

Cedar River Safety Briefing

May 7, 2026, 7 pm

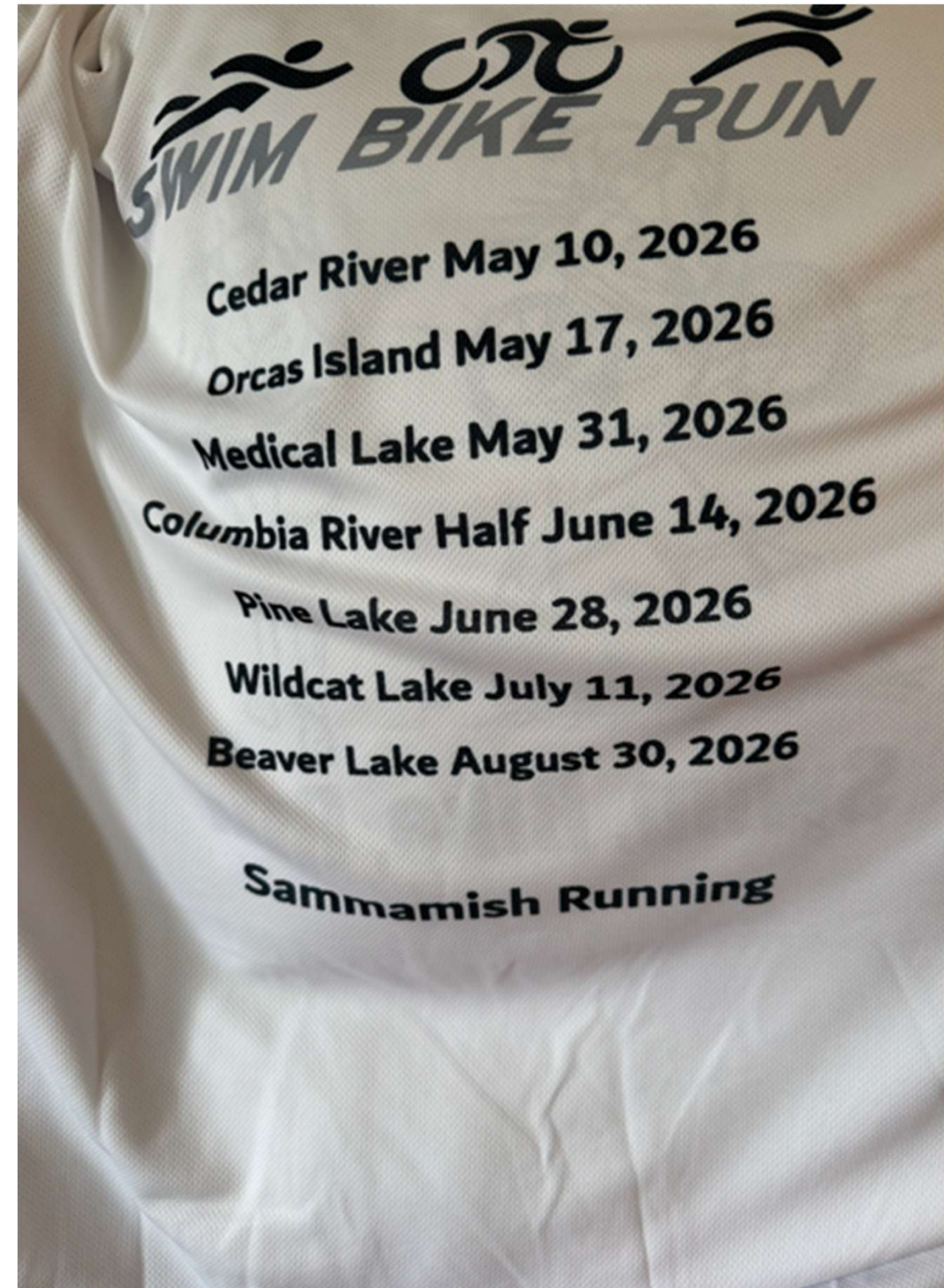


May 10, 2026

Cedar River Triathlon

📍 Lake Wilderness

22601 SE 248th Street Maple Valley, WA 98038







Upcoming Events

[2026 Events](#)

[Refund Policy](#)

[USAT Waiver](#)

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[Fastest Swimmer](#)

[Winner](#)

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Cedar River Triathlon

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Sun, May 10 | Lake Wilder...

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[Street by Street](#)

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.

Maple Valley, WA · [Choose area](#)



49 °F | °C

Precipitation: 3%

Humidity: 87%

Wind: 3 mph

Weather

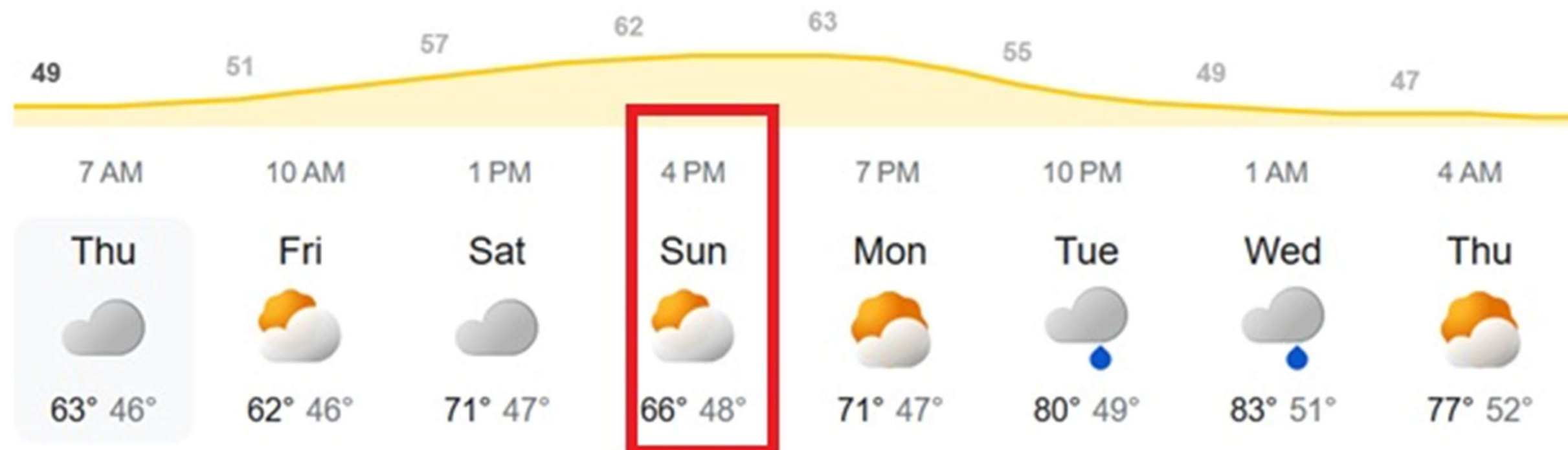
Thursday 6:00 AM

Partly sunny

Temperature

Precipitation

Wind



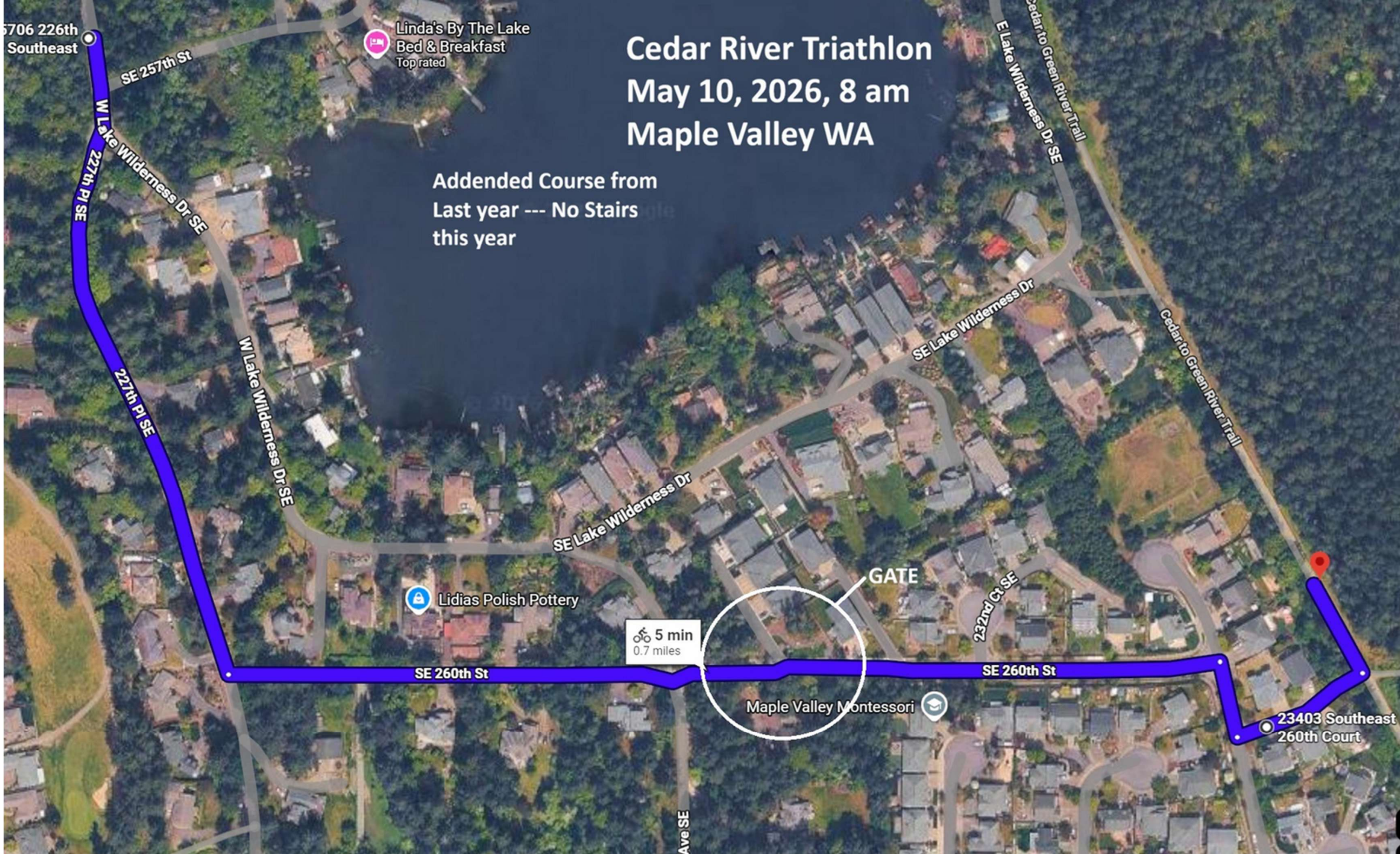
Cedar River Triathlon - Street by Street

Left on 224th Avenue SE
onto W Lake Wilderness Dr SE
Right on to 227th PL SE
Left on to SE 260th Street
Right onto 234th Ave SE
Left onto XE 260th Ct
Left onto Cedar to Green River Trail



Cedar River Triathlon May 10, 2026, 8 am Maple Valley WA

Addended Course from
Last year --- No Stairs
this year



5706 226th
Southeast

Linda's By The Lake
Bed & Breakfast
Top rated

SE 257th St

W Lake Wilderness Dr SE
227th Pl SE

227th Pl SE

W Lake Wilderness Dr SE

SE Lake Wilderness Dr

SE Lake Wilderness Dr

Cedar to Green River Trail

GATE

Lidias Polish Pottery

🚲 5 min
0.7 miles

Maple Valley Montessori

232nd Ct SE

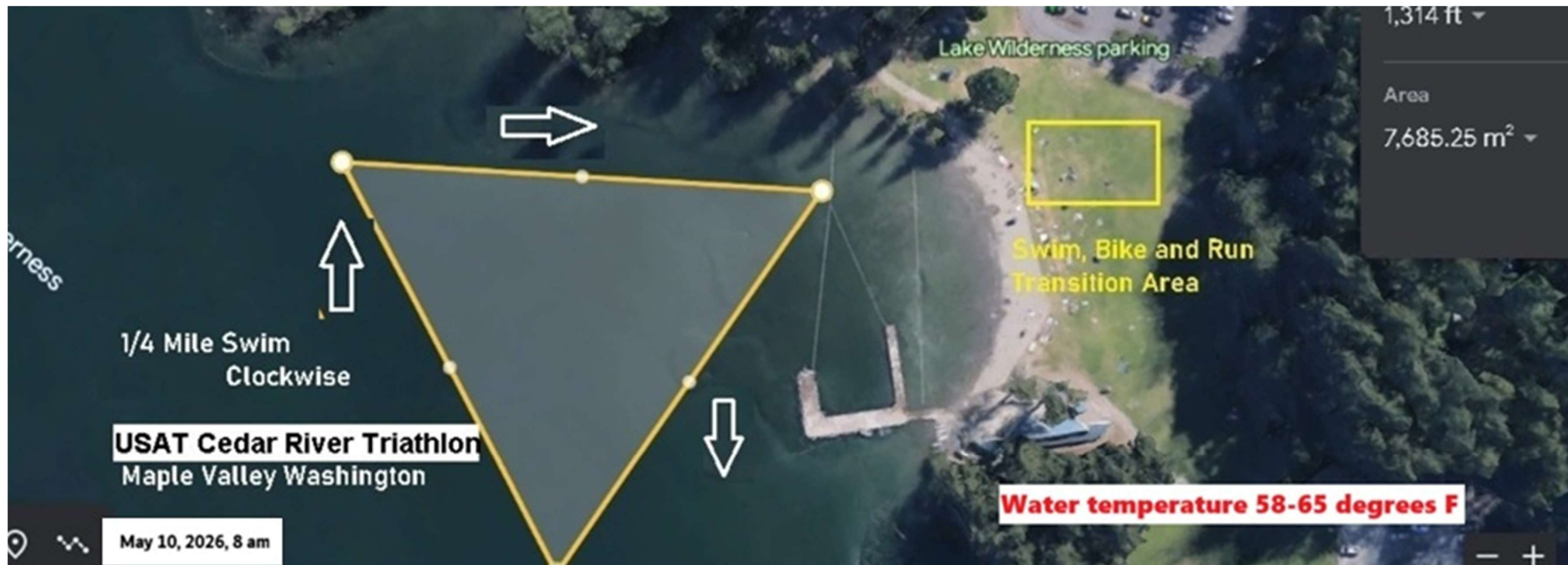
SE 260th St

SE 260th St

23403 Southeast
260th Court

Ave SE





1,314 ft

Lake Wilderness parking

Area

7,685.25 m²

Swim, Bike and Run
Transition Area

1/4 Mile Swim
Clockwise

USAT Cedar River Triathlon
Maple Valley Washington

Water temperature 58-65 degrees F

May 10, 2026, 8 am

[Results Redmond City Marathon](#)

Upcoming Events

[2026 Events](#) [Refund Policy](#) [USAT Waiver](#) [USATF Waiver](#)



Series Event 3 great races 13.1,...

Wed, Dec 31 | Sammamis...

[More info](#)

Register



[Fastest Swimmer](#) [Winner](#) [Medal](#)
Cedar River Triathlon [USAT Rules](#)
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Sun, May 10 | Lake Wilder...

[More info](#)

[T-Shirt](#)

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[Run](#)

[Bike](#)

[Bike new](#)

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[Street by Street](#)



Orcas Island Triathlon

Sun, May 17 | Olga [Swim](#)

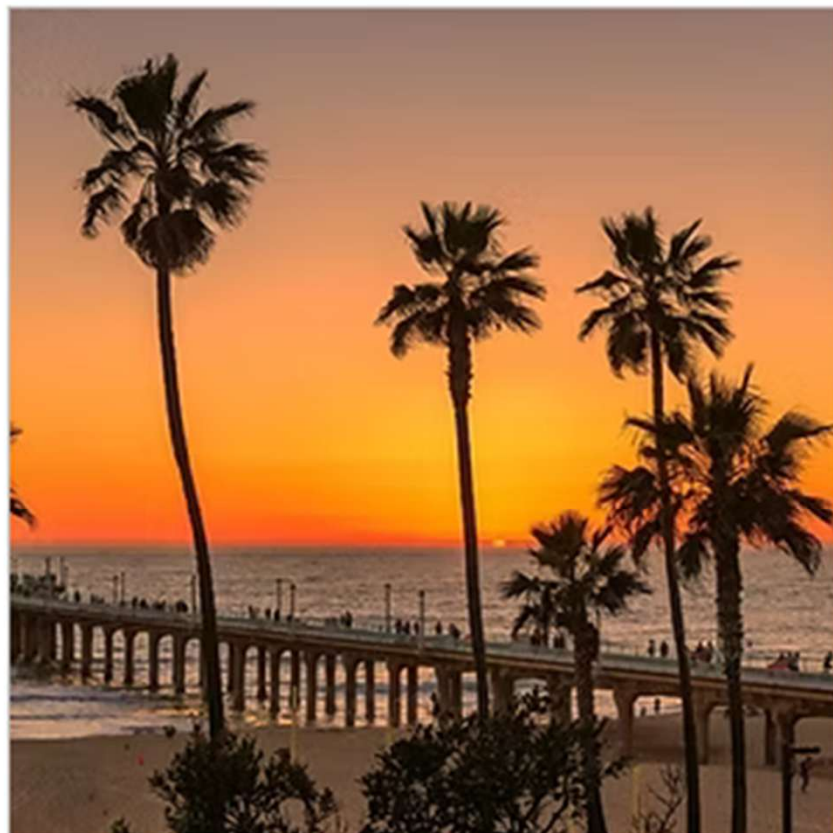
[More info](#)

[Run](#)

[Bike](#)

[Swim Run](#)

Register



Los Angeles Half 13.1, 10k, 5k

Sat, May 23 | Ocean Cafe ...

[More info](#)

[Medal](#)

Register



Soaring Eagle Park 25 Miles

Sammamish Washington

Come out and celebrate our nation's 250th
Birthday with a 25-mile jaunt around the park

Soaring Eagle 25

Mon, May 25 | Southeast ...

[More info](#)

[Flyer](#)

Register



Post Falls Half 13.1, 10k, 5k

Sat, May 30 | 4th Street C...

[More info](#)

Register



Medical Lake Triathlon

Sun, May 31 | Medical Lak...

[More info](#)

Register



Columbia River Half Iron FULL...

Sun, Jun 14 | Vantage Gra...

[More info](#)

Register



Newcastle Beach Half 13.1, 10k, 5k

Sat, Jun 20 | Newcastle B...

[More info](#)

[Banner](#)

[Video](#)

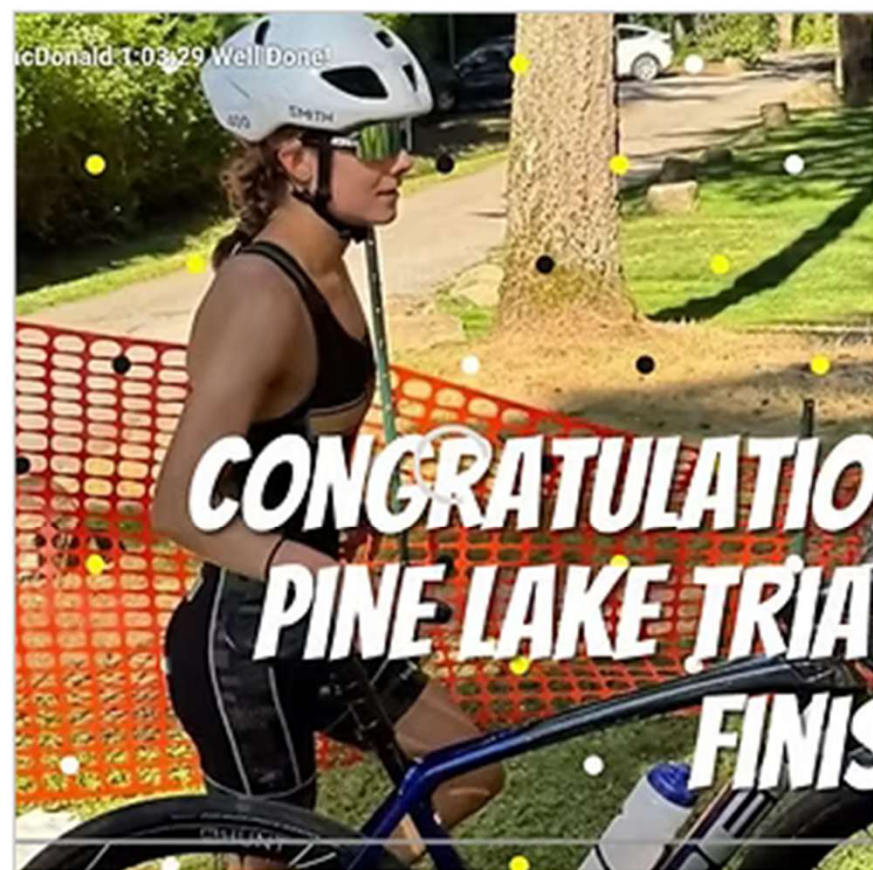
[T-Shirt](#)

[Swim](#)

[Bike](#)

[Run](#)

Register



Pine Lake Triathlon 2026

Sun, Jun 28 | Pine Lake Park

[More info](#)

Register



Wildcat Lake Triathlon

Sat, Jul 11 | Wildcat Lake ...

[More info](#)

Register



Golden Gate Bridge Half 13.1, ...

Sat, Aug 08 | The Embarc...

[More info](#)

[Run Swim Map](#)

[Transition](#)

[Bike Map](#)

[Video](#)

Register



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



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



Fwd: Cedar River Triathlon - PRE-RACE Instructions - May 10, 2026, 8 am



Sammamish Running

To: alicezhang09@hotmail.com



Thu 5/7/2026 12:48 PM



USATF Waiver.pdf
377 KB

Alice: We have a great weekend planned just for you. On Thursday, we have the mandatory safety briefing at 7 pm PDT (Zoom.us access code below). It will be recorded, so if you miss it, the recording will be on our [website](#). On Saturday at 4 pm-5:30 pm we have the optional race packet pickup at Maple Valley Community Center (SE 248th Street Maple VA) 1 mile from the race start. We will have snacks and beverages. The race starts in knee deep water at the Lake Wilderness Beach front at 8 am. The park opens and registration starts at 7 am. Plenty of free parking (224th Avenue SE Maple Valley, WA). The ¼ mile swim goes clockwise around the buoys. We will have 4 lifeguards on site, in kayaks for your safety. Raise your hand if you can if you are having trouble. We will have two waves 3 minutes apart. After the last swimmer finishes, the Splash n Dash starts (~8:30 am) 500 yards, a 1.5-mile run. You must wear the provided orange or green swim cap (2nd wave 3 min later). Winners (male/female) will receive a Starbucks gift card, and [trophy](#). First out of the swim will receive a fastest [swimmer](#) trophy. All finishers will receive a [medal](#). All registrants will receive a [T-Shirt](#). The run goes through the property (follow the elevated directional signs and orange streamers) to the Cedar River trail for 2 miles and turns around and comes back. Must do the loop at the end. Follow the elevated

directional signs and ORANGE route arrows in the pavement. The bike goes out to the trail to Cedar Grove Road, SE and back. There will be flaggers on the course for your safety. Stay to the right. You will have 6 recorded times. You must wear your bib on the bike and the run to be recorded. You must wear your ankle bracelet for the whole race. Relays will only use the swimmer's bracelet (exchange inside secure transition area - orange snow fence). You will have a time for the [swim](#), [bike](#), [run](#), T1, T2, Finish. New bike [route](#) - [Gate \(Street by Street\)](#). Age group every 5 years M/F. There will be water, Gatorade, gel/Gu every 3 miles on the course. Water, bananas, apples, and oranges at the start. [Swim across America](#) will be at the race site. We thank our sponsors [Siemens Mobility](#). In case of an emergency call 911, In case of a breakdown or sprained ankle call the race director for pickup. There are six miles on dirt, hard packed limestone and some little stones in the short tunnels. In that past, a regular road bike was fine. We did not have any flat tires. All participants must be a USAT member (one day bronze [membership](#) is available) and sign the USAT [Waiver](#). We will be following USAT [Rules](#). You must place the provided labels (Bib#) on your bike and helmet for the race and to exit the secured area after the race. Your bib# must match your body marking, and labels on bike and helmet. ONLY registered athletes will be allowed in the secured transition area. You must have body markings on your right arm (Bib#) and left calf (Age). Volunteers at the registration table will help you. No floatation or propeller devices are allowed in the swim. No motorbikes are allowed. Bike handles MUST be plugged. Wetsuits are allowed - water temperature 60F. The [weather](#) for race day will be perfect for a course record. Good Luck! Invite your friends to join and/or cheer you on!
[REGISTER](#)



Thank you

SammamishRunning.com

708.668.5488

Mike Brisbois, Race Director

mic@beaverlaketriathlon.com