

# Ocean Shores Triathlon

## **Sprint and Super Sprint**

$\frac{1}{4}$  Swim, 8 mi Bike, 2.85 mi Run

$\frac{1}{2}$  Swim, 16 mi Bike, 5.7mi Run

**Sunday August 13, 2023, 8 am**

Ocean Shores Washington

Starts at: North Bay Park,

Albatross Street NE, Ocean Shores, Washington







**Transition Area - Swim/Bike/Run**

## Swim in beautiful Duck Lake



Results for **Ocean Shores, WA** · [Choose area](#) ⋮



68

°F | °C

Precipitation: 2%

Humidity: 74%

Wind: 13 mph

## Weather

Friday 6:00 PM

Mostly sunny

Temperature

Precipitation

Wind



7 PM

10 PM

1 AM

4 AM

7 AM

10 AM

1 PM

4 PM

Fri



Sat



Sun



Mon



Tue



Wed



Thu



Fri



70° 58°

75° 60°

75° 60°

71° 61°

69° 60°

72° 59°

67° 58°





## Swim in beautiful Duck Lake



Swim  $\frac{1}{4}$  mile or  $\frac{1}{2}$  mile





## Transition Area - Swim/Bike/Run



**Bike 8-mile**



**Run 5k**

Join us for the USAT Ocean Shores Triathlon. Super Sprint 1/4 mile swim in fresh water Duck Lake, 8 mile bike and 5k run through the neighboring residential roads. See Ocean Shores deer on the course, smell the salt air and see seagulls flying above during your competitive bike leg of this midsummer classic. Come out and ride with your competitive triathlete friends and rack your bike and set foot out through residential neighborhoods for a fast finish. Hot Chili and tortilla chips awaits your victorious finish! All finishers receive an Ocean Shores Triathlon medallion. All registered participants receive custom designed Ocean Shores USAT Triathlon T-Shirt, hand towel, Cliff Bar and gel pack. Top Male and Female receive \$50 gift card to Sharkey's.

Super Sprint Triathlon: 1/4 mile Swim, 8 mile Bike, 5k Run

Sprint Triathlon: 1/2 mile Swim, 16 mile bike, 10k Run

Super Sprint Duathlon: 8 mile Bike, 5k Run

Sprint Duathlon: 16 mile, Bike (2 loops), 10k Run (2 loops)

#### **When**

August 13, 2023

Sunday

[Add to calendar](#)

#### **Location**

North Bay Park

Albatross Street NE Ocean Shores, WA  
98569

[View Map](#)

#### **Web**

[Visit organizer website](#) 





**OCEAN SHORES  
2023**

Pine Lake Aquathon  
Beaver Mile Swim



**USA  
TRIATHLON**







# Safety Requirements per the USAT Rules

- Wetsuits are permitted – water temperature is 68-72° F
- Water is swimmable – check the Grant County (Grays County) Water sampling site
- The swim goes clockwise around two RED buoys
- There will be lifeguards on kayaks and Paddle boards if you need support.
  - If possible raise your hand if you get in trouble. We will count the number of swimmers in and out
- Must wear swim cap
- No littering on the course
- There will be an aid station at the transition area and mile 2 of the run

# Safety regulations

- We have notified the police and fire rescue of our event
- The Fire station is less than a mile away – Emergency call 911
- Race Director can be contacted at **708-668-5488 Mike Brisbois**
- The course will be well marked Signs and flour in the road – The run is 3.1 miles. 5k loop
- We will have first and CPR on the course – First Aid kits are available at the Aid station at the transition area and mile two of the run
- Be caution of cars backing out of driveways
- There will be Red Cones on the run course where you need to pay attention – use caution



# Safety Rules and Regulations

- No ear buds allowed
- No glass containers are allowed
- No outside help/aid is permitted (You may not accepted drinks/towels from spouses/friends)
- Race Bib must be on Front Torso
- Right arm shall have your Bib Number
- Left leg will have your Age
- No pushing or cursing other athletes
- Bikes: No Drafting – Must have handle bars plugged
- **Rack your bike first before removing your helmet**

### Swimming Rules

1. Proper swimwear must be worn. DQ
2. No flotation devices of any kind may be used during the swim. DQ
3. No artificial propulsive devices such as fins, paddles, or gloves may be used. DQ
4. Swimmers must be able to complete the entire course using any stroke. Swimmers may not make forward progress by pulling on lane ropes, swim gutters or any other inanimate object. T
5. Goggles or face masks may be worn but are not required.
6. If provided by the event, swimmers must wear the assigned swim cap throughout the swim. T
7. Participants must follow instructions given by lifeguards and officials including prohibitions against running on the pool deck or diving in restricted areas. T or DQ at official's discretion



# Questions, Comments, Concerns?

- Mike Brisbois, Race Director  
SammamishRunning.com
- [mic@beaverLakeTriathlon.com](mailto:mic@beaverLakeTriathlon.com)
- 708.668-5488

