



Sammamish Running December 2023

Congratulations to all those that beat the Bear, the Santa Bear this weekend in the 10k. The Santa Bear tried his best to beat you all. We look forward to seeing you at our upcoming Lake Sammamish Classic 13.1 on December 30, 2023, 9 am. The course runs out and back along the newly paved Lake Sammamish Trail along the beautiful Lake Sammamish skyline. All registered runners get a keepsake Classic T-Shirt, Otto racing hat, and hand towel. All finishers receive authentic Classic 13.1 medal. Join us next month for the Race to the Top of Squak Mountain on January 28, 2024, 9 am. Be the first to the top and receive the Golden Squak award. Be the first to have the fastest time up the mountain with bragging rights. The first half is relatively flat. The total elevation gain is 1,694 feet. Get the medal of accomplishment of conquering Squak Mountain! All registrants receive long sleeve T-shirts. Age group winners get ribbons. There will be a water stop at the top and bottom of the mountain. The race is timed so please go between the two red cones at the top of mountain to get scored. Enjoy your journey to



I Beat the Bear, the Santa Bear

the top and congratulations for undertaking the Mountain Challenge of the Squak Mountain. Down the mountain is not timed. God speed!



CEDAR RIVER TRIATHLON - One of the first races of the triathlon season 2024 - includes a 1/4-mile swim in beautiful Lake Wilderness followed by a brisk 10 mile off road bike trek along the Cedar River (relatively flat) and topping off with a 6k trail run along Lake Wilderness. Event is timed. You will see beautiful views of both the Cedar River and Green River. Don't miss out on one of the top races of the 2024 triathlon season! All entrants receive custom designed Cedar River T-Shirt, hand towel, coaster, and Cliff Bar gel pack. All finishers receive a custom designed medallion. The event is sanctioned by the USAT. Sign up today! Splash n Dash 100m swim, and 1.5-mile run ages 7-15 - 10 am. Parking at the Lake Wilderness beach front. The race starts promptly at 8 am. Bib package pickup is 4-5 pm May 11, 2024, at the race site - snacks and Pizza provided. Great opportunity to check out the course. Bib pick up starts at 6:30 am on race day.

SOARING EAGLE DUATHLON - Join us for the USAT Soaring Eagle Duathlon 10-mile road bike up and down Duthie Hill and around King County. Great early season event for Tri Duathlon season. The event starts at the trailhead at Soaring Eagle Park Trossachs Boulevard and SE 9th Way Sammamish Washington. There is plenty of street parking. The event starts promptly at 8 am with the 10-mile road bike, mass start along Trossachs Boulevard through flashing red lights (police officer) and continues down Duthie Hill to SR202 then on to rural gentle rolling hills to the climb up Duthie Hill and back down. This challenging course is one for your bucket list. The course is a lollipop course. The

event starts promptly at 8 am with the 10-mile bike followed by the 4.3-mile trail run through Soaring Eagle Park. All registered athletes get a custom designed T-Shirt, and all finishers receive



authentic Soaring Eagle USAT Duathlon Finisher Medallion. The run course is through the scenic Soaring Eagle Park 4.3 miles in length. Once you rack your bike and get your bike and bike/run transition times you are off to an exciting journey through the enchanted forests of the Soaring Eagle where you may encounter black bears, a barred owl or sometimes a great horned owl. It is an open course so please respect the hikers on the route. The bike is also open to traffic. The course will be well marked. Safety briefing Friday June 7, 2024, 5 pm. It is recorded so please listen to the 10-minute clip for important safety issues and warnings such as wet surfaces and turns on to major SR 202 and to study map before taking on the Duthie Hill Beast (uphill)! It is an exciting course and frequented by many Seattle Triathletes, runners, and duathlon athletes.



Congratulations to all that beat the Bear, the Santa Bear!
Happy Holidays from Sammamish Running!