



Rattlesnake Lake Triathlon

Rattlesnake Lake Triathlon

August 31, 2025, 8 am

North Bend Washington

Hidden gem racing course in the heart of the Snoqualmie Mountains is a beautiful lake and off-road biking trails, and perfect course for a season finale or a beginner's triathlon. The quarter mile swim in brisk mountain snowmelt off the cascade mountains, followed by a 10 mile off road bike and a 6k run. The property is owned and maintained by Seattle Public Utilities. All entrants receive custom designed T-Shirt, authentic Rattlesnake Lake hand towel, bumper sticker, coaster, and gel pack. The event is sanctioned by the USAT.



Winner of the 2025 Rattlesnake Lake Triathlon – James Sturtevant 1:14:38





Rattlesnake Lake Triathlon - September 3, 2023

Mic Brisbois | SammamishRunning.com | 708.668.5488 | mic@beaverLakeTriathlon.com



Rattlesnake Lake Triathlon
August 31, 2025
North Bend Washington



Soaring Eagle Duathlon
September 7, 2025
Sammamish Washington

Show de



RATTLESNAKE LAKE
TRIATHLON
NORTH BEND WA

Results for **North Bend, WA** · [Choose area](#) ⋮



76 °F | °C

Precipitation: 0%

Humidity: 63%

Wind: 3 mph

Weather

Thursday 12:00 PM

Mostly sunny

Temperature

Precipitation

Wind



1 PM

4 PM

7 PM

10 PM

1 AM

4 AM

7 AM

10 AM

Thu

Fri

Sat

Sun

Mon

Tue

Wed

Thu



81° 61°



79° 58°



75° 59°



72° 58°



74° 58°



79° 63°



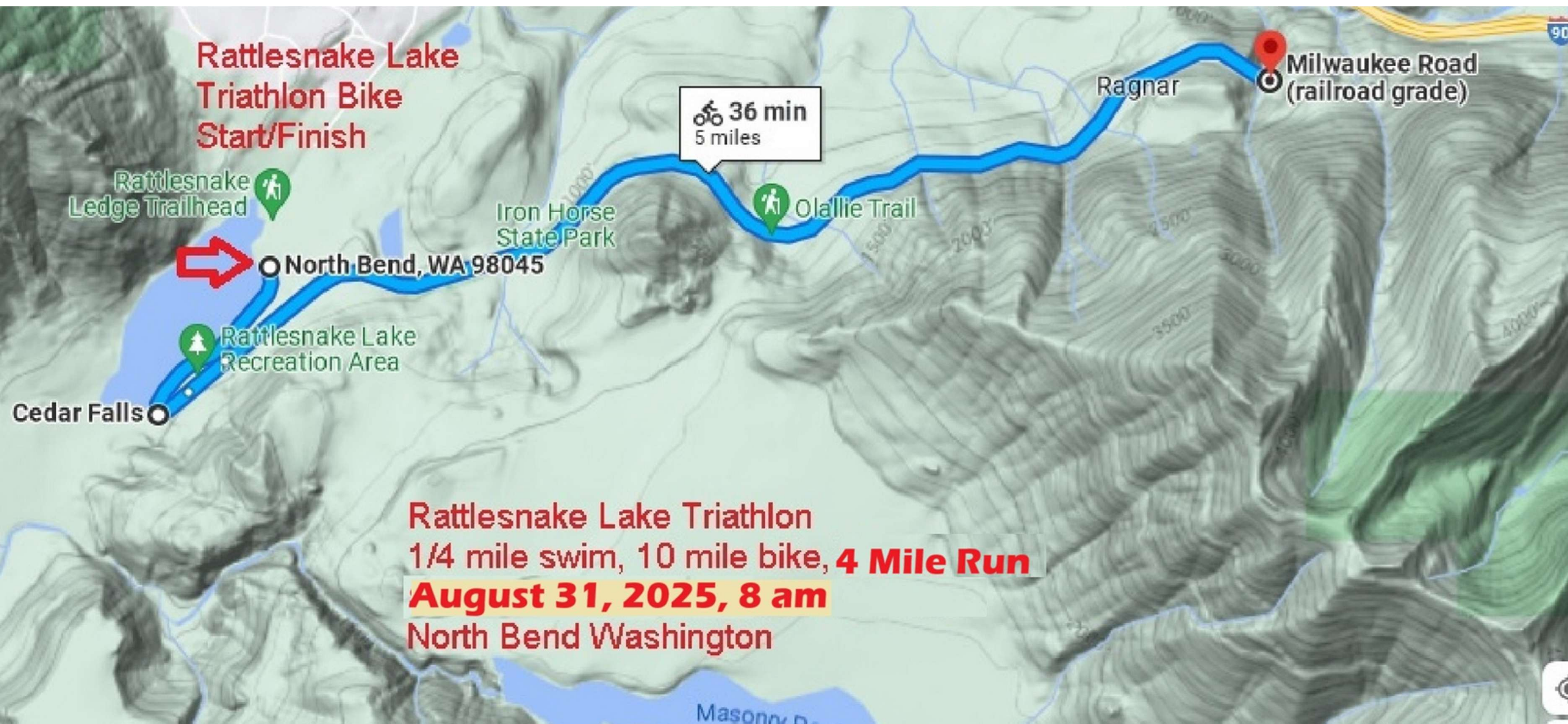
79° 63°



80° 60°



**Winner takes home the
coveted rattlesnake replica
Congratulations!!**



Ideally would be a cross bike – there is 2.5 miles of asphalt and 7.5 miles of slightly rocky terrain/lime stone. You can use mountain, cross or road bike.



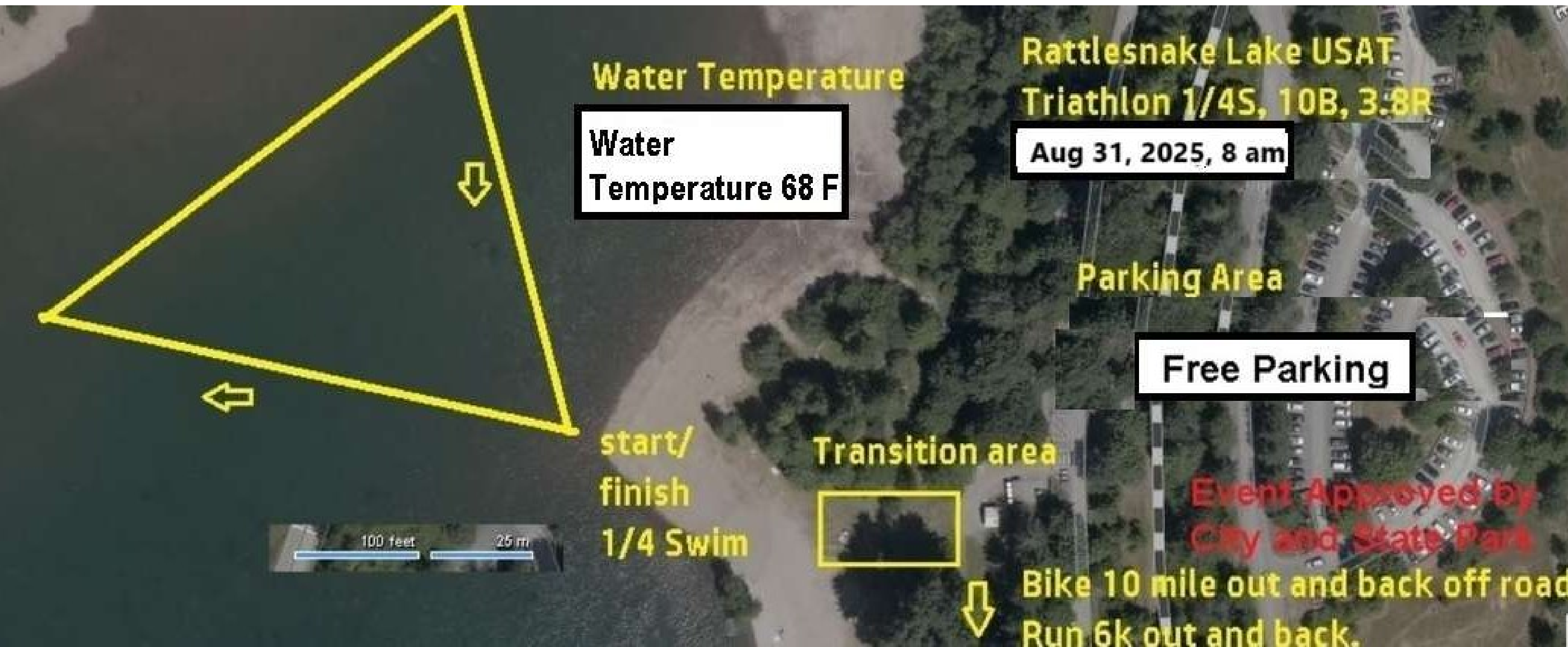
10 mile Bike Course



Bike Course for the
Rattlesnake Lake Triathlon
1/4 mile Swim 72 degrees F , 10 mile off
road bike, 4 mile Run

August 31, 2025
North Bend Washington





Water Temperature

Water
Temperature 68 F

Rattlesnake Lake USAT
Triathlon 1/4S, 10B, 3.8R

Aug 31, 2025, 8 am

Parking Area

Free Parking

start/
finish
1/4 Swim

Transition area

Event Approved By
City and State Park

Bike 10 mile out and back off road
Run 6k out and back.





Rattlesnake Lake Triathlon

1/4 mile Swim

August 31, 2025, 8 am

North Bend WA

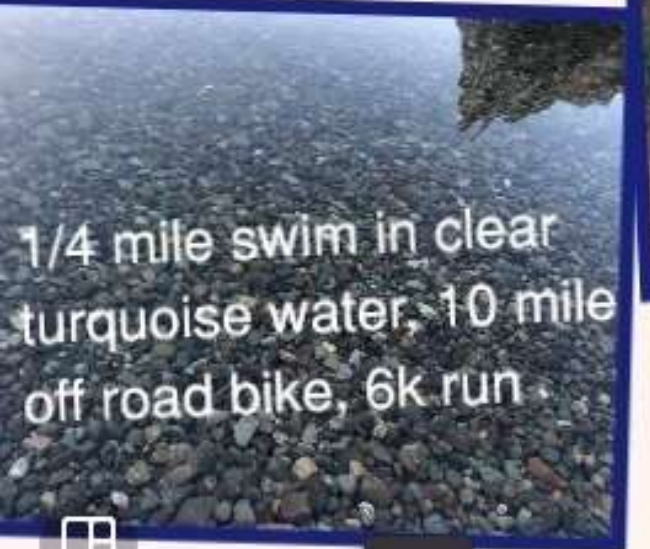




Join us for the
USAT Rattlesnake
Lake Triathlon



Breath
taking
views



Palouse to
Cascades Trail

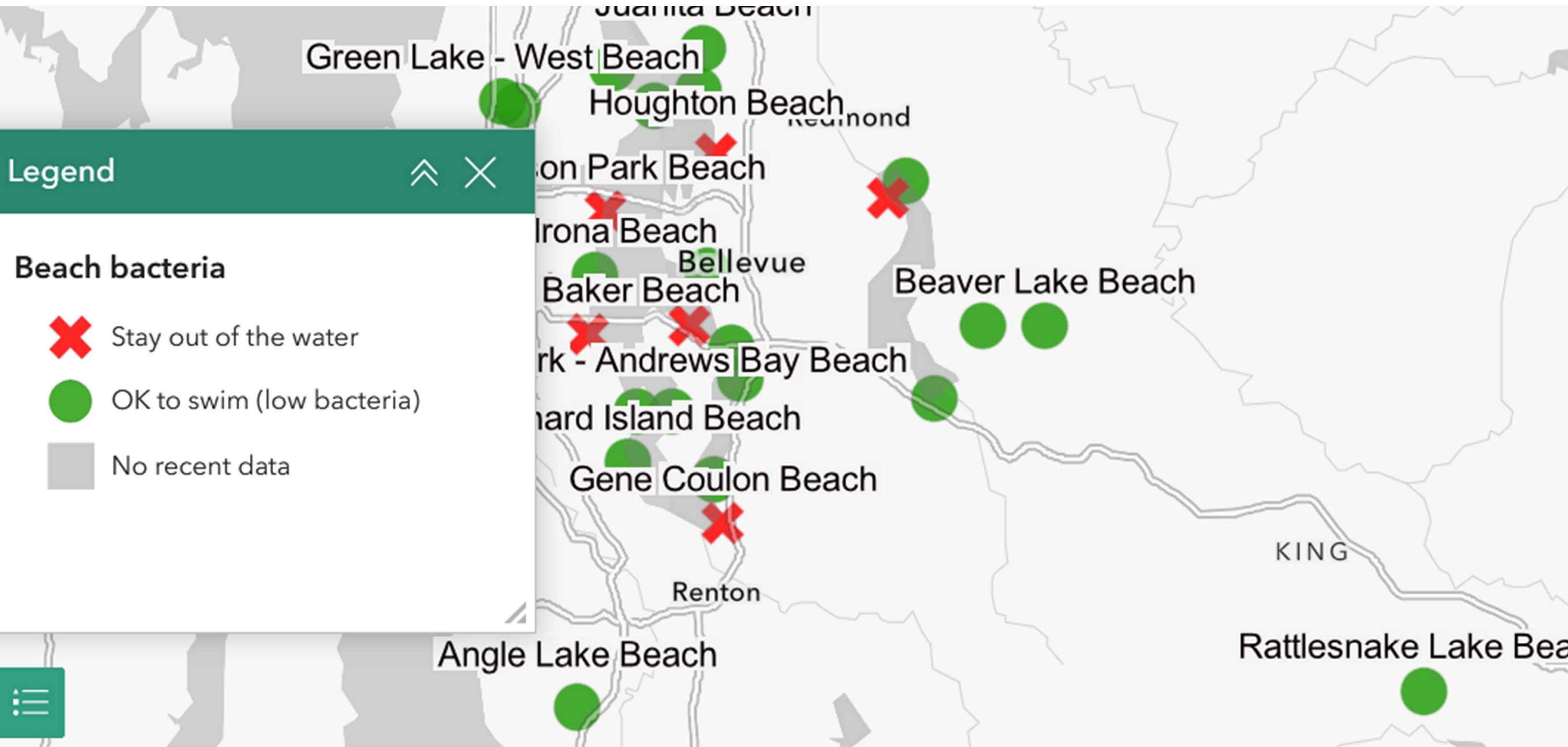
**August 31,
2025, 8am**



Register today at SammamishRunning.com/tri

Start









CEDAR RIVER
WATERSHED
EDUCATION
CENTER

Seattle
Public
Utilities



FRIENDS OF THE
CEDAR RIVER
WATERSHED



You will need to exit after the race. Body markings prior to the race - Bib # right arm and your age on your left calf. All registered athletes will receive custom designed long sleeve technical [T-shirt](#), and all finishers receive an authentic Rattlesnake Lake Triathlon [medal](#). RELAY: will use the swimmer's anklet but must wear their own bib on bike and run. Optional race packet pickup will be on Saturday August 30, 2025, from 4 pm - 5:30 pm at the race site. Must wear bib for the bike and run (safety pins are available). Please be courteous ---- It is an open course. Little kids may be on the bike path. Warning signs are out. No cussing on the course --- my best friend Ryan --- We will mark the course with elevated signs. We will have flaggers on the course to get you safely on to the trail and the road on the way back (3 miles asphalt and 7 miles dirt trail most is flat limestone). Some athletes got flat tires last year. Best bet steel reinforced tires. Follow the directions of the flaggers. We want everyone coming home safely. The bike and run are out and

*** Safety Briefing Access Codes ***

back. You are responsible to know the course. All participants must be USAT members (i.e., 1 day membership is fine). The winner receives the coveted replica [rattlesnake](#). Only registered athletes are allowed in transition area (orange snow gates). The splash and dash start at 8:30 am as soon as the last swimmer is out of the water. All swimmers must wear green swim cap. Splash and Dashers will swim out and back to the last buoy, go into the transition area and out on the run (1 mile out and back). The water is a cool 75 F. Wetsuits will be allowed. No fins or web gloves are allowed. Dial 911 for emergency. Search and Rescue are $\frac{3}{4}$ mile from the start. Water, Gatorade, Honey Stingers, and first aid are on the course. Apples, oranges and bananas await you at the finish. There are sharp rocks on the transition from water to transition area. You may wear water shoes - hint. Weather 72 F Showers. [Video](#) Invite your friends! [REGISTER](#)

=====

Join us for upcoming events

Soaring Eagle Duathlon 10-mile Bike 5-mile Trail Race Sept
7, 2025, 8 am [Flyer Register](#)

Maple Valley Half 13.1, 10k, 5k September 14, 2025, 9
am [Flyer Register](#)

Mic Brisbois, Race Director

SammamishRunning.com

708.668.5488

mic@beaverlaketriathlon.com

Topic: **Safety Briefing Rattlesnake Lake Triathlon**

Time: Aug 29, 2025 07:00 PM Pacific Time (US and Canada)

Join Zoom Meeting

<https://us06web.zoom.us/j/83222247647?pwd=bRaTZdcCOZR7cGO3G7gfkxH3nnh4St.1>

Meeting ID: 832 2224 7647

Passcode: 777

One tap mobile

+12532158782,,83222247647#,,,,*777# US (Tacoma)

+12532050468,,83222247647#,,,,*777# US

Join instructions

https://us06web.zoom.us/meetings/83222247647/invitations?signature=XSfY_dWk17nih5O8krGfRhYuvUvNZmHd5y3iAGofqtw

START/FINISH

Rattlesnake Lake

North Bend WA 98075

Start at Rattlesnake Lake 8 am Race Day

- Safety Briefing 7 pm Friday August 29, 2025
- Pre-race packet pick up at Rattlesnake Lake Race Site 4 pm – 5:30 pm Saturday August 30, 2025
- Gates open at 7:00 am on Race Day
- Registration opens at 7 am on Race day
- Rack your bikes, check in either on Saturday or day of
- Bike inspections pre-race
- Facility Restrooms at parking lot
- Podium call as soon as the first 3 male and first 3 females come in
Case Awards

Race information

- 911 in case of emergency
- Move your bike to the side for flat tires
- For the swim if you have any issues, please raise your hand if you can. Wet suits will be allowed – Certified Lifeguards are in the water and will have AED (automated external defibrillator) on hand

Safety Briefing – Rattlesnake Lake Triathlon 2025

- Swim – Certified lifeguards on Kayaks
 - Bike – Certified flaggers in intersections
 - Run – Flaggers
-
- 911 in case of emergency
 - Local Fire and Police have been notified
 - First Aid/CPR trained personnel on course
 - Water, Gatorade, first aid kits at all aid stations every 3 miles

USAT Rules

- No Drafting
- No radios, ear buds
- Stay to the right unless you are passing
- No cussing
- No glass bottles
- No outside help from friends and family
- Wetsuits are allowed – 58 -65 F
- No fins, web gloves, or propelling (Water shoes are okay)
- No electric bikes, motors – Electronic gear shifting is okay
- One Wave
- Must wear swim cap provided
- Must wear bib on front torso for Bike and Run
- Must wear ankle Chip for whole event
- Relays pass swimmer ankle bracelet to Cyclist – Cyclist pass ankle bracelet to runner (Cyclist and runner must wear bib)
- Swim Goggles are allowed

USAT Rules and Regulations

- <https://www.usatriathlon.org/multisport/rules>
- For race updates go to:
SammamishRunning.com

2.4.2. Race Numbers

Athletes shall always plainly display their race numbers and shall maintain the race number in an unaltered and viewable state at all times on the course and at the finish.

However, an athlete is subject to removal from the course and the event venue if there is any belief that the athlete did not register for the race. This belief may be caused by failing to display an athlete race number or displaying an altered number at any time while on the course.

Penalty for violation: Warning and amend. If intentional and not corrected: Time Penalty. If not registered for the race: Removal from the race and report to USA Triathlon for possible suspension.

2.4.3. Mass Starts

A race can begin with a mass or “wave” start, as required by these Multisport Competition Rules or as directed by Event Management.

When the beginning of any race is commenced by starting designated “waves” or groups of athletes at different times, all athletes shall start in and with the proper wave or group. An athlete’s time begins when the start signal is given for the athlete’s prescribed wave or group. Athletes who miss their wave start may only commence the event with the permission of the Head Referee and Event Management, and the start time will not be adjusted for any athlete who commences the race later than the wave start prescribed.

Penalty for violation: If starting in a wave earlier than prescribed, DSQ. If starting before the starter’s signal within the prescribed wave, Time Penalty.

adjustment. See the RACE TIME SECTION. (SECTION 17.1.1.)

2.4.5. Unauthorized Assistance

- a) No athlete shall accept assistance from any person other than event personnel, 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 course shall not be considered the acceptance of unauthorized assistance.

Penalty for violation: Warning and amend to return to the original situation. If not possible to return to the original situation, DSQ.

- b) No athlete shall be accompanied (paced) by any non-athlete on the course.

Penalty for violation: Warning and amend if possible. DSQ if not corrected.

- c) Athletes in the same race (multisport and distance) may assist each other with incidental items, such as food and drinks after an aid station, pumps, tubular

2.4.6. Unauthorized Equipment

- a) No athlete shall use any equipment prohibited by these rules, or any equipment which the Head Referee determines to be improper, including equipment that might provide an unfair advantage or endanger other persons.

Penalty for violation: Warning and amend if possible. DSQ if not corrected.

- b) No athlete shall wear headphone(s) or headset(s) in any manner. This includes bone-conducting headphones and earphones inserted or covering the ears.

Penalty for violation: Warning and amend if possible. DSQ if not corrected.

- c) No athlete shall use any communication device in a “distractive manner” during the race that inhibits the athlete from paying full attention to their surroundings. A “distractive manner” includes but is not limited to making or receiving phone calls, sending or receiving text messages, playing music, using social media, taking photographs or using in a one- or two-way radio communication. Devices include but are not limited to cell phones, smart watches and two-way radios. Possession and use of communication devices for navigation, tracking or data recording purposes is permitted.

2.4.7. Obstruction and Impeding

- a) Athletes may sportingly maintain their own space during all segments of the race. An athlete is entitled to any position on the course, provided they get to that position first and without contacting others. When taking a position, an athlete must allow reasonable space for others to make normal movements without making contact. Adequate space must be available before overtaking.
 - i. Where athletes make accidental contact and then immediately afterwards move apart, no penalty will be incurred.
 - ii. Where athletes make contact, and an athlete continues to impede the progress of the other athlete without moving apart, this action may result in a time penalty.
 - iii. Where an athlete deliberately target another athlete to impede their progress, gain unfair advantage and potentially cause harm, this action may result in disqualification and may be reported to USA Triathlon for potential suspension.

2.4.8. Trash and Littering

No athlete shall intentionally discard any equipment or trash on the course, or relieve themselves on the course, except at approved, dedicated locations.

Penalty for violation: Warning and amend if possible, or Time Penalty.

2.4.9. Endangerment

No athlete shall commit any dangerous act that, in the opinion of the Head Referee, threatens or purports to threaten bodily harm to any person, including themselves, officials, event staff, volunteers and spectators. Such acts may include severe or consequential violations of these Multisport Competition Rules.

Penalty for violation: DSQ.

3. SWIMMING CONDUCT

3.1. GENERAL CONDUCT

- a) Athletes must follow the prescribed swim course.
- b) Athletes may use any stroke to propel themselves through the water. They may also tread water or float.
- c) Athletes are allowed to push off the bottom or stand on the bottom of the swim course.
- d) Athletes are allowed to rest by holding an inanimate object, such as a buoy or stationary boat.
- e) Athletes may not push, pull or use an inanimate object in order to make forward progress.

Penalty for violation: Time Penalty.

- f) In an emergency, an athlete should raise an arm overhead and call for assistance. If further assistance is rendered to the athlete, beyond the use of an object on which to rest the athlete must withdraw from the race. No athlete shall

3.2.2. Swim Cap

- a) All athletes must wear the official swim cap, if provided, during the swim segment. It is recommended that Event Management provide numbered swim caps to each athlete. If an athlete chooses to wear two caps, the second swim cap must be worn beneath the official swim cap and should be unbranded as to not obscure the markings on the official swim cap. If the use of wetsuits is permitted for a race, neoprene hoods and caps are permitted to be worn underneath the official swim cap.

Penalty for violation: Intentionally not wearing or altering the official swim cap, Warning and amend if possible. DSQ if not corrected.

- b) Athletes who are observed by a Technical Official intentionally discarding their swim cap between the swim exit and transition may receive a penalty.

Penalty for violation: Age-Group: Warning and Amend if possible. Time Penalty if not corrected. Elite and Para Triathlon: Time Penalty.

3.2.4. Boots and Socks – When Wetsuit Use is Permitted

Neoprene boots and socks are allowed when wetsuits are permitted for the race, but they must not aid in propulsion (no webbed boots / socks, or web-like construction between the toes).

Penalty for violation: Warning and amend if possible. DSQ if not corrected.

3.2.5. Gloves – When Wetsuit Use is Mandatory

Gloves may be worn when wetsuit use is mandatory for the race, but they must not aid in propulsion (no swim resistance gloves, hand paddles, webbed gloves or web-like construction between the fingers).

Penalty for violation: Warning and amend if possible. DSQ if not corrected.

3.3. PROHIBITED SWIMMING EQUIPMENT IN COMPETITIVE RACES

The following are prohibited for use or wear in USA Triathlon competitive races (waves):

- a) Artificial propulsion devices.

4. CYCLING CONDUCT

4.1. GENERAL CONDUCT

- a) Each registered athlete may use only one bicycle during the race and may only check one bicycle into transition.
- b) An athlete is not permitted to make any forward progress without the bicycle and all its component parts. If a bicycle is rendered inoperable, an athlete may proceed on the cycling course while pushing or carrying the bicycle, so long as the bicycle is pushed or carried in a manner not to obstruct or impede the progress of other athletes.

Penalty for violation: Warning and amend, if possible. DSQ if not corrected.

- c) All athletes must obey all traffic laws while on the cycling course unless otherwise specifically directed by an event official with actual authority. In no case can a cyclist cross a solid or dashed yellow line separating opposite-direction traffic lanes unless specifically directed to by an event official with actual authority.

*Penalty for violation: Unintentional violation: Warning and amend, if possible.
Intentional violation: Time penalty or Endangerment DSQ.*

4.2. CYCLING RACE NUMBER

Athletes must always display their race number on the cycling course. The number itself must remain visible and unaltered.

Bicycle race number stickers and helmet race number stickers, provided by Event Management, must be placed on the bicycle and helmet as instructed. There must be a clearance around the official helmet number sticker to ensure the number is clearly visible.

Penalty for violation: Warning and amend, if possible. Time Penalty if not corrected. If not registered for the race: Removal from race and report to USA Triathlon for possible suspension.

4.3. BICYCLE HELMETS

- a) Bicycle helmets are compulsory, and helmets must be approved by a testing authority that is recognized by any national federation that is an affiliate of World Triathlon. Any alteration or addition to any part of the bicycle helmet, including the chin strap, or the omission of any part of the helmet is prohibited, unless the alteration is also approved by the testing authority. The helmet can be any color or design.

4.4.1. Permitted Cycling Equipment

All aspects of the bicycle must be safe to the user and to other participants in the event. Minimum safety standards include, but are not limited to, properly glued and sealed tires, tight headset and handlebars, and true wheels. There must be a free-wheeling mechanism between the crank and the rear wheel that allows the bicycle to roll forward while the pedals remain stationary.

All bicycles that are unusual in design must be approved for use in writing by USA Triathlon. The request to use such a bicycle must be submitted to USA Triathlon for approval at least 30 days before the event in question for a decision.

Any equipment or devices carried during the cycling segment or added to the bicycle are subject to approval by the Head Referee before the race, must be securely mounted, not endanger any athlete or give unfair advantage.

4.4.2. Prohibited Cycling Equipment

The following are prohibited for use in any USA Triathlon sanctioned race:

- a) Headphone(s), headset(s), technical earplug(s) or smart helmets. This includes headphones that are bone-conducting or inserted on the ears.

5. RUNNING CONDUCT

5.1. GENERAL CONDUCT

- a) An athlete may run or walk.
- b) An athlete may not crawl.

Penalty for violation: DSQ and removal from the race.

- c) An athlete may run barefoot or without footwear on any part of the run course.
- d) An athlete may not run while wearing or possessing a bicycle helmet.

Penalty for violation: Warning and amend, if possible. DSQ if not corrected.

- e) An athlete may not use posts, trees or other fixed elements to assist in maneuvering curves.

Penalty for violation: Time Penalty.

5.3. SHOE SPECIFICATIONS

USA Triathlon follows World Athletics' Shoe Regulations applicable to road events for all triathlon and its other related multisports. For the avoidance of doubt: Running shoes with a stack height sole thickness as defined in World Athletics Shoe Regulations of greater than 40mm are prohibited and will result in disqualification. Shoes containing more than one plate rigid structure as defined in World Athletics Shoe Regulations are prohibited and will result in disqualification.

- a) Customized shoes, as defined in the World Athletics' Shoe Regulations, are permitted to be worn in USA Triathlon races.
- b) Developmental shoes, as defined in the World Athletics' Shoe Regulations, are permitted to be worn in USA Triathlon races with the conditions that:
 - i. The specific shoe is already on the list of shoes approved by World Athletics as a development shoe.
 - ii. The multisport race where the shoes are to be used is held within the approved dates as on the list of shoes approved by World Athletics.

The shoes used by an athlete may be subject to random shoe control or may be the subject of a protest. For any shoe that cannot be identified, each piece of information (and maybe the shoe itself) will be required to be sent to USA Triathlon for verification. If

6. TRANSITION CONDUCT

6.1. EQUIPMENT PLACEMENT

- a) Each registered athlete may only check one bicycle into transition. All athletes must rack their bicycle before the transition area closes. Any athlete unable to do this must inform the Head Referee.
- b) Only equipment to be used in the race should be placed in the transition area. All other belongings and equipment should be removed before the start of the race unless otherwise allowed by Event Management. Marking by an athlete of a position in the transition area is prohibited. Marks and objects (including race equipment) used for marking purposes may be removed and the athletes may not be notified. Age-Group Draft-Illegal athletes may use a towel or mat to stage their race equipment on the ground at their transition position.

Penalty for violation: Before competition: Warning and amend, if possible. If not corrected, marking and objects used for marking purposes will be removed from the transition area.

6.4. BICYCLE MOUNTING AND DISMOUNTING

- a) Cycling is not permitted inside the transition area, except during Elite/U23/Developmental Draft-Legal races when the cycling course runs through the transition area.
- b) While in the transition area (before the designated mount line and after the designated dismount line) the bicycle can be pushed only by the athlete's hands.

Penalty for violation: Warning and amend.

- c) Athletes must mount their bicycles after the designated mount line by having one complete foot contact with the ground after the mount line. Athletes who cycle out of transition rather than mounting beyond the mount line will be disqualified.

Penalty for improper mounting violation: Time Penalty. Penalty for riding bicycle through and out of transition zone: DSQ.

- d) Athletes must dismount their bicycles before the designated dismount line by having one complete foot contact with the ground before the dismount line. Athletes who make no attempt to dismount at the dismount line, causing them to cycle in the transition area, will be disqualified.

About this event

Race starts promptly at 8 am at the Rattlesnake Lake beach front . Join us for the Rattlesnake Lake Triathlon ¼-mile lake swim, 10-mile bike and 4-mile run. All registered athletes receive an authentic long sleeve Rattlesnake Lake Triathlon 2025 technical T-Shirt and, Cliff Bar and gel pack. All finishers receive a custom designed medallion. Starbucks gift card to male and female winner. The race is chip timed. Para-discipline athletes are welcome. Pick up chip and race pack Saturday August 30, 2025, 4 pm PDT race at Rattlesnake Lake race site (START) - Pasta Feed and snacks. Rattlesnake Lake Experience starting at 4 pm. Safety briefing Friday August 29, 2025, 7 pm PDT Live Stream. Splash n Dash (300-meter swim, 1 ½-mile run) starts at 8:30 am.

Event details and schedule

Race starts promptly at 8 am. There is plenty of parking in the Rattlesnake Lake Parking lot. Rest room facilities are located by the parking lot. All bikes must be racked before taking off helmet and all bike handle ends must be plugged. We will have flaggers on the bike and run course. We will have several lifeguards in the water. CPR/first aid certified personnel will be on the course. The Bike course will have 3 waters stations and the finish. The run will have three waters stations. 1 mile, 2 mile, and finish. Pizza and snacks will be on Saturday August 30, 2025, 4 pm PDT at Race Site (Rattlesnake Lake) for race packet pickup. Rattlesnake Lake Experience starts at 4 pm at Rattlesnake Lake waterfront. There is plenty of parking at Rattlesnake Lake.

Pre-race safety briefing will be at 7 pm on Friday August 29, 2025 (access codes below). It will be recorded. We are following [USAT](#) rules. All participants must sign a USAT waiver and be a USAT member (one day pass). No drafting. No floatation devices. [Temperatures](#) are expected to be in the lower 70s and sunny on race day. Water and first aid stations will be on the run/bike course every 3 miles (Gatorade, water, Gel). Wetsuits are allowed - Water temperature 70-75 degrees F and okay for swimming (Green). Relays will use the swimmer's anklet to hand off inside the transition area. Each relay athlete must wear their own bib. Splash n Dash starts after the last swimmer finishes ~ 8:45 am (Goes out to last buoy and back and a 1 1/2-mile run). Must wear bib and anklet. Invite your friends! [REGISTER](#)

Questions?

Race Director

Mike Brisbois

708-668-5488

- Good Luck!
- SammamishRunning.com
- mic@beaverlaketriathlon.com

