

The Beaver Mile Swim

and Run 4.3mi

1 Mile Swim 4.3 Mile Run

USAT Duathlon Sanctioned



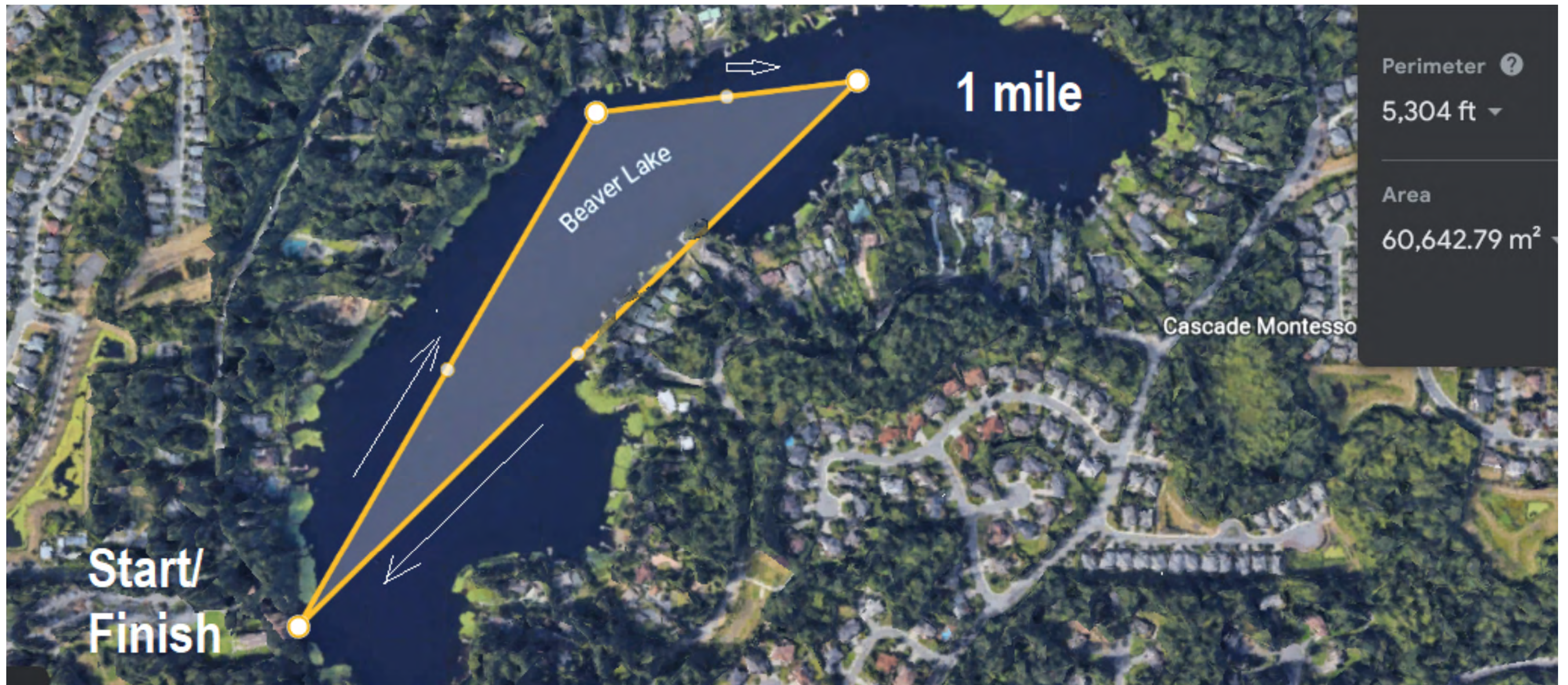
Sunday July 31, 2022 at 8 am



Beaver Lake Park Sammamish Washington

25201 SE 24th Street Sammamish, WA 98075

Beaver Mile Swim



4.3-mile Run



Transition Area and Parking



USAT Beaver Lake Mile and 4.3-mile Run

- Temperatures are expected to be 85 degrees F on Sunday. The water temperature at Beaver Lake will be 84 degrees
- Winner of the USAT Beaver Mile swim/ 4.3-mile run Receives a \$50 gift to Redmond Bar & Grill
- Winner \$50 gift card to Starbucks
- Fill out USAT and sign waiver if not a member
- We will have Water Station at each Mile
- We will have lifeguards on kayaks in the water. Raise hand if you get in trouble
- Go through the two cones/two sensors to record time
- Wear Bib on front of torso
- Body marked for swim
- Transition Area
- Bib/Chip pick up and pasta dinner 4-5 pm Saturday July 29 at site.

USAT Rules

Outside Assistance:

- No assistance other than that offered by race staff (including volunteers), medical officials and active participants may be used. Triathlons and duathlons are individual tests of fitness.

Course:

- All competitors are required to follow the prescribed course, complete the course in its entirety, and to stay within all coned lanes. Cutting the course is an obvious violation and going outside the course is a safety issue.

USAT Rules

Headphones:

- Headphones, headset, radio, or a personal audio device may not be carried or worn during competition.

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 a clear identification. **DO NOT transfer your number to any other athlete or take a number from an athlete that is not competing.**

USAT Rules

Wetsuits:

- Each age group participant shall be permitted to wear a wet suit in any event sanctioned by USA Triathlon, governed by the following table:

Age Group Athletes (all swim lengths):

Below 60.8° F	60.9°F-78°F	78.1°F-83.9°F	84°F or Above
Mandatory*	Permitted	Permitted	Forbidden
Participatory only ineligible for awards/rankings			

*when wet suits are mandatory, the wet suit must cover at least the torso and back

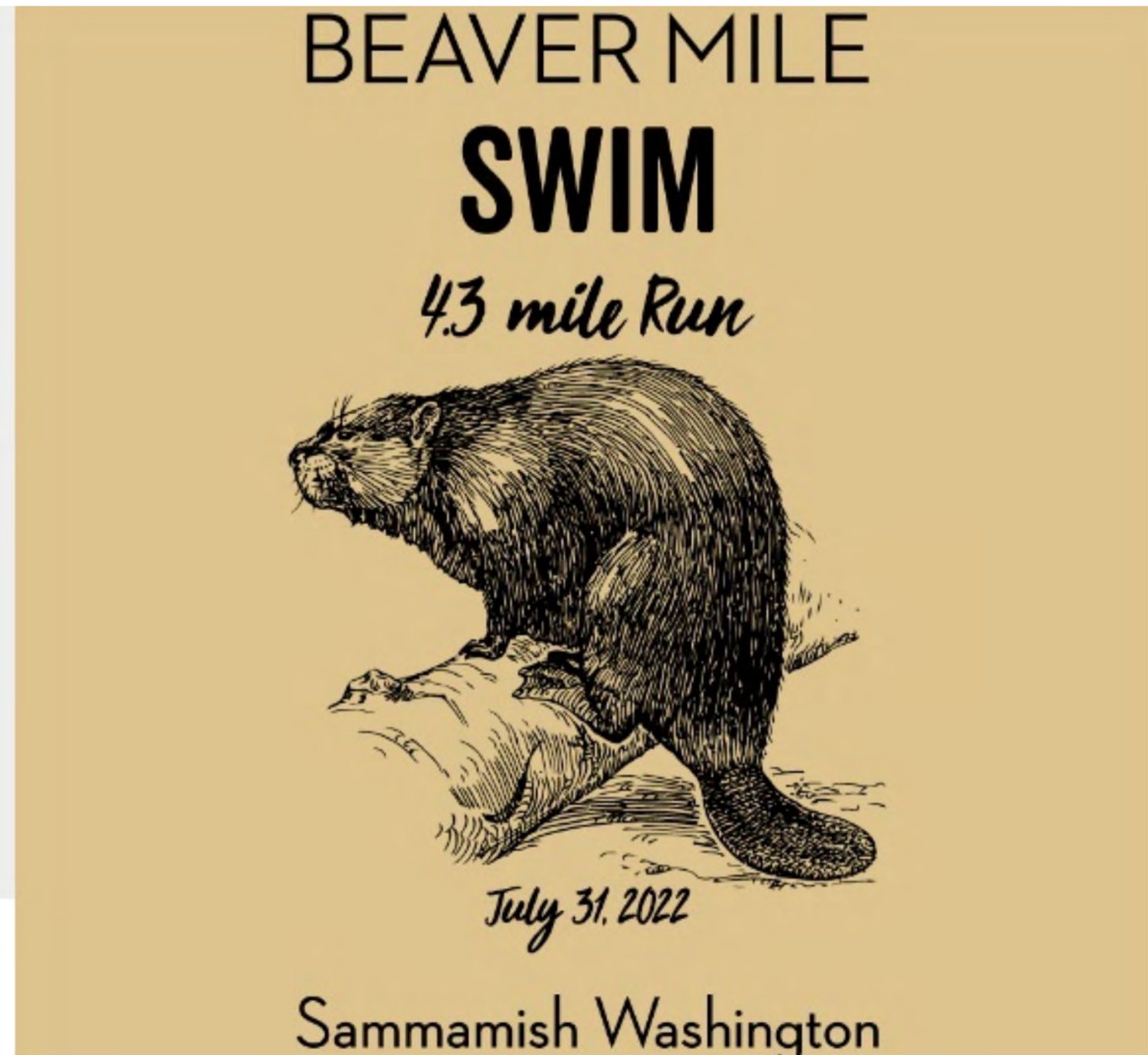
Penalty: Disqualification

USAT Rules

Abandonment:

- No participant shall dispose of trash or discard any equipment or personal gear on or around the racecourse, except at clearly identified disposal points, such as aid stations.

T-Shirt





Beaver Replica – 1st one out of the water



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USAT Beaver Mile Swim 4.3 mi Run

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Redmond Bar & Grill

Thank you – Questions, Comments, Concerns?

Beaver Lake Park Sammamish Washington

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Join us for a mile swim in beautiful Beaver Lake with a 4.3 mile run around the neighborhood streets in this USAT Sanctioned Duathlon.

More information and to register at BeaverLakeTriathlon.com

Mic Brisbois Race Director | (708)668-5488 | mic@BeaverLakeTriathlon.com