

Beaver Lake Triathlon

July 2022

Thanks to all those who took part this weekend in the USAT Pine Lake Aquathon. Our winner was Adam Callahan from Sammamish Washington with a time of 40:51. Our first female Anna Callahan finished in 48:34. Congratulations to all! Both received \$50 gift cards from JEMCO. It was a nearly perfect day for the event with temperate water conditions and dry fast racing course for the run.



Winner of the USAT Pine Lake Aquathon Adam Callahan and Race Director Mic Brisbois

Up next is the Beaver Lake Mile (swim) and 4.3-mile run. Join us on July 31, 2022, 8 am for the Beaver Lake Mile Swim. The event will start out at the Beaver Lake Pavilion and Swim in a triangle pattern. First one out of the water receives a Beaver Replica and bragging rights. What a great day to come out meet other triathletes as we prepare for the Beaver Lake Triathlon on August 28, 2022. Registrations are filling up fast. Sign up today at Register BLT BeaverLakeTriathlon.com

Top 3 Females for the USTA Aquathon

1. Anna Callahan 48:34
2. Rian Goodwin 59:03
3. Heather Delong 1:02:27

BeaverLakeTriathlon.com



#195 Heather Delong finishing the USAT Aquathon

Top 3 Males for the USAT Aquathon

1. Adam Callahan 40:51
2. Ryley Clough 44:49
3. Panos Trochalakis 45:38

Don't miss our Beaver Lake Safety Briefing when we host Greg Billington Rio' 2016 Olympic Triathlete and Brad Schneider USA Gold Medalist Triathlete Olympic Games Tokyo. Find out techniques on how to be safe and improve your overall time.

We thank Motivational Fitness and Nutrition Coach Jenn Marker. She donated a certificate for a free month of nutrition coaching. (\$300 value) Jennmfnutrition.com

Some tips on speeding up your transition times. Have all your supplies ready to go. Invest in some pull string type of laces. Take the water on the run with you. Use Pam spray inside your wet suit so it will slide off when you are in the transition area. Practice changing. Set a time for your transition. Do it right the first time. Do a good job tying your laces if you are doing the run. Make sure your handlebars have stoppers and you are wearing ANSI approved helmets. If you do fall learn how to fall.

SammamishRunning.com



Beaver Lake Park Sammamish Washington

Join us for the Metaverse 10k on July 17, 2022, 1 pm at the University of Washington Bothell campus. The 10k is out and back on the Sammamish River Trail. \$100 for the top Male and Female Runners. Sign up today at SammamishRunning.com



Certified Lifeguards at USAT Pine Lake Aquathon

Join us for the Fastest of the Fastest on September 17, 2022, at 9 am. Winner take all \$200 cash prize.

Nutrition Coach. Join us for a live session on nutrition. Find out what you should be eating and drinking for peak performance as you prepare for the Summer Triathlon Season. Are you in? Send us a text or email and we will provide you with the access codes. mic@beaverLakeTriathlon.com

Tips for hot weather:

1. Sponge yourself with cold water
2. When you finish a race drink warm water. It is absorbed into the system faster
3. Don't skip an aid station. Eat when you are not hungry and drink when you are not thirsty
4. Running Shoes – How important are they? We had the Seattle Barefoot marathoner run in one of our races. We thank Mark our Sponsor at Plateau Running.com
5. If you see stars or feel faint immediately go to a sitting or laying position because if you pass out, you don't want to hit your head.



Start of the USAT Pine Lake Aquathon

Beaver Lake Triathlon – August 28, 2022, 8 am
Swim ¼ mile, Bike 13.1 mile, Run 4.3 miles