

We thank Spokane County Search and Rescue Jet skiers!

**CONGRATULATIONS
TO ALL MEDICAL
LAKE TRIATHLON
FINISHERS!**



Medical Lake Safety Briefing

May 27, 2026, 7 pm

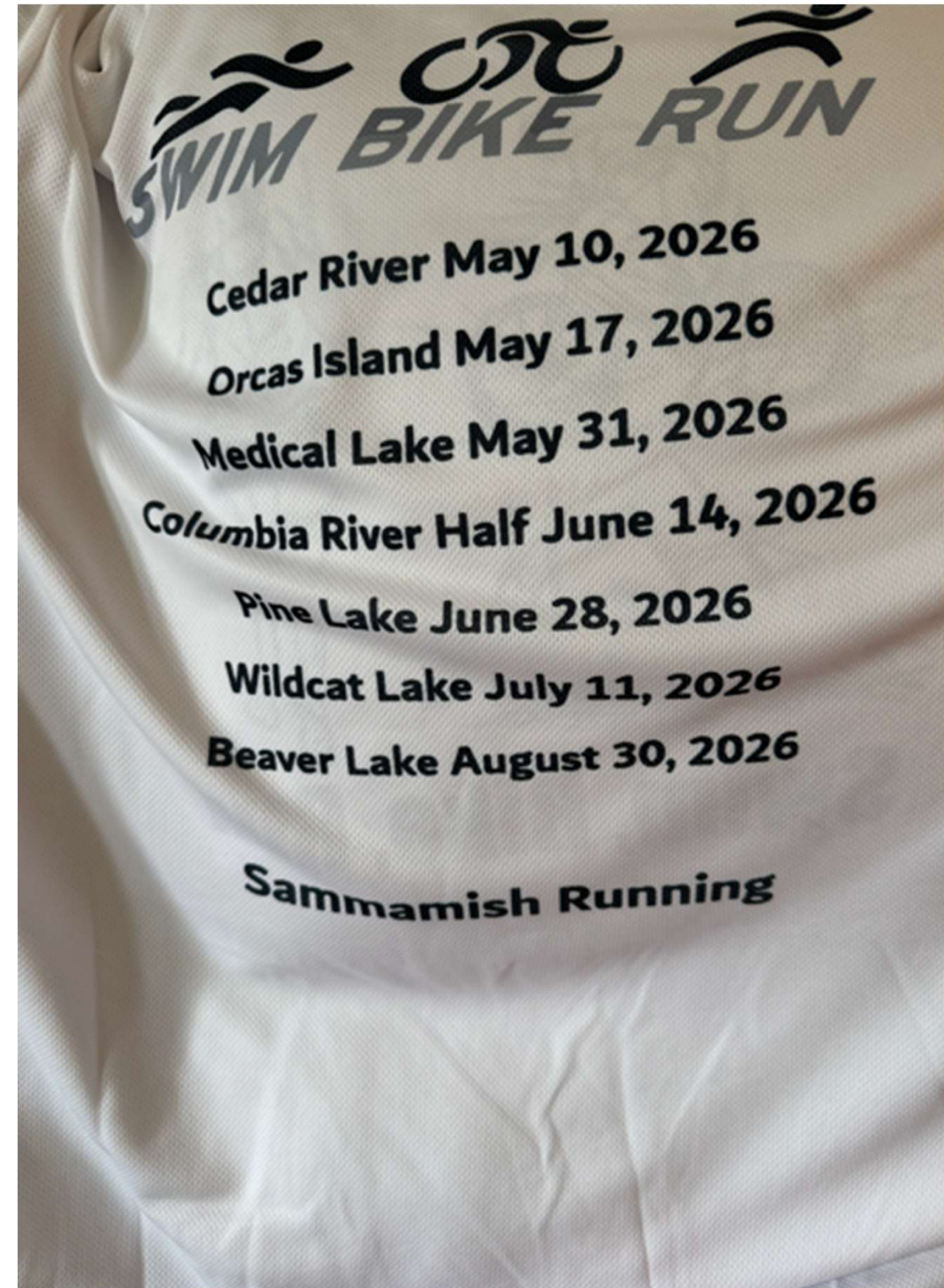


May 31, 2026

Medical Lake Triathlon

📍 Medical Lake

11315 Lake Shore Lake Tyler Rd Medical Lake, WA 99022



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.

📍 Medical Lake, WA · [Choose area](#) ⋮



73 °F | °C

Precipitation: 0%
Humidity: 58%
Wind: 3 mph

Weather
Wednesday 6:00 PM
Sunny

Temperature | Precipitation | Wind



7 PM

10 PM

1 AM

4 AM

7 AM

10 AM

1 PM

4 PM

Wed



73° 53°

Thu



86° 56°

Fri



71° 47°

Sat



64° 46°

Sun



70° 47°

Mon



73° 49°

Tue



77° 52°

Wed



72° 47°



[Google Weather](#) • [Feedback](#)

Medical Lake Waterfront Park



Share



WA-902

Cheney, Washington



Google Street View

Jun 2023 See more dates



*Out and Back
on the Bike*



Google



Transition Area

Swim Start

1/4 mi S
1/2 mi S

Playground

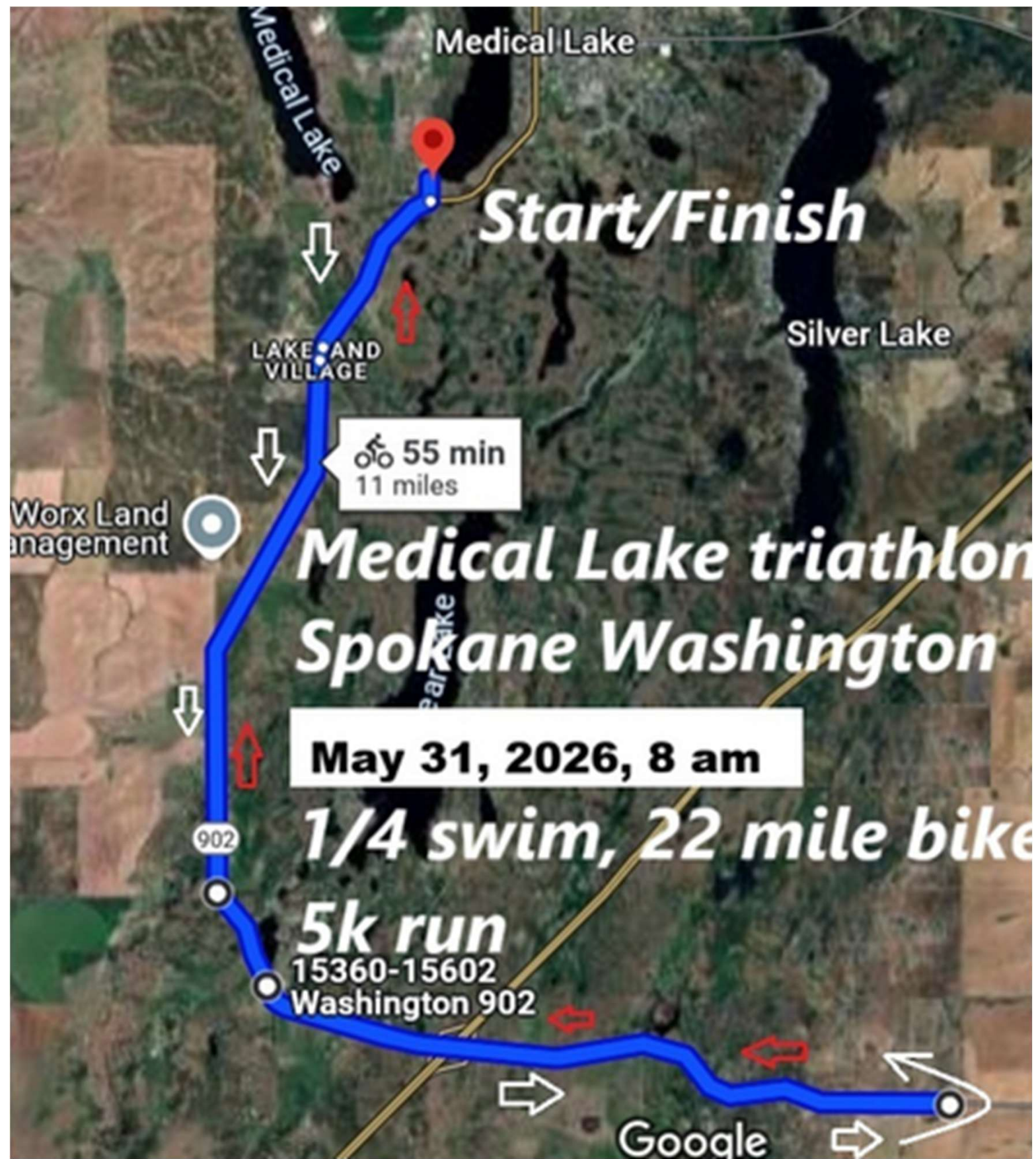
Google

Bike Racks

We thank Spokane County Search and Rescue Jet skiers!

JOIN US FOR THE MOSES LAKE TRIATHLON - AUGUST 10, 2025, 8 AM









Medical Lake Triathlon

¼ mile Swim, 11-mile Bike, 5k Run (1/2S, 22B, 10kR)

May 31, 2026, 8 am



Winners of the 2024 Medical Lake Triathlon Super and Sprint

Join us the last weekend in May for a ¼ mile swim, 11-mile bike, and 5k Run around Medical Lake. The ¼ -swim in fresh water Medical Lake and the bike out and back along the medical lake drive/Tyler Road SR-902 and a 5k around the lake. Sprint does the run loop twice. Mark your calendar today to be part of this historical event.

Start off your triathlon season with a gem in Eastern Washington. This event starts out with a ¼ mile swim in beautiful Medical Lake followed by a scenic 11-mile bike and topping it off with a 5k run around Medical Lake. Mark your calendars today to join us in Medical Lake Washington!

Register at: SammamishRunning.com/tri



MEDICAL LAKE TRIATHLON
1/4S 11B 5KR
MAY 31, 2026



About this event

Join us the last weekend in May – Sunny skies and cool temps make for a perfect Sprint and Super Sprint Triathlon – one of the finest in the early season of 2026. Start off with a cool 1/4 mile or 1/2 swim in beautiful Medical Lake with certified lifeguards and search and rescue personnel on jet skis in the water. Transition into a cool 11 mile or 22-mile countryside fast and flat road bike on SR902. Gorgeous scenery awaits your trek. Final transition to a mostly flat asphalt trek for a race around Medical Lake – approximately 5k around 10k will do twice. Starbucks gift cards to the winners. This is a USAT Sanctioned event. All participants must be a member (1 day membership is available). God Speed!

Event details and schedule



Event reminder



May 31, 2026

Sunday

[Add to calendar](#)



Medical Lake

11315 Lake Shore Lake Tyler Rd
Medical Lake, WA 99022

[View Map](#)

Event details and schedule

Plenty of parking at the Medical Lake Park. Race starts promptly at 8 am in knee deep water. You will receive 6 scores Swim, Bike, Run, T1, T2 and final. USAT ranked event. All bike handles must be plugged. Relay'ers will pass off the swim ankle bracelet in the transition to the cyclist and cyclist will hand off to the runner relay'er. We have festive music at the start/finish/transition area. Apples, Bananas and oranges at the finish. Also as requested by our athletes steak and veggie sandwiches at the finish. Forged medal Medical Lake Triathlon to all finishers and custom designed T-Shirt for all entrants. Kids sprint will be 100 m swim followed by a 1.5 mile run (ages 7-15). Kid's Splash n Dash starts ~8:30 am.

Mandatory (Zoom call/recorded) Safety Briefing on May 27, 2026, 7 pm PDT. Race packet pick up will be Saturday May 30, 2026, 4 pm or race day starting at 7 am at the race site. We will also send out a pre-race instructions on May 26, 2026.

Thank you for registering for this weekend's Medical Lake Triathlon. The triathlon starts promptly at 8 am on May 31, 2026, at the Medical Lake Beach front in knee deep water. We will have certified lifeguards in kayaks and fire department jet ski patrols for your safety. If you are having trouble, please raise your hand if you can. You will receive 6 scores: Swim, Bike, Run, Transition 1 and transition 2 times. Relays will use the swimmer's ankle with exchange inside the transition area. All cyclists and runners must wear bib on front torso for photo finish and timing. All athletes must wear anklet on either right or left ankle for the whole event. Wetsuits are allowed. The water temperature is 65-70F. Weather on race day Cloudy 47-70F. Cyclists must wear helmet when on the bike and rack bike and dismount at elevated signs. Elevated mile markers on the course. SWIM BIKE RUN Transition. All registrants will receive a long sleeve mesh dry release event [T-Shirt](#). All finishers will receive a forged [medallion](#). 911 in case of emergency and race director in case of a sprained ankle or flat tire. Water, Gatorade, first aid, and Gu on the course every 3 miles. Goggles and wetsuits are allowed. No drafting. We follow USAT Rules. All registrants must be a member. One day membership is available [BRONZE](#) and must sign the USAT [waiver](#). Apples, bananas, oranges await you at the finish. Only registered athletes will be allowed in the transition area. Pasta Bash Saturday 4 - 5 pm at the race start. All Swimmers must wear swim cap, place stickers on your helmet and bike. No flippers allowed or headphones. No selfies. There is plenty of parking at the race site. Invite your triathlete friends! [REGISTER](#)

***** Access Codes Below *****

Topic: **Safety Briefing Medical Lake Triathlon**

Time: May 27, 2026 07:00 PM Pacific Time (US and Canada)



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](#)

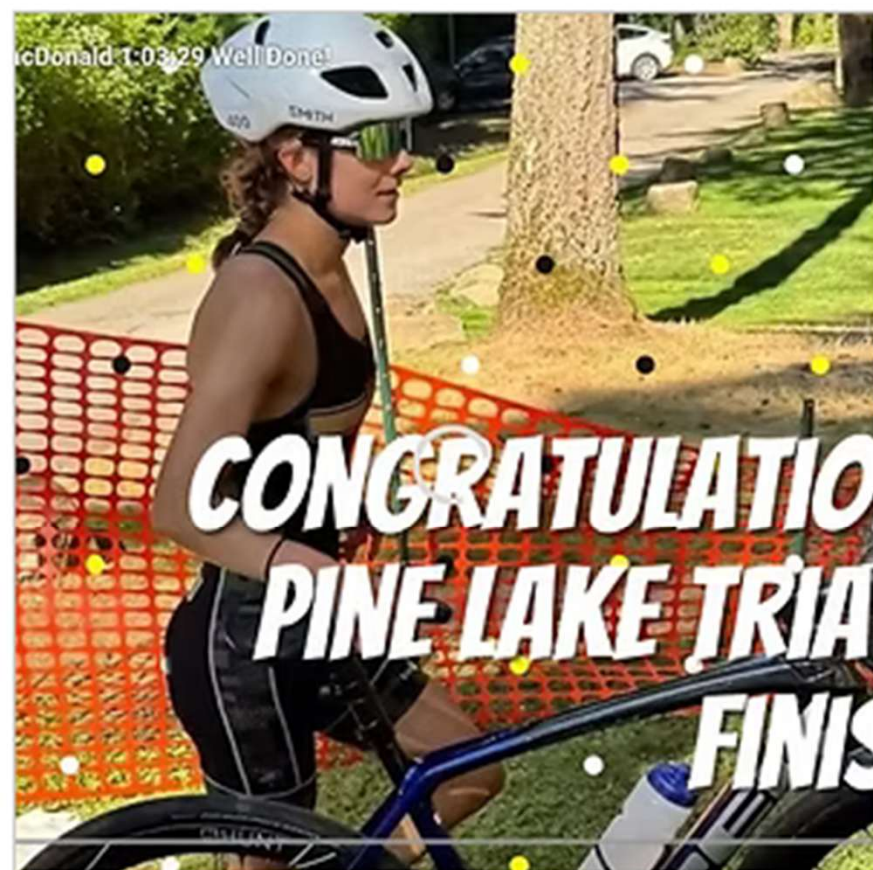
[T-Shirt](#)

[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



Thank you

SammamishRunning.com

708.668.5488

Mike Brisbois, Race Director

mic@beaverlaketriathlon.com