



October 2023

Ocean Shores Triathlon

It was a great inaugural event at Oceans Shores North Bay Park. The day started off 55 degrees F and sunny with a slight breeze. We had several lifeguards assisting from the local rec center for the ¼ mile and ½ mile swim in freshwater Duck Lake. The boat ramp was a little slippery with moss. The water temperature was a perfect 72 degrees. At 8 am we had pre-race instructions and the horn start. Makayla Kyre was the first out of the swim 9:05 through the time gates at the corral. Cary Chaffee took first honors in the 16-mile bike, 10k Run Duathlon in a time of 1:30:01. First in the Super Spring Triathlon was Makayla Kyre with a time of 1:11:50 (1/4-mile swim, 8-mile bike, 5k Run). Winner of the Sprint Triathlon Stephen Kane in a time of 1:50:00 (1/2-mile swim, 16-mile bike, 10k run). We look forward to seeing you all again in 2024. Mark your calendar for the USAT Ocean Shores Triathlon on August 4, 2024. Register at

SammamishRunning.com Results and photos are posted on our webpage.



Winner of the Super Sprint Triathlon Makayla Kyre 273

Other upcoming events:

Santa Bear 10k and 6k Fun Run 1k kids Sixty Acre Park Redmond December 16, 2023, 9 am [Flyer](#) [Register](#)
Cedar River Triathlon USAT, May 12, 2024, 8 am Maple Valley Washington [Flyer](#) [Register](#)
Ocean Shores Triathlon USAT, August 4, 2024, 8 am Ocean Shores Washington [Flyer](#) [Register](#)
New Castle Beach Triathlon USAT, August 11, 2024, 8 am Bellevue Washington [Flyer](#) [Register](#)
Beaver Lake Triathlon USAT, August 25, 2024, 8am Sammamish Washington [Flyer](#) [Register](#)
Rattlesnake Lake Triathlon USAT, September 1, 2024, North Bend Washington [Flyer](#) [Register](#)



Friends of the Triathlon – Mom and Bambi at North Bay Park – USAT Ocean Shores Triathlon 2023

Sponsor this race – Support local Running. And Triathlons. Get your name on the back of the T-Shirt, monthly newsletter, announced at the beginning of the Race, and on the racing webpage. Are you in?

We would like to thank our sponsors:

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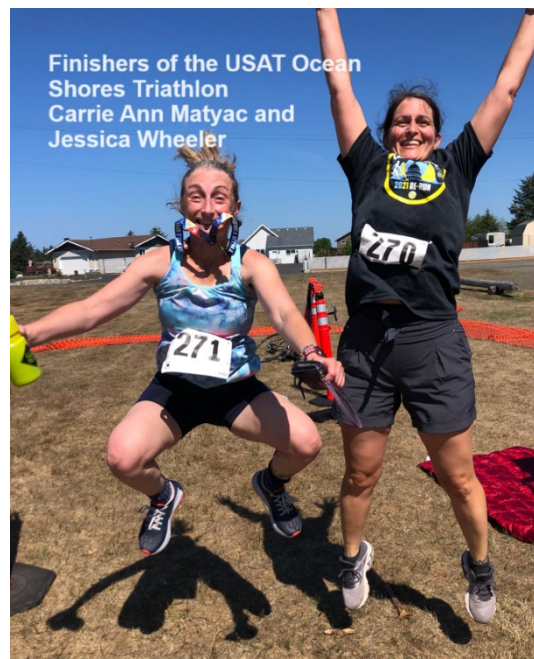
Lifeguards at Ocean Shores



USAT Finisher Medal Ocean Shores Triathlon



Winner Sprint Triathlon Stephen Kane



USAT Duathlon Winner Cary Chafee 276