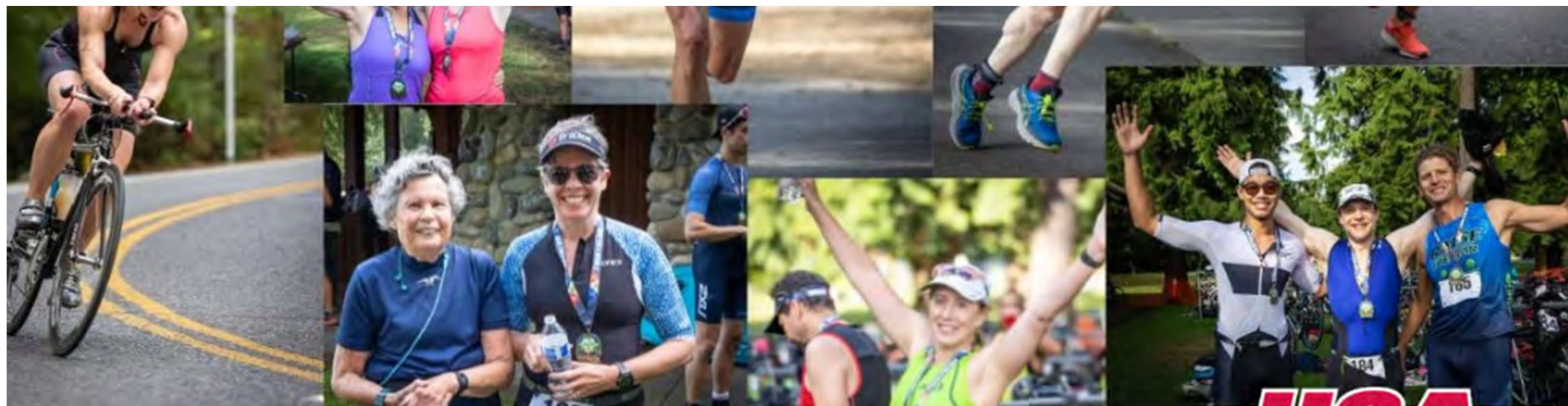


Safety Briefing - Beaver Lake Triathlon

August 25, 2023, 7 pm PDT





Join us for the Beaver Lake Triathlon 2023

August 27, 2023, 8 am

¼ mile Swim, 13.4-mile Bike, 4.3 mile Run

Beaver Lake Sammamish Washington

Bigger and Better in 2023!

Register at SammamishRunning.com/tri

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



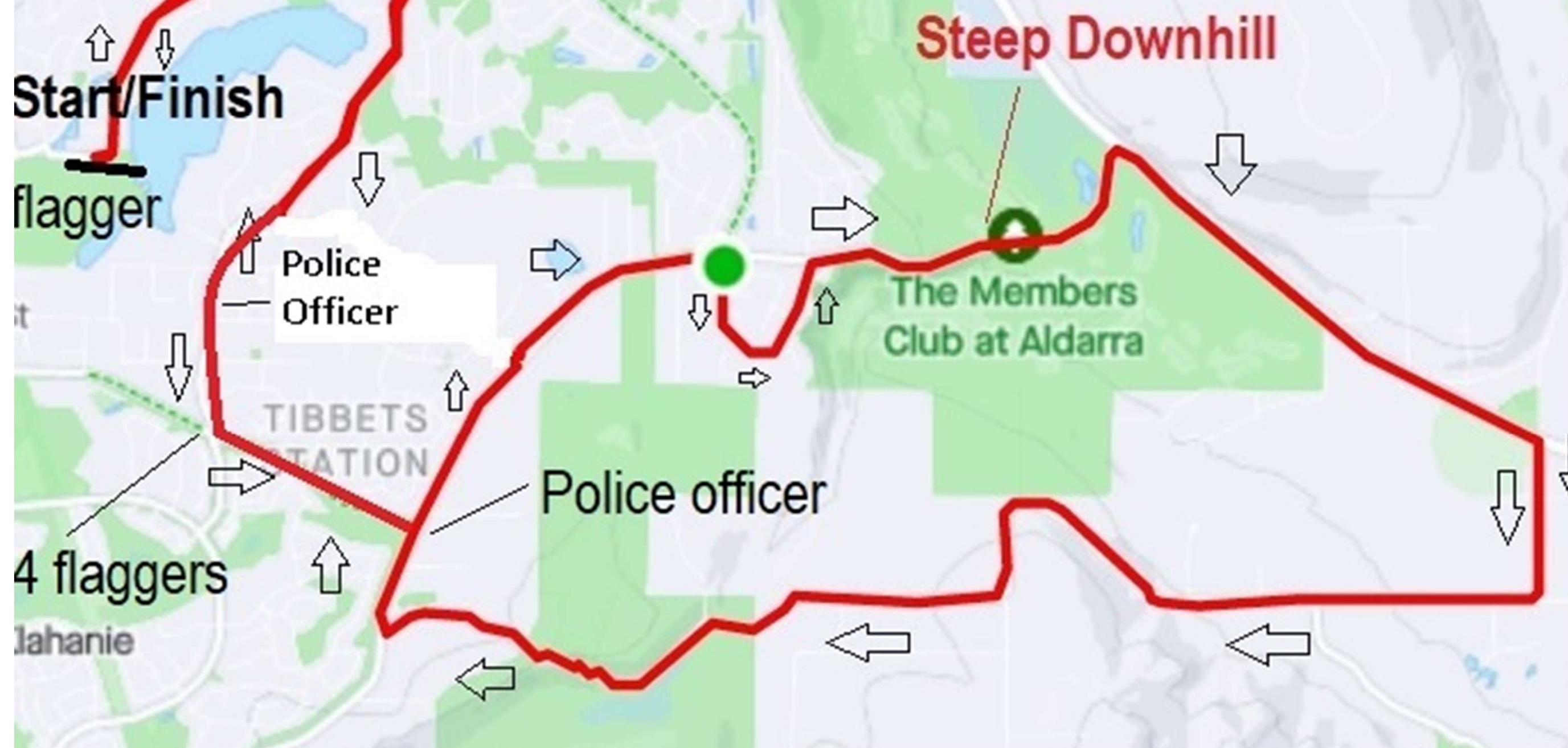
**Beaver Lake Triathlon
1/4 mile Swim**

Perimeter
0.24 mi

Beaver Lake Boat Launch



Beaver Lake Triathlon Bike Course 13.7 mile





Beach Bacteria and Temperature Data

		Bacteria Sample A	Bacteria Sample B	Bacteria Sample C	30 Day Geometric Mean Bacteria	Number of Bacteria Samples above 320 in Past 30 Days	Water Temp. (°F)
8/15/2023	Beaver Lake Beach	200	14	31	14	0	80°F

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



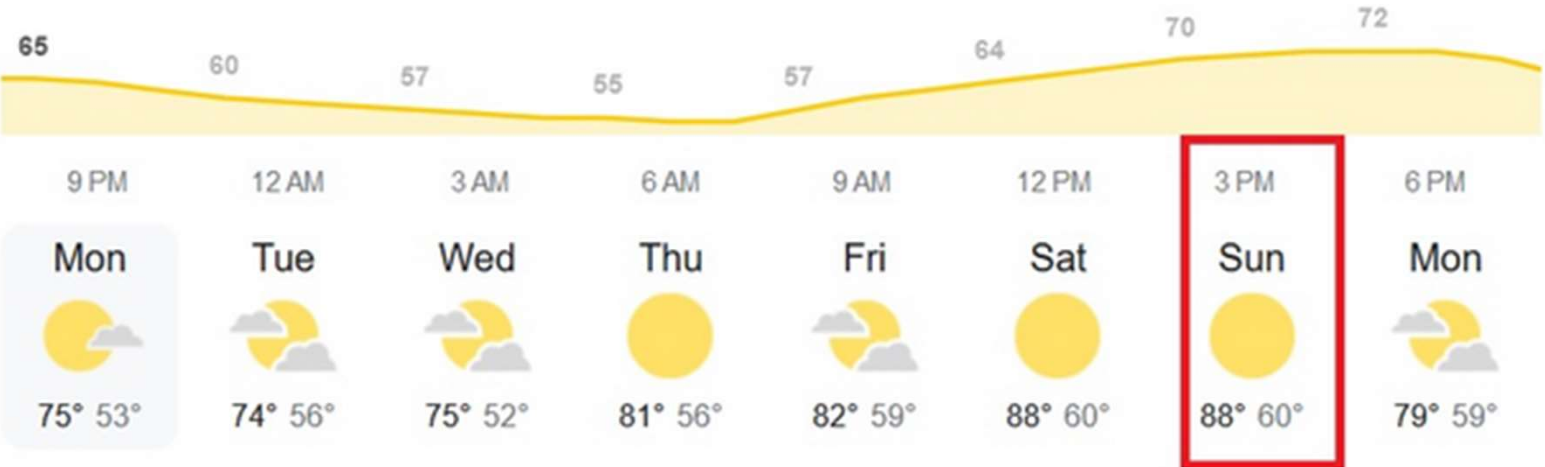
65

°F | °C

Precipitation: 1%
Humidity: 55%
Wind: 6 mph

Weather
Monday 8:00 PM
Smoke

Temperature | Precipitation | Wind



[Sammamish Running](#)

[Beaver Lake Triathlon](#)

[Sponsors](#)

[Volunteer](#)



mic@beaverlaketriathlon.com

Welcome to 2023 708.668.5488

Sammamish Running

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[June 2023](#) [May 2023](#) [March 2023](#)

[July 2023](#)

[August 2023](#)

[January 2023](#)

[December 2022](#)

[November 2022](#)

[October 2022](#)

[September 2022](#)

[August 2022](#)

[July 2022](#)

[June 2022](#)

Beaver Lake Triathlon August 27, 2023, 8 am [Swim](#) [Bike](#) [Run](#) [Transition](#)

[Register](#)

Photos by [Live Band](#) [Coaster](#) [Towel](#) [T-Shirt](#) [Medal](#) [Long Sleeve](#) [Technical](#)

Street names [BIKE](#) [Street names RUN](#) [Water Temperature](#) [Olympic Silver Medalist](#)

**** Access Codes **** [Safety Briefing](#) [Rescheduled to 7 pm](#)

Ocean Shores Triathlon August 11, 2024, 8 am [T-shirt](#) [Photos](#) [Swim](#) [Bike](#) [Run](#)

[Register 2024](#)

Street names [Bike](#) [Safety Briefing](#) [PowerPoint](#) [Photos](#) [Medals](#) [Wow!](#) [Results](#) [Photos](#)

Rattlesnake Lake Triathlon, September 3, 2023, 8 am [T-Shirt](#) [Medal](#) [Photos](#)

[Register](#)

Joy (Bib#127): We have a great weekend of events planned for you. The stage is set - we have a sold out field. You will be competing against all levels of abilities. Our primary goal is to have a safe and enjoyable event for you, our guest [triathlete](#). Today at 7 pm PDT we will have a safety [briefing](#) – Live Stream On Line (Access Codes Below). We will discuss safety requirements and procedures such as no drafting, plugs at the end of your handle bars, areas of caution (steep down hill), heavy traffic area, must secure helmet before unstrapping your bike and rack bike then remove chin strap and swimming help. Saturday we will have race packet pick up at 4 pm to 5:30 pm at the race site. You will receive your chip, bib, Technical Long Sleeve [T-shirt](#), BLT [Towel](#), and Cliff bar. We will have snacks and pizza. The course will be marked so if you want to take a practice [swim](#), [bike](#) the course and/or [run](#) the trail. The race starts promptly at 8 am on Sunday. Transition and parking [map](#). Course closes at 10:30 am (police and flaggers). We will have flaggers directing you out of the lake area, police at the 4 way stops and flashing red intersection. Water stations will be out on the course (no littering) and please respect the residents. There will be signs and flour markings on the course to make sure you go the right direction. Please study the maps ahead of time. The swim will have several lifeguards on kayaks. Raise your hand if you can if you are having trouble. We will have two waves 2 minutes apart. The red and the green wave 1st (see your bib for colored sticker). First one out of the water through the timing gates will receive the coveted replica [beaver](#). The race is chip timed so you must go through the two red cones to get scored. You will receive five times – Swim time, Swim-Bike transition time, [bike](#) time, Bike Run transition time, [run](#) time and Total time for the event. Age group ribbons to every 5 year intervals male and female. 1st 2nd and 3rd male and female over all win cash prizes. Athletes must wear chip on ankle, bib on front torso and get body marked right arm bib#, left leg age. [Wetsuits](#) are allowed 80 F. All swimmers must wear swim cap provided. We will have professional [photographer](#) on the course to take your action photos. [Medals](#) to all finishers and a live [band](#) starting at 10 am. Kids splash and [dash](#) starts at 10 am. If you have any questions please feel free to reach out to the race director Mike Brisbois, at 708.668.5488, mik@beaverlaketriathlon.com. Good Luck and God Speed!

Weather [Forecast](#) Sunny 75 F and Water Quality Good – More [info](#). Photos. Beaver Lake [Times](#).

Start/Finish

Beaver Lake • 25201 SE 24th Street Sammamish, WA 98075

Safety Requirements per the USAT Rules

- Wetsuits are permitted – water temperature is 68-72° F
- Water is swimmable – check the King County Water sampling site
- The swim goes counterclockwise around two buoys
- There will be lifeguards on kayaks if you need support.
 - If possible raise your hand if you get in trouble. We will count the number of swimmers in and out
- Must wear swim cap
- No littering on the course
- There will be an aid station at the transition area and mile 2 of the run

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 will be well marked Signs and flour in the road – The run is 4.3 miles.
- We will have first and CPR on the course – First Aid kits are available at the Aid station at the transition area and mile two of the run
- Be caution of cars backing out of driveways
- There will be Red Cones on the run course where you need to pay attention – use caution

Safety Rules and Regulations

- No ear buds allowed
- No glass containers are allowed
- No outside help/aid is permitted (You may not accepted drinks/towels from spouses/friends)
- Race Bib must be on Front Torso
- Right arm shall have your Bib Number
- Left leg will have your Age
- No pushing or cursing other athletes

Swimming Rules

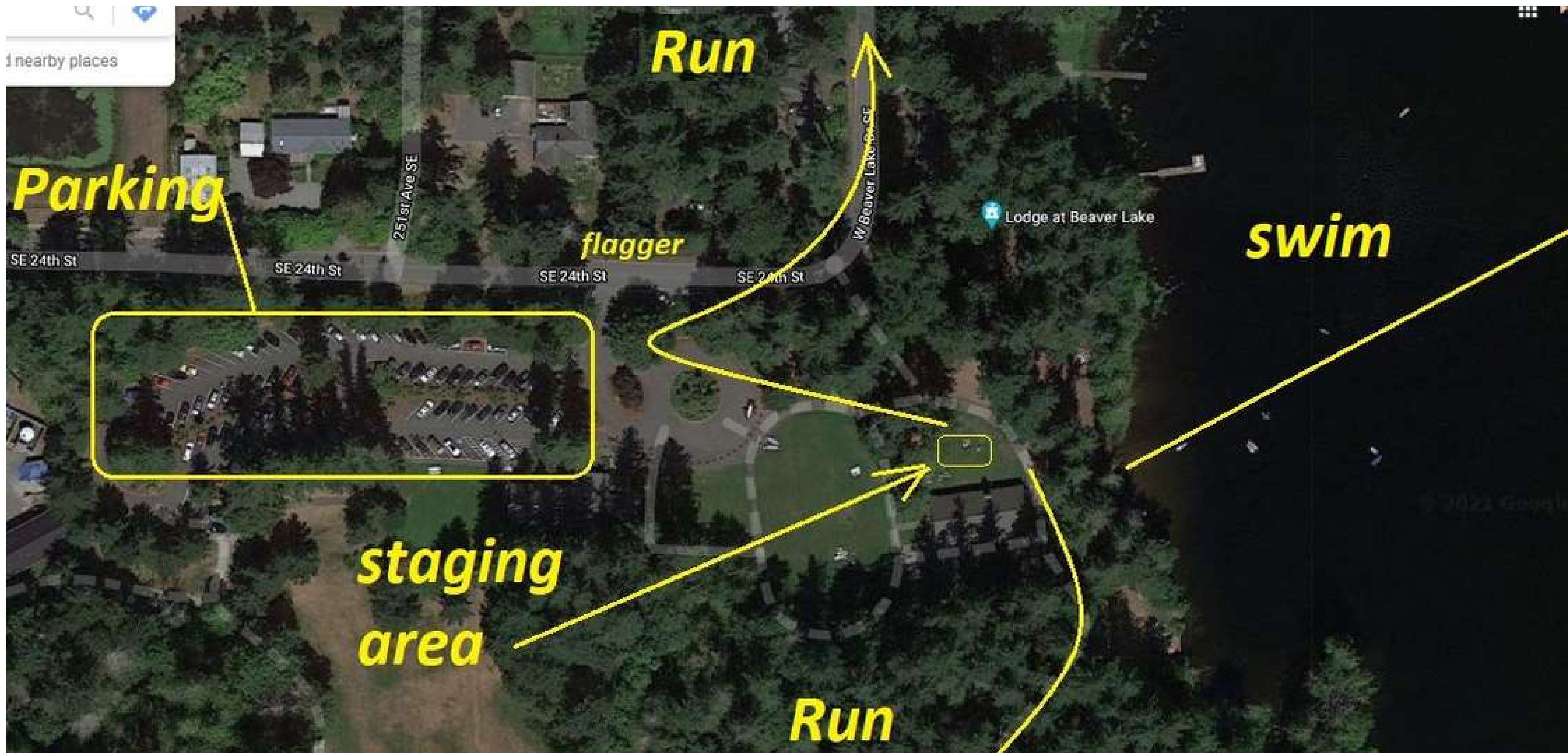
1. Proper swimwear must be worn. DQ
2. No flotation devices of any kind may be used during the swim. DQ
3. No artificial propulsive devices such as fins, paddles, or gloves may be used. DQ
4. Swimmers must be able to complete the entire course using any stroke. Swimmers may not make forward progress by pulling on lane ropes, swim gutters or any other inanimate object. T
5. Goggles or face masks may be worn but are not required.
6. If provided by the event, swimmers must wear the assigned swim cap throughout the swim. T
7. Participants must follow instructions given by lifeguards and officials including prohibitions against running on the pool deck or diving in restricted areas. T or DQ at official's discretion

Running 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

General Race Rules

1. Unsportsmanlike conduct on the part of participants or their parents and supporters will not be allowed. Participants must treat others with courtesy and respect. No rude, abusive, or discourteous language or behavior will be tolerated. T 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 event. T
4. No unauthorized assistance of any kind is allowed. Parents or other non-participants may not run or ride a bicycle with a participant nor may they provide participants any food, fluid, or equipment aid during competition. T
5. Race numbers must be displayed at all times. Swimmers must be clearly body-marked, cyclists must display their bike numbers, and runners must wear their bib numbers. T



Questions, Comments, Concerns?

- Mike Brisbois, Race Director
SammamishRunning.com
 - mic@beaverLakeTriathlon.com
 - 708.668-5488
-
- Good Luck Triathletes!