

New Course Record Emma MacDonald 1:03:29 Well Done!



Pine Lake Safety Briefing

June 25, 2026, 7 pm

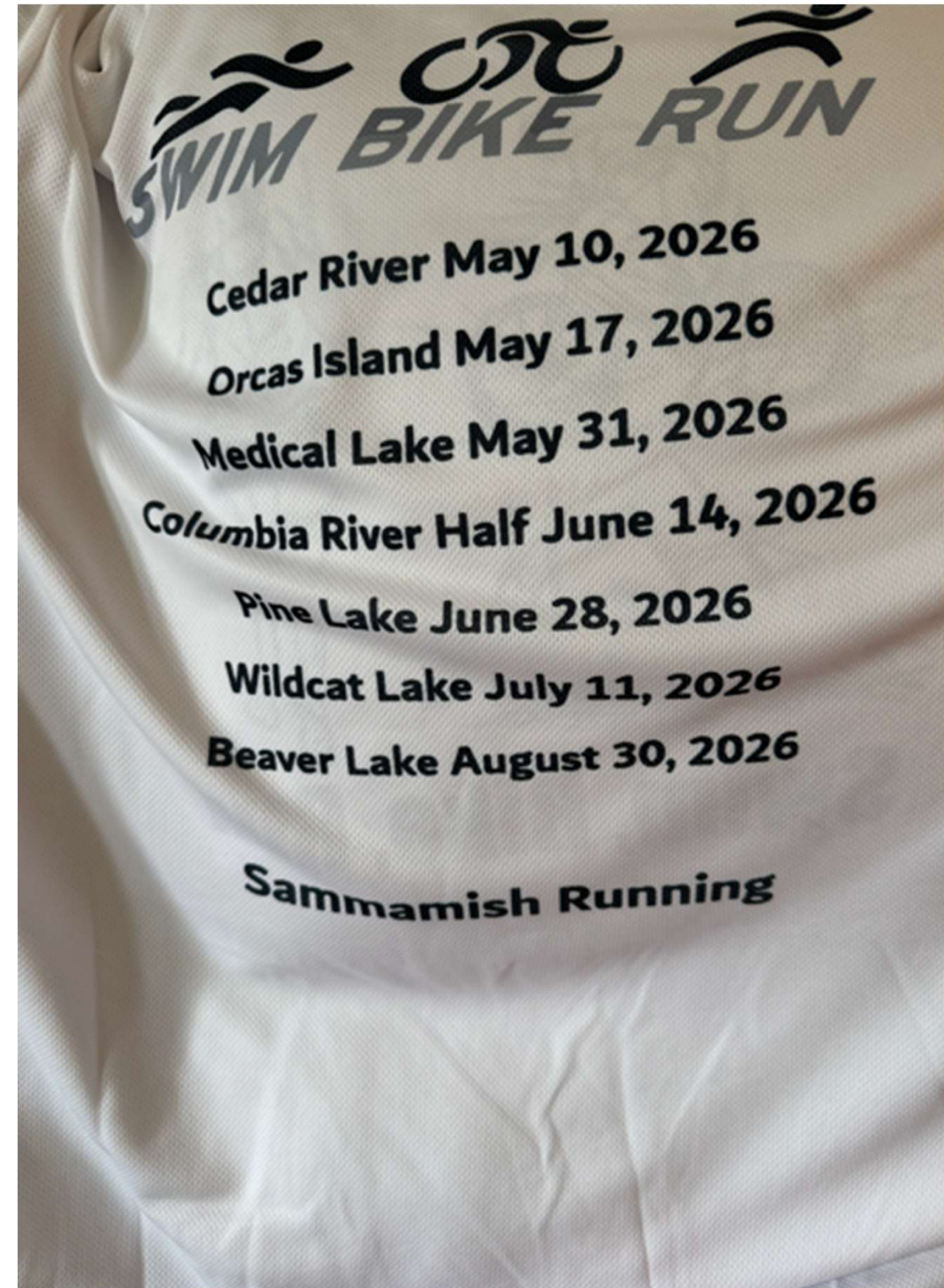


June 28, 2026

Pine Lake Triathlon

📍 Pine Lake

2401 228th Avenue SE Sammamish, WA 98075



BREAKING NEWS: 2027 Nationals Are Headed to Des Moines. [Start Planning](#) →



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Multisport Rules



Multisport Rules

Helmets And Chinstraps

Helmets must be worn and securely fastened at all times while in possession of your bike. This means from the time you remove your bike from the rack at the start of the bike leg, until after you have placed your bike on the rack at the finish of the bike leg.

Unauthorized Assistance

No assistance other than that offered by race staff (including volunteers), medical officials and active participants may be used. A participant shall not physically assist the forward progress of another participant on any part of the course.

Entire Course

Athletes must complete the race course in its entirety and as prescribed including in segment order.

Headphones And Communication Devices

Participants may carry a phone (such as, mounted on bike handlebars or in an arm band) but may not use communication devices of any type - including but not limited to cell phones, smart watches and two-way radios - in any distracting manner during the competition. A distracting 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 one- or two-way radio communication. Using any communication device in this manner during the competition may result in disqualification

Non-Draft Legal Bike Position Rules

Athletes must ride right and only move left to complete a legal pass and must not block athletes attempting a legal pass. Athletes must not pass on the right. Drafting is not allowed. An athlete should not attempt to complete a pass unless the athlete is highly confident in their ability to complete the pass in the allotted amount of time. Once an athlete enters the draft zone of another cyclist there is only one exit and that is out the front.

Glass Containers

Glass containers are prohibited. Bringing a glass container into transition may result in disqualification.

Race Numbers

All athletes are required to wear race numbers at all times during the run. Numbers must be clearly visible at all times. Numbers may not be altered in any way that prevents clear identification.

Race Number Transferring

Do not transfer your number to any other athlete or take a number from an athlete that is not competing. The penalty for doing so is disqualification and one year suspension from membership in USAT for transferring a number without race director permission.

📍 Sammamish, WA · [Choose area](#) ⋮

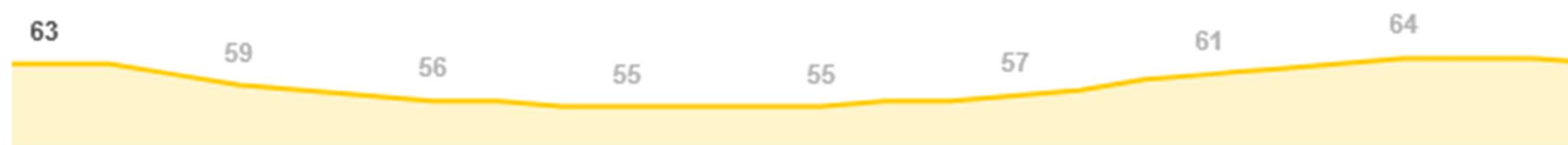


63 °F | °C

Precipitation: 22%
Humidity: 71%
Wind: 6 mph

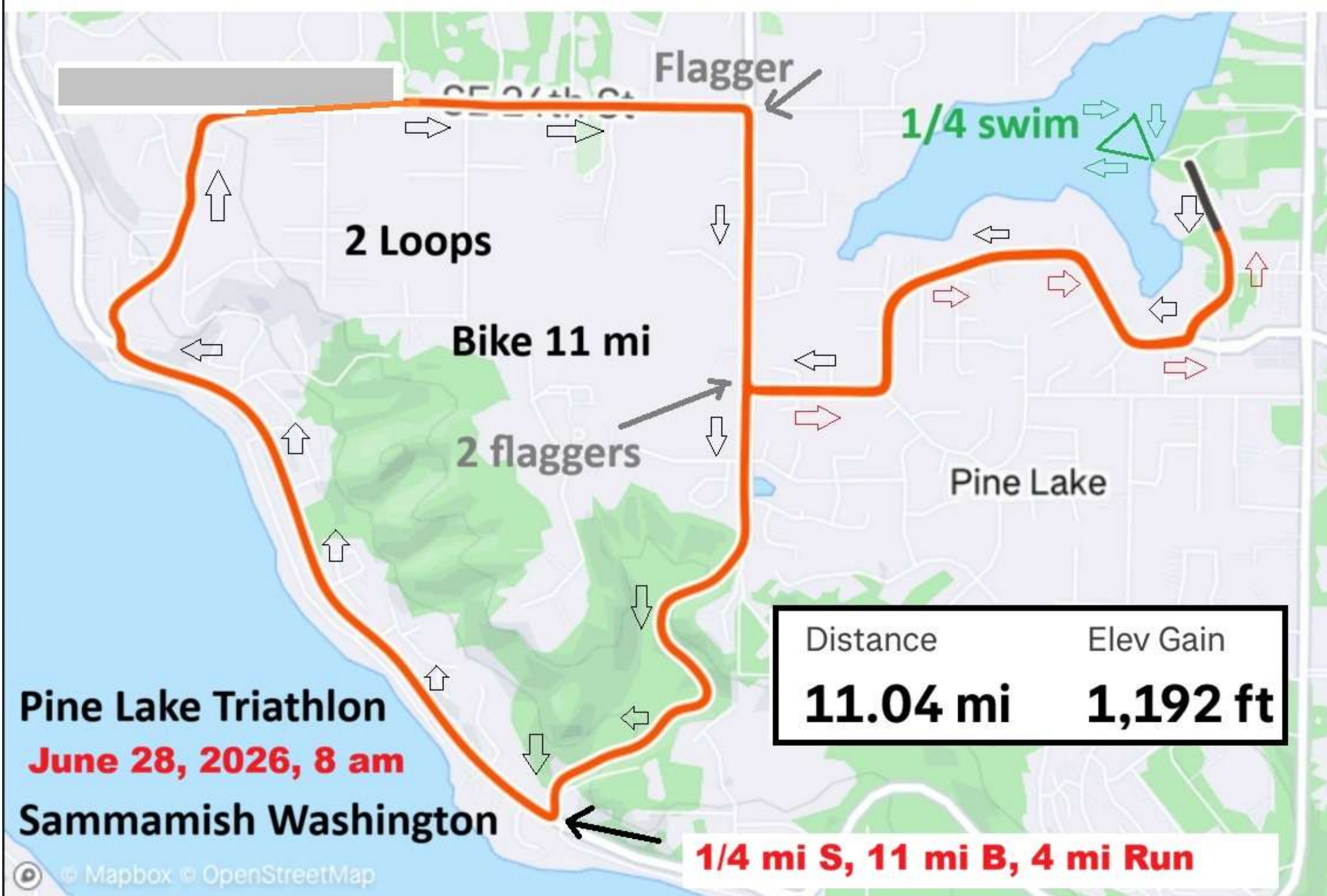
Weather
Thursday 6:00 PM
Cloudy

Temperature | Precipitation | Wind



7 PM	10 PM	1 AM	4 AM	7 AM	10 AM	1 PM	4 PM
Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu
68° 54°	64° 51°	63° 52°	65° 53°	62° 54°	64° 53°	65° 53°	62° 54°







Pine Lake Triathlon June 29, 2025, 8 am 1/4 S, 11B, 6kR



Pine Lake Triathlon

June 28, 2026, 8:00 am

Sammamish Washington

Join us for an early season triathlon in the heart of Sammamish. Begin with a ¼ mile swim in beautiful Pine Lake followed by a 11-mile hilly bike course on a lollipop route including two loops on the lollipop. King county sheriff will be directing traffic at Lake Sammamish Boulevard with various flaggers along the course to get you safely across the road. The final leg is a 4-mile run around the lake along quaint neighborhood streets. USAT nationally ranked sanctioned triathlon for those scoring for the national circuit. Come out and enjoy the first days of summer in this cool early season triathlon. All registered athletes get a USAT Triathlon T-Shirt and finishers get a classic Pine Lake Triathlon Medal. Great food and festive music await you at the finish line! Register at:

[SammamishRunning.com](https://www.sammamishrunning.com)

Mike Brisbois, Race Director | 708.668.5488 | mic@beaverlaketriathlon.com



PINE LAKE TRIATHLON
1/4S, 11B, 4R
JUNE 28, 2026

[Spokane River Half 13.1, 10k, 5k Results](#)

[Medical Lake Triathlon Results](#) [Video](#)

[Newcastle Beach 13.1, 10k, 5k Results](#) [Video](#)

Upcoming Events

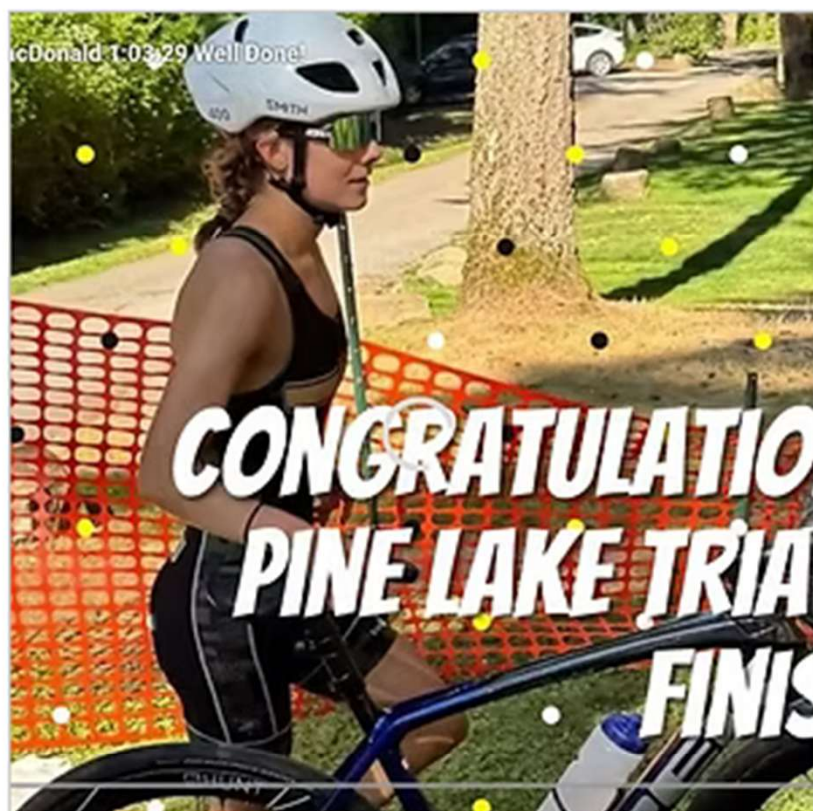
[2026 Events](#)

[Refund Policy](#)

[USATF Waiver](#)

[USAT Waiver](#)

[one day membership](#)



Pine Lake Triathlon 2026

Sun, Jun 28 | Pine Lake Park

[More info](#)

[Video](#)

[Swim](#)

[Bike](#)

[Results 2025](#)

[Run](#)

Register

[USAT Rules](#)



Soaring Eagle Park 250th Trail Race

Sammamish Washington

Come out and celebrate our nation's 250th Birthday
with a race around the park

Soaring Eagle 25

Sat, Jul 04 | Southeast 9th...

[More info](#)

Register



Wildcat Lake Triathlon

Sat, Jul 11 | Wildcat Lake ...

[More info](#)

[Bike Map](#)

[Transition](#)

[Run Swim Map](#)

Register



Golden Gate Bridge Half 13.1,...

Sat, Aug 08 | The Embarc...

[More info](#)

Register



Monterey Half 13.1, 10k, 5k

Sun, Aug 09 | 631 Ocean ...

[More info](#) [Flyer](#) [5k](#) [10k](#)

[Video](#)

[Half 13.1](#)

Register



Columbia River Half Iron FULL...

Sun, Aug 16 | Vantage Gr...

[More info](#) [Banner](#) [Bike1](#) [Bike2](#)
[Wind Breaker](#)

[Swim](#) [Run](#)

Register

[Video](#)



Half Sam 13.1, 10k, 5k

Sun, Aug 23 | Issaquah Co...

[More info](#)

Register



Beaver Lake Triathlon 2026

Sun, Aug 30 | Sammamish

[More info](#)

Register



Rattlesnake Lake Triathlon

Rattlesnake Lake Triathlon

Sun, Sep 06 | North Bend

[More info](#)

[Swim, Bike, Run](#)

Register

About this event

Join us for our upcoming Pine Lake Triathlon USAT with a 1/4 miles swim in beautiful Pine Lake, followed by a hilly 11 mile road bike, and top the day off with a 4 mile run around the Lake. This is one of Sammamish Washington Classic Tri. Beat the course record and get a cash bonus! Race registration opens up at 7 am on race day. Pre-packet pickup optional June 27, 2026, 4 pm to 5:30 pm at at Redmond Town Center Flatstick Restaurant and Grill - Pasta Feed. Mandatory Safety briefing June 25, 2026, 5 pm PDT Zoom.

Event details and schedule

Plenty of parking at Pine Lake Park. Race starts promptly at 8 am in knee deep water at the boat lunch. Come out and get your classic Pine Lake long sleeve technical T-Shirt and all finishers get the coveted Pine Lake Medallion. Grab a partner and pair up for the RELAY. First male and female out of the water get lunch for two at Burien Fish House.



Event reminder



June 28, 2026

Sunday

[Add to calendar](#)



Pine Lake

2401 228th Avenue SE
Sammamish, WA 98075

[View Map](#)



Visit website [↗](#)

Pine Lake Triathlete: We have a great weekend planned just for you! On Thursday, we have the mandatory safety briefing (it will be recorded if you missed it). Saturday optional race packet pickup at Flatstick Restaurant Redmond Town Center (You can take the light rail train to the front door) 4-5 pm Pasta Feed. The triathlon starts promptly at 8 am in knee deep water of the Pine Lake boat ramp. Go around the two buoys clockwise and run into the secured corral to get your swim score. You will score 6 scores, Swim, Bike, Run, T1, T2 and total. It is a USAT sanctioned event. You must be a member. 1 day membership is available. Must wear race provided swim caps. Body markings are Bib# on right arm, and left calf age. Must place race labels on your helmet and bike (Bib#) to get out of the secured transition area after the race. Apples, oranges, bananas, and finisher medals await you at the finish. We are following USAT rules. Bike handles must be plugged. The swim course is a ¼ mile swim followed by a HILLY 11-mile bike, 2 loops, and a flat 4 mile run around the lake. You can rack your bike starting at 7 am on race day. Wetsuits and goggles are allowed. No drafting. Starbucks gift cards to the winners. We will have a police officer at the bottom of the hill at the traffic signals to get you safely through the right turn on to Lake Sammamish Parkway. There will be certified flaggers getting you safely across 212th road --- Remember to do two LOOPS! Race T-shirt will be in your package with bib# and chip, and ankle bracelet. The weather is supposed to top out at 65 F cloudy on race day. 911 in case of emergency and Race Director in case of a flat or sprained ankle. Your results will be posted on our website later in the day. Water, Gatorade, Gel/Gu, and first aid every 3 miles. Orange route arrows in the pavement. Good Luck! Invite your friends! [REGISTER](#) One Day [Membership](#) 2025 [results](#) [Video](#) [USAT Rules](#) maps [BIKE RUN SWIM](#)

*** Access Codes Below ***

Topic: **Pine Lake Triathlon Safety Briefing**

Time: Jun 25, 2026 07:00 PM Pacific Time (US and Canada)

Join Zoom Meeting

<https://us06web.zoom.us/j/87300633366?pwd=8WMYgYlndymHQ1R0BMjYStabEKm9P.1>

Meeting chat link

<https://us06web.zoom.us/launch/jc/87300633366>



Sammamish City Marathon 26.2

Sat, Oct 24 | Skyline High ...

[More info](#)

Register



2026 Series Event Newcastle Beach...

Thu, Dec 31 | Sammamish...

[More info](#)

Register



Cedar River Half 13.1, 10k, 5k

Sun, Apr 26 | Maple Valley...

[More info](#)

[Video](#)

[Results](#)

Register at Site



Thank you

SammamishRunning.com

708.668.5488

Mike Brisbois, Race Director

mic@beaverlaketriathlon.com

New Course Record Emma MacDonald 1:03:29 Well Done!

**CONGRATULATIONS ALL
PINE LAKE TRIATHLETE
FINISHERS!**

