



August 2023

# Sammamish Running

We had a successful event last weekend with the Beaver Mile Swim and 4.3-mile Run. Oleksandr Golovaty finished the course in 57:34 just ahead of Adam Chudoba. Jason Auffant rounded out the top male group. Julie Vieselmeyer took the top honors with an impressive time of 1:02:11. Lisa Mueller and Katy Stuart finished 2<sup>nd</sup> and 3<sup>rd</sup> respectively for the top female spots. We had perfect weather for the event, 60s and sunny. Full results are on our webpage at [SammamishRunning.com](http://SammamishRunning.com)



**Winner Oleksandr Golovaty, 2<sup>nd</sup> Adam Chudoba (240) and Jason Auffant (244) Beaver Mile Swim and 4.3-mile Run Sammamish Washington**

Join us for the Ocean Shores Triathlon on August 13, 2023. It is a great tune up for the Ironman and a great beginner's triathlon. The Sam Half is debuting August 20, 2023, along the beautiful shores of Lake Sammamish. We finally

got permitting for the Rattlesnake Lake Triathlon a gem in the Pacific Northwest with a ¼ mile swim in crystal clear waters of Rattlesnake Lake followed by an off road 10-mile bike up the Palouse to Cascade Trail concluding with a 6k run overlooking the pristine waters of Rattlesnake Lake. Be part of history for the Beaver Lake Triathlon. Professional photography by Ludeman Photographic will be on hand to take professional action shots of your performance. You don't want to miss the Beaver!



**Beaver Lake Triathlon August 27, 2023**

As we close out the Triathlon Season, we would like to invite you to our upcoming Duthie Hill Park

Grand Ridge Duathlon 9k Mountain Bike and 6k Run. The course runs along the famous Duthie Hill and Grand Ridge Parks. An event you would want to put on your bucket list. We continue with our race series the Sam 6k and 10k 5<sup>th</sup> Annual race at Marymoor Park. Come check out the Lake Sammamish Trail with gorgeous views of the lake. Post your best 10k time on this flat and fast competitive circuit. See you on September 16, 2023. Mark your calendar today!

We would like to thank our volunteers and sponsors because without them we would not be able to put on these great events!

Thomas Elliot  
Nick Lu  
Nathan Yurkanin  
Darlene Riley



Also want to give a shout out to Daniel Shin and his crew of Lifeguards. Without lifeguards and flaggers our events would not happen.



**Daniel Shin and Samantha Galanti Lifeguards**

The City of Sammamish has been very welcoming for our events. We would like to thank Mayor Kali Clark and her great team at the City Parks and Rec. Permitting is very important so we can secure a safe event route for each event avoiding any potential traffic road construction during these summer months. We have certified trained

flaggers that help to keep you safe during your run and bike.

With the Pine Lake Aquathon and Beaver Mile Swim and 4.3Run in the books we look forward to closing out our summer events with the Ocean Shores Triathlon and Duathlon with 8 mile scenic bike route and 5k Run. The ¼ mile swim is in freshwater lake Duck Lake. You don't want to miss this great event. Sign up today!

Running in the heat. We need to keep our body temperatures cool. We can do this by hydrating (drinking water/electrolyte fluids) before we are thirsty. We need to continue to sweat because our bodies want to cool our system. Just like our cars, if we push our bodies to a point where we overheat our car/body will shut down. We want you to have maximum performance and capture the finishing medal. Gels are also a great source of instant energy while maintaining our body temperatures. If you feel off slow down and ask for help. The Sam Half is in the middle of the dog days of Summer (Aug 20). Longer runs take more attention. Bananas are a good source of potassium. Come out and test drive the new Half Sam on August 20, 2023. We will have 5 aid/water stations along the 6.7 mile out and back course on shaded Lake Sammamish Trail. The course is also a great tune up for this Falls Cross Country Season.

### **Showcase Athlete of the Month David Riley**

The energizer bunny that keeps on ticking. David has been to all our events. He continues to put a big smile on his face while competing against world class athletes in the Pacific Northwest.



Great job David!

**David Riley**