



Friday Harbor Triathlon

¼ mile swim, 16-mile bike, 6k Run

Lakedale Washington

June 20, 2026, 8 am

Join us for an historical Triathlon on the San Juan Islands. Mark your calendar today for the event. This showcase event fills up fast. Start with ¼ mile swim in Sportsman's Lake followed by a 16-mile lollipop loop out to Roch Harbor and back along the quaint island rolling hills and finishing up with a 6k run out to Egg Lake and back. Register today at:

SammamishRunning.com/Tri

'If you can dream it, we can do it!'