

Beaver Lake Triathlon

August 2022

Great job for all those that finished the USAT Beaver Mile Swim and 4.3 mile Run at Beaver Lake Park Sammamish Washington on July 31, 2022, 8 am. Race conditions were temperate at the start of the race and most participants finished before the high temperatures came in. It was 60 degrees and sunny at the start. The swim course was out and back around two buoys in Beaver Lake. Congratulations to Colleen Wahlstrom the first out of the water and winner of the Beaver replica. She did the mile swim in 21:21. Our top runner award goes to Kenny Kasperbauer. He completed the 4.3 mile run in 30:12. The fastest transition time from swim to run was by Thomas Elliot. He only took 24 seconds to transition. Overall winner was Thomas Elliot with a time of 56:44. Top female was Colleen Wahlstrom in a time of 1:00:19. Both were treated to gift cards from the Redmond Bar and Grill and Starbucks. Once again, we thank and support our sponsors that make these events possible.

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**Winners of the USAT Beaver Lake Mile Swim 4.3R
Thomas Elliot and Colleen Wahlstrom**

Up next is the Beaver Lake Triathlon on August 28, 2022. The event consists of a ¼ mile swim, 13.1-mile bike and a 4.3-mile run. The event will start out at

the Beaver Lake Pavilion and swim a triangle pattern. First one out of the water receives a Beaver Replica and bragging rights. What a great day to come out and meet other triathletes. Registrations are filling up fast. Be the first out of the water, fastest runner and best time in the bike and win a beaver replica. Sign up today at: BeaverLakeTriathlon.com

Top 3 Females for the USAT Beaver Mile swim 4.3R:

1. Colleen Wahlstrom 1:00:09
2. Joanne McFarland 1:10:46
3. Jennifer Bainbridge 1:29:23



**Winner of the Beaver Replica – 1st out of the Water
Colleen Wahlstrom**

Top 3 Males for the USAT Beaver Mile Swim 4.3R

1. Thomas Elliott 56:44
2. Kenny Kasperbauer 57:12
3. Daniel Kavet 58:12



Don't miss our Beaver Lake Triathlon 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. What type of nutrition to eat on race day? How to improve your transition times.

Overall	Bib#	Chip#	Name	AG	Swim	Transition	Run	Swim	Transition	Run	Swim	Transition	Run	AG
1st	157	100343	Thomas Elliott	M40-49	24:20:00	24:44:00	56:44:00	24:20:00	0:24	32:00:00	2nd	1st	3rd	1st
2nd	147	100347	Kenny Kasperbauer	M20-29	25:51:00	27:00:00	57:12:00	25:51:00	1:09	30:12:00	4th	3rd	1st	1st
3rd	140	100309	Daniel Kavet	M60-69	25:00:00	26:18:00	58:12:00	25:00:00	1:18	31:54:00	3rd	5th	2nd	1st
4th	137	100353	Colleen Wahlstrom	F40-49	21:21:00	22:50:00	1:00:19	21:21	1:29	37:29:00	1st	6th	5th	1st
5th	146	1002F6	Scott Duffey	M30-39	29:11:00	30:20:00	1:04:08	29:11:00	1:09	33:48:00	6th	3rd	4th	1st
6th	138	100323	Alan Sharp	M50-59	27:42:00	29:33:00	1:10:04	27:42:00	1:51	40:31:00	5th	7th	7th	1st
7th	179	10034C	Joanne McFarland	F30-39	30:09:00	30:59:00	1:10:46	30:09:00	0:50	39:50:00	8th	2nd	6th	1st
8th	155	100346	Jingsong Feng	M50-59	28:27:00	30:28:00	1:18:08	28:27:00	2:01	48:08:00	7th	8th	10th	2nd
9th	171	1004B0	Jennifer Bainbridge	F40-49	41:57:00	45:28:00	1:29:23	41:57:00	3:31	43:55:00	9th	9th	8th	2nd
10th	198	10033E	Michael Gerdes	M50-59	41:45:00	45:29:00	1:29:24	41:45:00	3:46	43:55:00	10th	11th	8th	3rd
11th	139	1002F8	Rodrigo Caballero	M40-49	45:34:00	49:05:00	1:44:09	45:34:00	3:31	55:14:00	11th	9th	11th	2nd

Top Finishers for the Beaver Lake Mile Swim and 4.3 mile Run - July 31, 2022, Sammamish Washington



Certified Lifeguards at USAT Beaver Mile Swim 4.3R



Jennifer Bainbridge and Michael Gerdes Finishing

Join us for the 15k Blue Heron race on August 21, 2022, 10 am the race is along rural farm roads overlooking the Cascade Mountains. You will run past the Carnation Marsh where you may see a blue

heron. Top 3 Male and Females receive a \$50 gift card to the Blue Heron Bar and Grill.

Join us for the Fastest of the Fastest on September 17, 2022, at 9 am. Winner take all \$200 cash prize. Sign up today at Register: SammamishRunning.com

The Beaver Lake Triathlon starts at the Beaver Lake Pavilion with a ¼ mile swim. Swim Caps will be provided during race packet pickup and Pasta dinner on Saturday August 27, 2022, 4-5 pm at the race site. Our safety briefing will be online on Friday August 26, 2022, 5 pm. Bike handle plugs and ANSI approved helmets are required. No drafting allowed. The bike course is a 13.1-mile bike through King County, Fall City, and Sammamish. Stay inside the cones when making turns. Stay in the bike lanes and use caution when passing because the bike course is open to traffic. There is a steep downhill at Duthie Hill – use extreme caution. On SR 202 there is no bike lane at the bridge. Adhere to the flaggers, race volunteers and Police officer's instructions. The race is chip timed so you must wear ankle chip bracelet to score. When entering the corral stay to the right. When exiting the corral stay to the right. You will receive 5 scores. Swim, Swim/Bike Transition, Bike, Bike/run transition and run. You must pass through the two red cones to get scored. Professional photographer Ludeman will be on site to take your photo. Enjoy!



Beaver Lake Triathlon
Sammamish Washington