



*Pine Lake Aquathon
Safety Briefing
June 23, 2023, 5 pm PDT*



Pine Lake Swim and Run

½ mile Swim and 6k Run

USAT Aquathon

June 25, 2023, 8 am

Pine Lake Park Sammamish Washington

2401 228th Avenue SE Sammamish WA 98075

More information and to register at SammamishRunning.com

Safety Requirements per the USAT Rules

- Wetsuits are permitted – water temperature is 68-72° F
- Water is swimmable – check the King County Water sampling site
- The swim goes counterclockwise around two buoys
- There will be lifeguards on kayaks 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
- The course will be well marked Signs and flour in the road – The run is 3.72 miles (6k).
- 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 plugs 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
- The Run course goes clockwise around the lake – You will not cross any intersections – The last turn onto 228th (Signal Light). We ask that you stay on the sidewalk until you get to the Park. 228th is a Heavily traveled road.

Swimming Rules

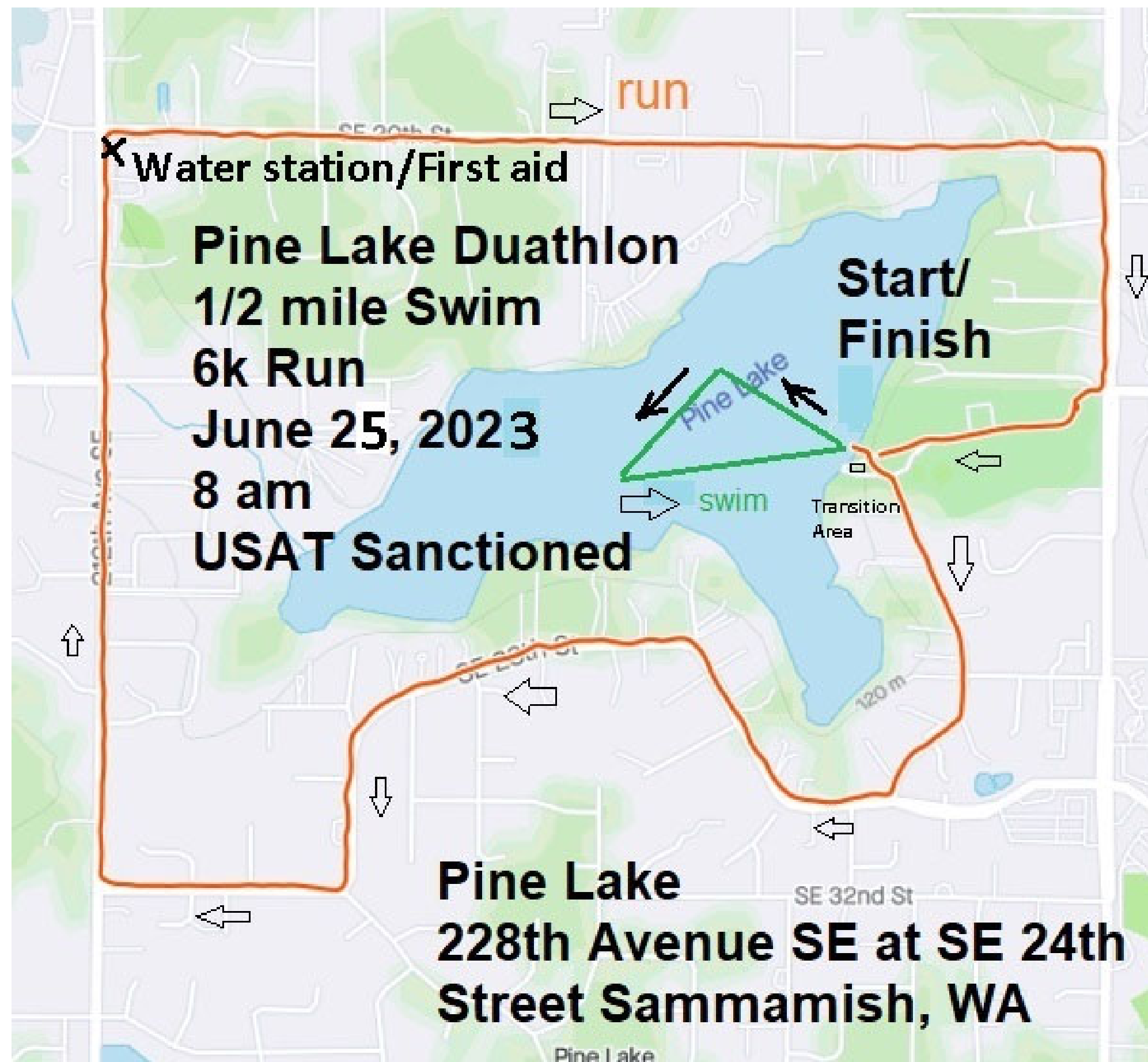
1. Proper swimwear must be worn. DQ
2. No flotation devices of any kind may be used during the swim. DQ
3. No artificial propulsive devices such as fins, paddles, or gloves may be used. DQ
4. Swimmers must be able to complete the entire course using any stroke. Swimmers may not make forward progress 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

Running Conduct

1. Participants shall run or walk the entire course. DQ
2. Participants shall wear shoes at all times while on the run course. T

General Race Rules

1. Unsportsmanlike conduct on the part of participants or their parents and supporters will not be allowed. Participants must treat others with courtesy and respect. No rude, abusive, or discourteous language or behavior will be tolerated. T or DQ at official's discretion
2. Participants must complete the prescribed course in its entirety. DQ
3. No personal audio devices or headsets may be used or carried during any portion of the event. T
4. No unauthorized assistance of any kind is allowed. Parents or other non-participants may not run or ride a bicycle with a participant nor may they provide participants any food, fluid, or equipment aid during competition. T
5. Race numbers must be displayed at all times. Swimmers must be clearly body-marked, cyclists must display their bike numbers, and runners must wear their bib numbers. T



**PINE LAKE
AQUATHLON**

1 1/2 MILE SWIM 6K RUN

JUNE 25, 2023



Swim



Run

SAMMAMISH WASHINGTON

BEAVER LAKE TRIATHLON



OCEAN SHORES TRIATHLON

CEDAR RIVER TRIATHLON

ZEROAVIA.COM

CASCADIA ENERGY TECHNOLOGIES, LLC

YOUTH EASTSIDE SERVICES

CROSSPATH COUNSELING AND CONSULTATION

LUDEMAN PHOTOGRAPHIC

GL ARCHITECTURAL ENGINEERING

SCHNEIDER ELECTRIC

JEMCO COMPONENTS & FABRICATION

NORTHWEST TRAIL RUNS

ASPIRE ADVENTURE RUNNING

SAMMAMISHRUNNING.COM



Pine Lake Aquathlon USAT

Parking will be at the Pine Lake Park. The 1/2 mile swim will go counter clockwise around the orange buoys. The 6k (3.72 miles) run will go clockwise around the Lake. The course is well marked with street markings and signs. Please review the course map for accuracy before the event. The race is chip timed and every 5 year intervals for age group awards. The rankings will be posted at the USAT site. Wet suits are optional when water temps are less than 85 F degrees. Bring a picture ID to pick up your bib and chip packet prior to the race on the 24th from 4-5 pm day before the race at the race site. After the race please return your blue ankle chips in the orange bucket. Thanks. We hope you have a fantastic, PR and safe event!

About this event

Join us for one of the first aquathons of the summer season with a 1/2 mile lake swim and a brisk 6k run through the quaint residential neighborhoods of Sammamish Pine Lake. All registered participants receive a custom designed USAT Pine Lake Aquathon T-Shirt, swim cap and coaster. All finishers receive an authentic Pine Lake Aquathlon medal. Packet Pickup and course preview 4 pm the day before the race. We will have pizza and snacks for you and your family and friends. Friday before the race we will have the pre-race safety briefing at 5 pm Live Stream. We will have life guards in the water for your safety. The event is sanctioned by the USAT (USA Triathlon). Invite your friends!

When

June 25, 2023

Sunday

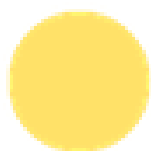
Location

Pine Lake

2401 228th Avenue SE Sammamish, WA
98075

Results for **Issaquah, WA 98075**

 [Use precise location](#)



75

°F | °C

Precipitation: 10%
Humidity: 57%
Wind: 7 mph

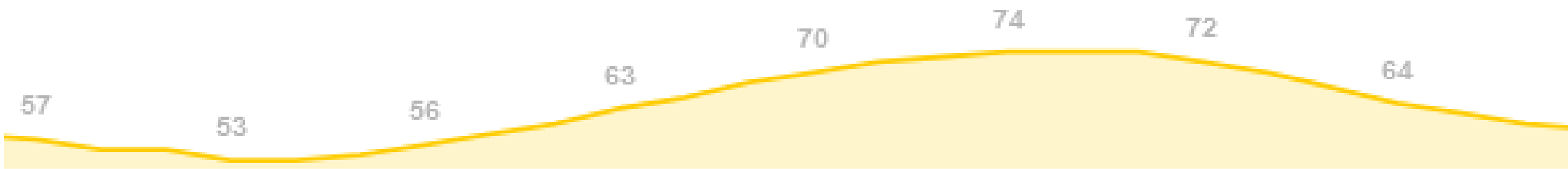
Weather

Sunday
Sunny

Temperature

Precipitation

Wind



2 AM

5 AM

8 AM

11 AM

2 PM

5 PM

8 PM

11 PM

Thu

Fri

Sat

Sun

Mon

Tue

Wed

Thu



76° 52°

80° 53°

73° 52°

75° 54°

78° 55°

79° 56°

76° 56°

75° 57°

Ryan: What a great weekend we have planned for you! Weather for the event on Sunday will be sunny 75 degree for the ½ mile swim in Pine Lake and 6k run around the Lake for a spectacular finish! Tomorrow Friday June 23, 2023, 5 pm PDT we will have our safety briefing - Live Stream from Sammamish Washington (Access codes below). Presentation will be recorded 15 min. Saturday June 24, 2023, 4 pm we will have race packet pickup at the Pine Lake Park starting line. Come out and take a dip in the Pine Lake and get a feel for the race conditions. In your race packet will be an authentic Pine Lake [T-shirt](#), ankle timing chip and [coaster](#). Please return the ankle chip after the race. We will have pizza and snacks from 4 pm to 5 pm on Saturday at the race site. Come out and meet your friendly competitors. First place male and female win a \$50 gift card. We will have random door prizes, ribbons every 5 year age groups 1st, 2nd and 3rd. The event is timed. You will receive a swim time, a swim run transition time, a run time and a Total Time. We will have certified CPR/First Aid on the course, two water stations on the run. There will be signs and chalk marks on Run course. Wet suits are permitted. Water temperature is between 68-72 degrees F. We will have life guards in kayaks with life rings. If you are cramping up please raise your hand and they will get to you as quickly as possible. Safety is our number one priority. We want everyone coming home safely with a personal best time. All finishers will receive a finisher [medal](#). Invite your friends to this great event! [REGISTER](#) [Flyer](#)

Course [Map](#)

Pine Lake Park
2401 228th Avenue SE
Sammamish WA 98075

Questions, Comments, Concerns?

- Mike Brisbois, Race Director
SammamishRunning.com
- mic@beaverLakeTriathlon.com
- 708.668-5488