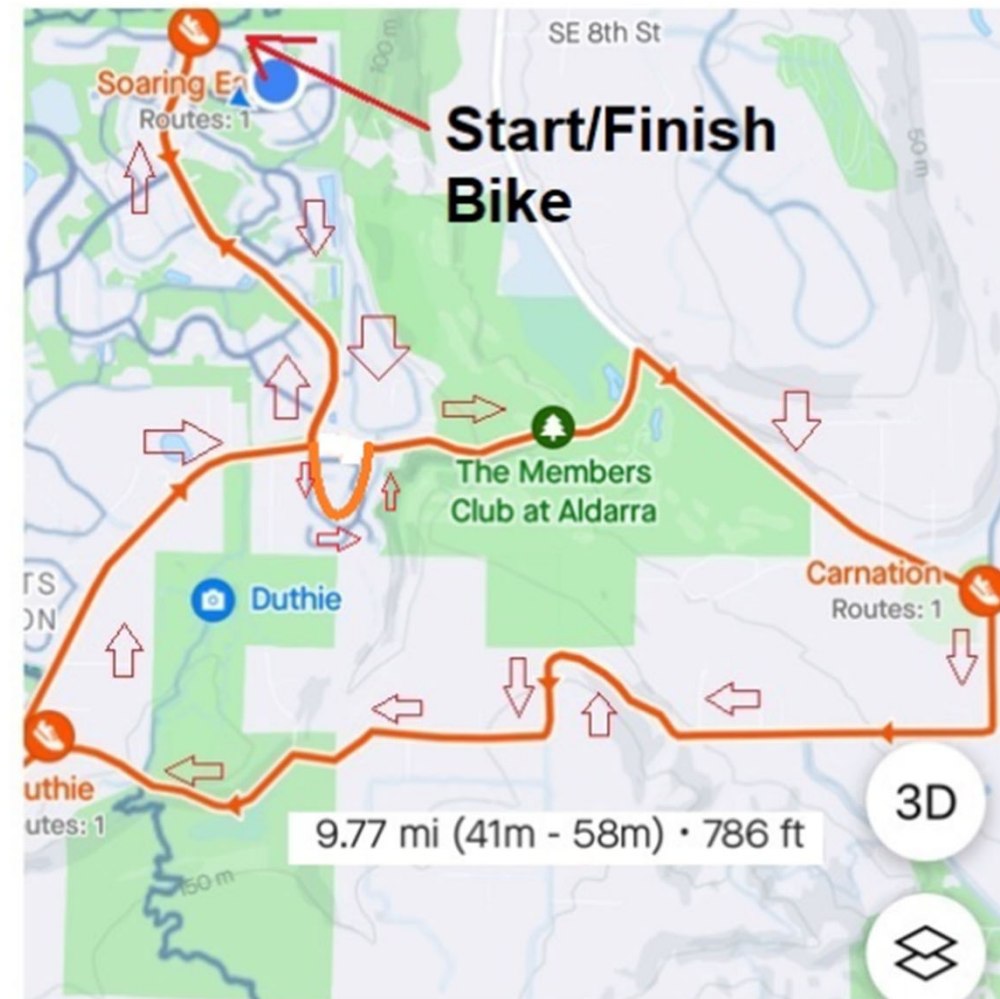
- 1 - Start at the end of Trossachs Blvd for 1 1/2 miles
- 2 - Straight onto SE 30th 3/4 mile (flashing Red lights/police) 1/4 mile
- 3 - Continue onto 278th Avenue SE 1/2 mile
- 4 - Right onto SE Duthie Hill-Fall City Road (** CAUTION steep downhill) 3/4 mile
- 5 - Right on to SR 202 Redmond-Fall City Road SE (1 mile) (Cars at 50 mph) 1 mile
- 6 - Right on to 308th Avenue SE 3/4 miles
- 7 - Continue onto SE 40th Street 1 miles
- 8 - Continue onto SE Issaquah-Fall City Road (STEEP UP HILLS) then Steep Down Hill 1 mile
- 9 - Right onto SE Duthie Hill-Fall City Road 1 3/4 miles
- 10 - Left at flashing Red lights (Police officer) onto Trossachs Boulevard to the finish 1 1/2 miles

The Duthie Hill Beast 10 mile Road Bike 4.3 mile Trail Run

Distance Pace
4.35 mi 10:45 /mi



4 mile trail run



SR Team

10 mile bike
on paved roads

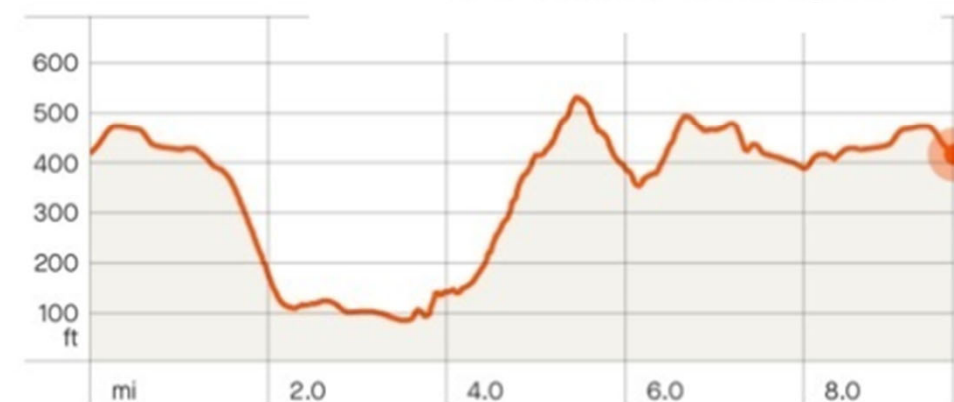
9.77 mi (41m - 58m) • 786 ft

• Sammamish, Washington •

***Start of the race: .
47.601, -121.979
(Trossachs Blvd
and SE 9th Way
Soaring Eagle***

Saturday September 30, 2023, 8 am

Elevation





47 °F | °C

Precipitation: 2%
Humidity: 94%
Wind: 6 mph

Weather

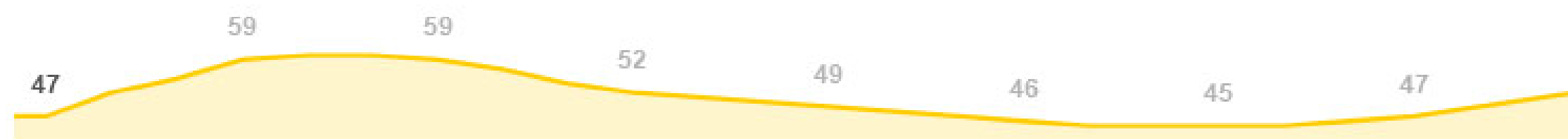
Friday 11:00 AM

Partly cloudy

Temperature

Precipitation

Wind



12 PM

3 PM

6 PM

9 PM

12 AM

3 AM

6 AM

9 AM

Fri



62° 44°

Sat



63° 42°

Sun



66° 49°

Mon



58° 53°

Tue



62° 52°

Wed



66° 51°

Thu

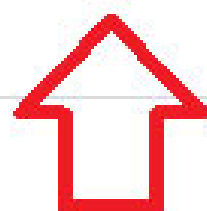


67° 50°

Fri



71° 51°



weather.com • [Feedback](#)

e.) Race Numbers. Participants shall always plainly display their race numbers, and shall maintain the race number in an unaltered, unobstructed, and readable state at the start and finish gates, in the transition areas, and on the course. Any violation of this section may result in a variable time penalty.

c.) Obstruction. Participants shall refrain from intentionally or accidentally blocking, charging, obstructing, or interfering with the forward progress of another participant. Any violation of this section may result in a variable time penalty or disqualification.

d.) Unauthorized Assistance. No participant shall accept assistance from any person other than event personnel (including volunteers), but such assistance is limited to providing nutrition, drinks, mechanical and medical assistance. The receipt of information regarding the progress, split times, or location of other athletes on the racecourse shall not be considered the acceptance of unauthorized assistance. No participant shall be accompanied by any non-participants on the course (this constitutes pacing, which is prohibited). Any violation of this section may result in a time penalty.

Participants competing in the same event may assist each other with incidental items such as, but not restricted to, food and drinks after an aid station, pumps, tubular tires, inner tubes, and puncture repair kits; Participants may not provide any item of equipment to another participant competing in the same event which results in the donor participant being unable to continue with their own competition. This includes but is not restricted to complete bicycle, frame, wheels, and helmet. The penalty for this will be disqualification of both participants.

A participant shall not physically assist the forward progress of another participant on any part of the course. This will result in both athletes being disqualified.

5.6 Drafting.

- a.) For non-draft legal events, the draft zone of an athlete may not overlap the draft zone of another athlete, motorcycle, or vehicle except in the following circumstances:
 - (i) when the athlete is in the process of legally passing another athlete, vehicle, or motorcycle
 - (ii) for safety reasons
 - (iii) for an aid station
 - (iv) for entrance to or departure from a transition area
 - (v) in making an acute turn
 - (vi) when USA Triathlon or the Head Referee expressly excludes a section of the bicycle course from the position foul rules because of overly narrow lanes, construction, detours, or a similar reason.
 - (vii) when the athlete enters the draft zone is seen to be gaining on the forward athlete, motorcycle, or vehicle, and progresses through the zone within the allotted time in the overtaking maneuver. Failure to observe this may result in a Blue Card Time penalty for drafting.
- b.) Once passed, an athlete must immediately begin dropping back out of the draft zone of the forward athlete, before attempting to re-pass. An athlete is deemed to have been passed once the leading edge of the front wheel of the passing bicycle has moved in front of the leading edge of the front wheel of the passed athlete's bicycle. Failure to observe this may result in a Blue Card Time penalty for drafting.

7. Transition Conduct

7.1 An athlete must mount and dismount the bicycle at the respective designated mounting and dismounting zones. Athletes must mount their bicycles after the mount line by having one complete foot in contact with the ground after the mount line and must dismount their bicycles before the dismount line by having one complete foot in contact with the ground before the dismount line.

7.2 An athlete must always rack their own bicycle at their designated bicycle rack location only and leave it in a stable position. It must be racked by either the seat or both brake hoods as determined by race management. The bike must be racked in such a manner that the majority of the bike is on the number side.

7.3 If a rack number is assigned, athletes must always place all their equipment at their bicycle rack location on the number side of the rack.

7.7 Chin Strap Violations.

The helmet must be securely fastened at all times when the participant is in possession of the bike, which means from the time they remove their bike from the rack at the start of the bike leg, until after they have placed their bike on the rack at the finish of the bike leg.

- a.) If a participant moves the bike off the course for any reason, the participant may not unfasten or remove the helmet until after the athlete has moved outside the boundary of the bike course route and has dismounted the bike; and the athlete must fasten the helmet securely on the head before returning onto the bike course or before remounting the bike. Any violation of this section which occurs while the participant is in the transition area, unless corrected upon warning, may result in a time penalty. Any other violation of this section may result in disqualification.
- b.) For draft-legal events only, the helmet strap should remain unfastened in the transition area while the athlete is completing the first segment and should remain unfastened until the athlete is prepared to begin the bicycle portion of the event. The helmet strap must be fastened in the transition area prior to the participant taking possession of the bike.

13.2 Running:

- a.) Running shoes are mandatory on the running segment. This rule is not applicable to age-Group athletes.
- b.) Running shoes with spikes are allowed.

BIKE

RULES	PENALTIES
63. Not wearing helmet during bike familiarization and/or official bike training sessions.	- To be excluded from the specific session
64. Make forward progress without the bike, during the bike segment.	- Warning and amend - If not: DSQ
65. Drafting in a non-draft legal competition on sprint and standard distance events.	- 1st offence: Drafting time penalty - 2nd offence: DSQ

77. Wearing the helmet unfastened or insecurely fastened, during the bike segment.	<ul style="list-style-type: none"> - Age-Group: Warning and amend - Elite and Paratriathlon: Time penalty - If not corrected: DSQ and removed from competition
78. Take off the helmet on the bike course, even if stopped.	<ul style="list-style-type: none"> - Warning and amend - If not corrected: DSQ
79. Not wearing a helmet during the bike segment.	<ul style="list-style-type: none"> - DSQ and removed from competition



September 30, 2023

Soaring Eagle Duathlon - 10 mile road bike 4.3 mile trail run

Join us for the USAT Soaring Eagle Duathlon 10-mile road bike up and down **Duthie Hill and around King County.** Great season ending event for Tri Duathlon season. The event starts at the Trail Head at Soaring Eagle Park Trossachs Boulevard and SE 9th Way Sammamish Washington. There is plenty of street parking. Portable potties will be provided. The event starts promptly at 8 am with the 10-mile road bike, Mass Start along Trossachs Boulevard through flashing red lights (police officer) and continues down Duthie Hill to SR202 then on to rural gentle rolling hills to the climb up Duthie Hill and back down. This challenging course is one for your bucket list. The course is a lollipop course. The event starts promptly at 8 am with the 10 mile bike followed by the 4.3 mile Trail run through Soaring Eagle Park. All registered athletes get a custom designed T-Shirt and all finishers receive authentic Duthie Hill Beast Finisher Medallion.

Event details and schedule

The run course is through the scenic Soaring Eagle Park 4.3 miles in length. Once you rack your bike and got your bike and bike/run transition times you are off to an exciting journey through the enchanted

🕒 When

September 30, 2023

Saturday

[Add to calendar](#)

📍 Location

Soaring Eagle Park Sammamish Washington

SE 9th Way and Trossachs Boulevard SE 47.601, -121.979

Sammamish, WA 98075

[View Map](#)

🌐 Web

[Visit organizer website](#) [🔗](#)

\$50 Gift Cards for the winners of USAT Duathlon 9/30/23.

We thank our Sponsors.

Kirill Gritsenko

John Gentile

Kenchi Uchitkura

Mike Brisbois, RD

SammamishRunning.com

708.668.5488

mic@beaverlaketriathlon.com



A hand holding a silver stopwatch in the foreground, with a swimming pool and lane markers in the background. The pool water is blue, and the lane lines are white and blue. Red and white buoys are visible in the distance.

Questions, Comments, Concerns?

- Mike Brisbois, Race Director
SammamishRunning.com
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- 708.668-5488

USA
TRIATHLON®

