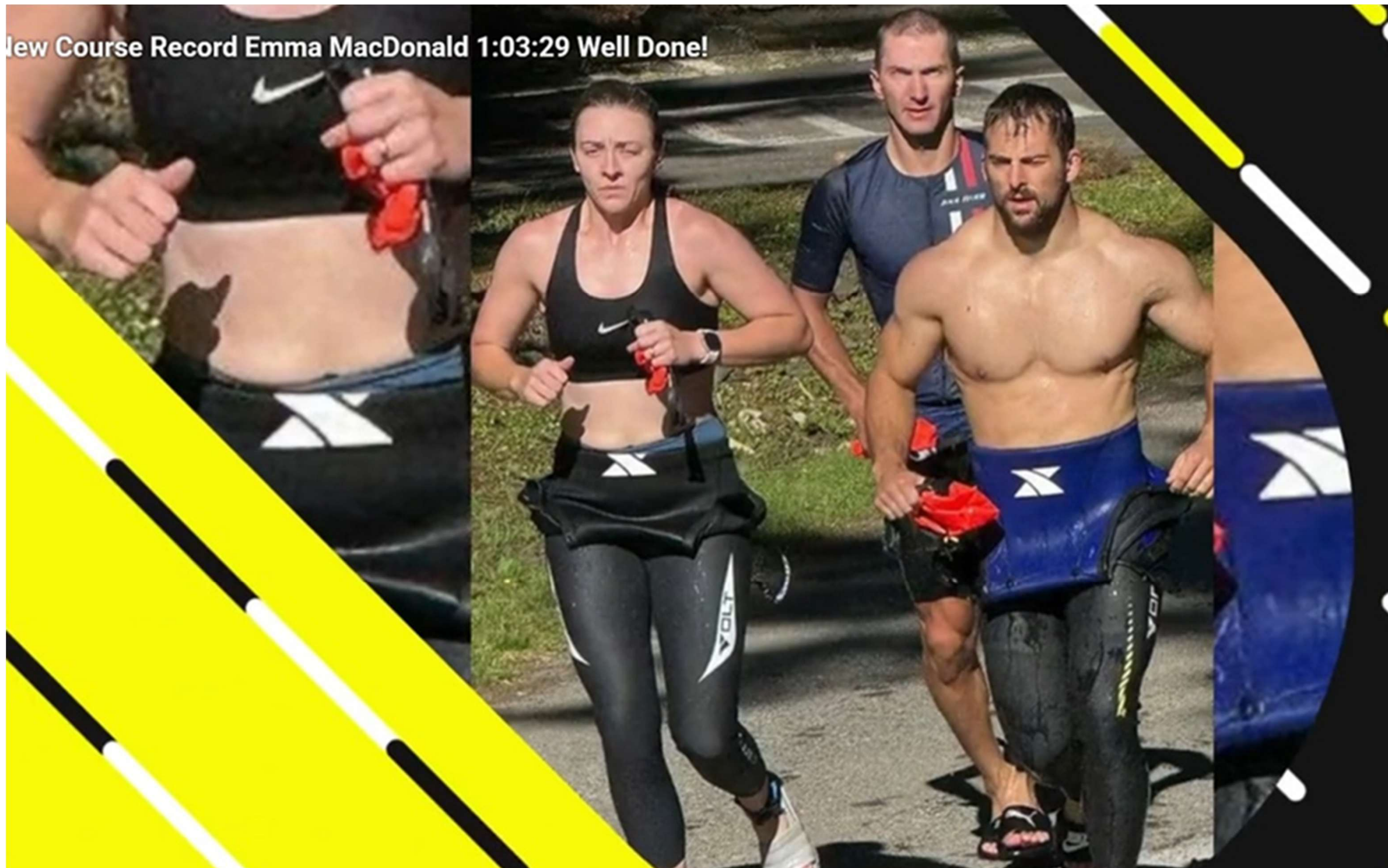


New Course Record Emma MacDonald 1:03:29 Well Done!



Newcastle Beach Safety Briefing

September 3, 2026, 7 pm



September 06, 2026

Newcastle Beach Triathlon

📍 Newcastle Beach Park

4400 Lake Washington Blvd SE Bellevue, WA 98006

Newcastle Beach Triathlon
September 6, 2026, 8 am
1/4 Swim Lake Washington, 13kB, 5R



Newcastle Beach USAT Triathlon

September 6, 2026, 8 am

Transition
Area

Event Parking

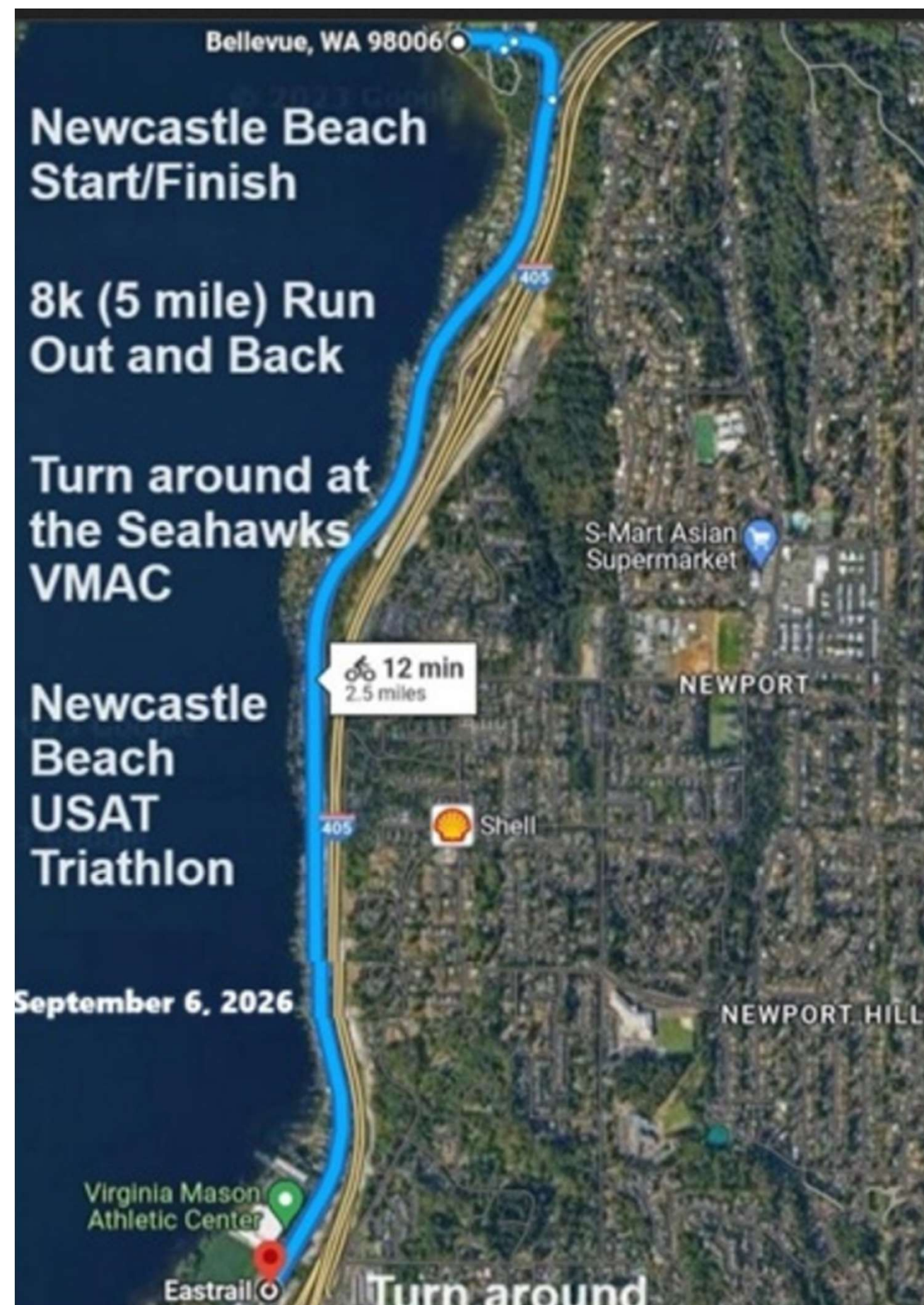
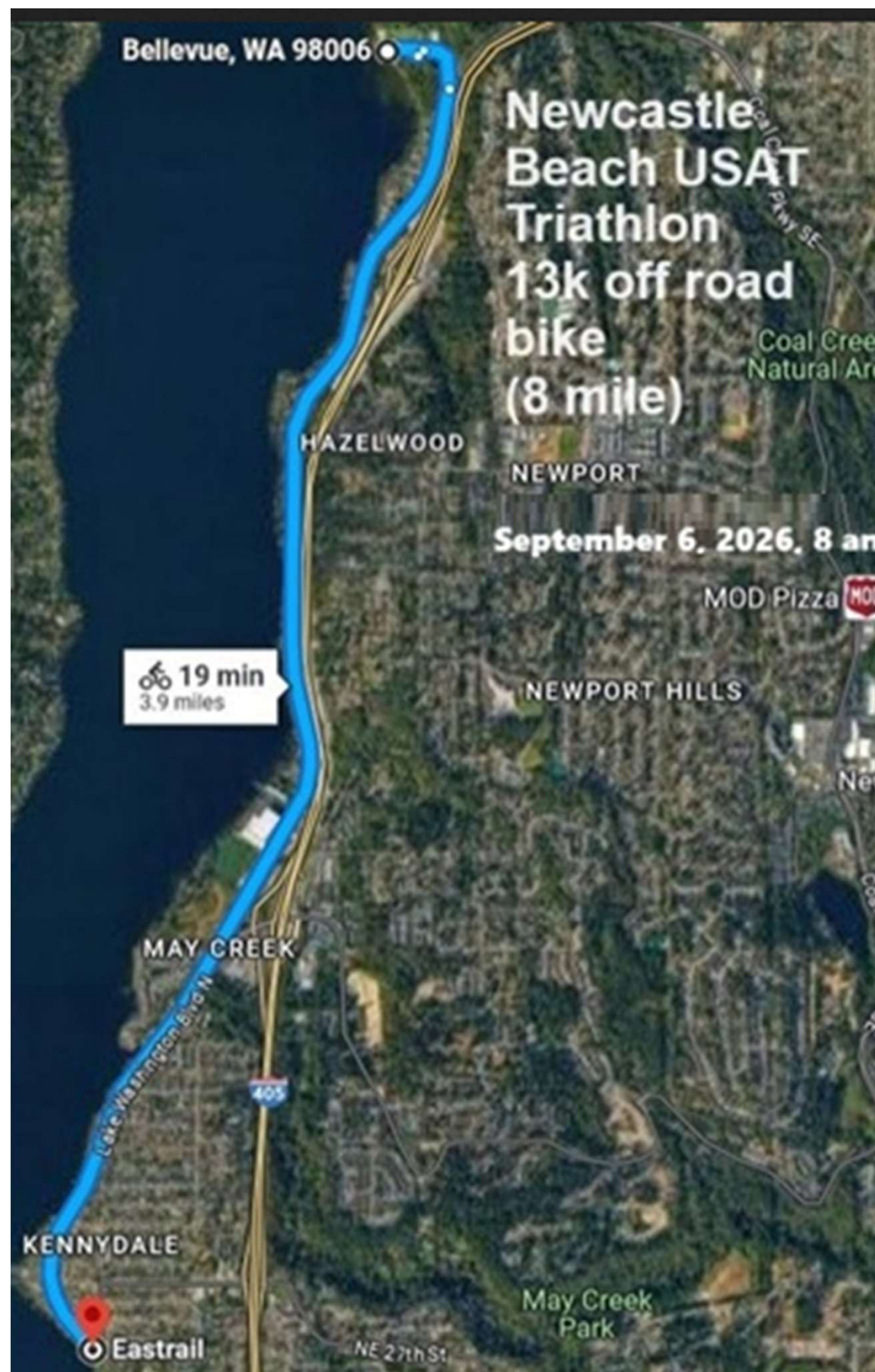
(5 mile)

Out and back
start/finish 8k Run

Start Finish 14k
Bike (8.7 miles) out
and back

1k swim
0.62 miles

SammamishRunning.com mic@beaverlaketriathlon.com Mike Brisbois





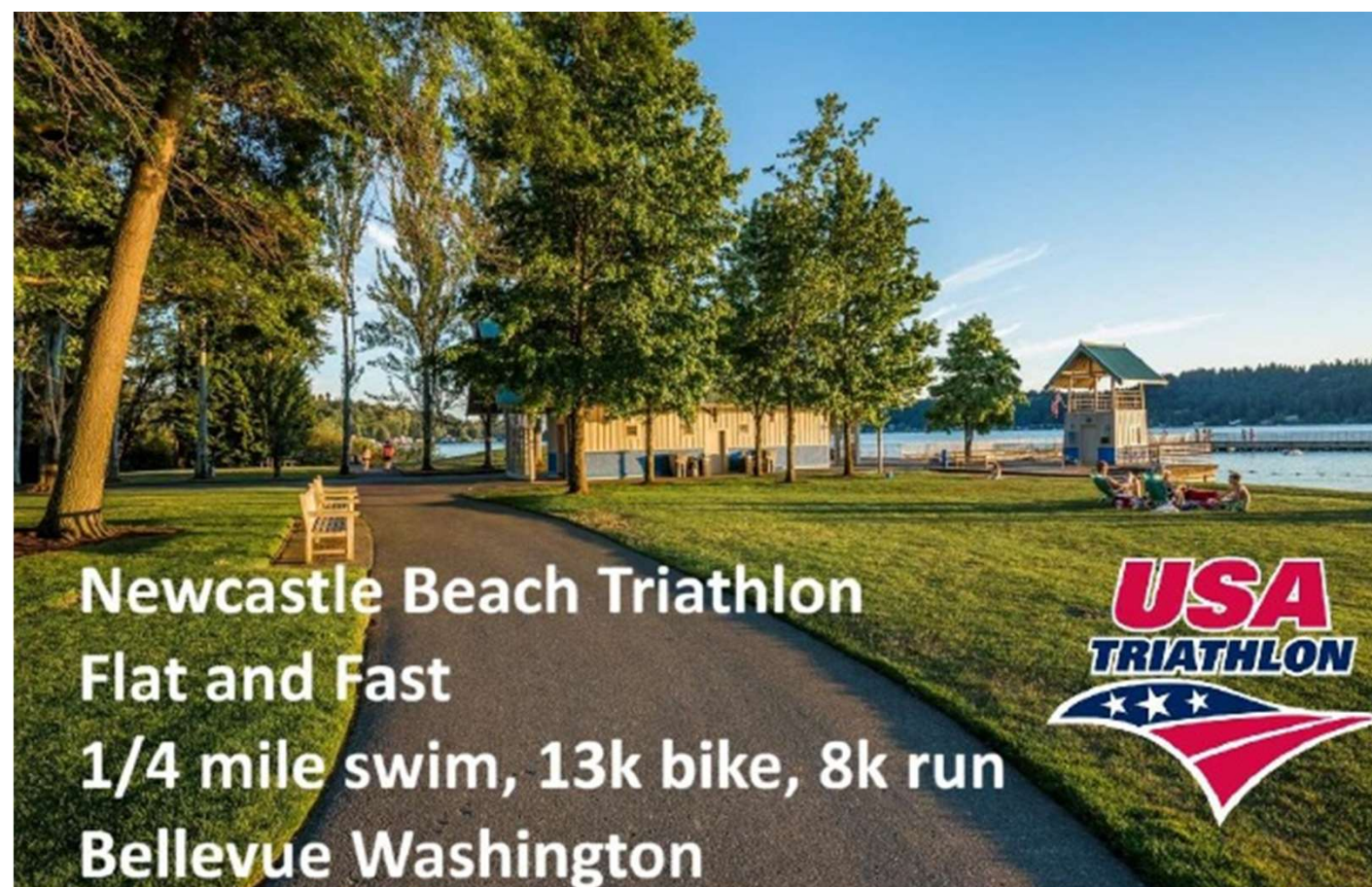
**NEWCASTLE TRIATHLON
WINNER
SEPTEMBER 6, 2026**



**FASTEST SWIMMER
NEWCASTLE BEACH TRIATHLON
SEPT 6, 2026**



NEWCASTLE BEACH TRIATHLON
BELLEVUE WA
9/6/2026



Newcastle Beach Triathlon

Flat and Fast

1/4 mile swim, 13k bike, 8k run

Bellevue Washington



September 6, 2026, 8 am

Join us for a late season triathlon – to complete a personal best 1k swim in Lake Washington followed by a 13k Bike and 8k Run on the Eastrail bike path. Fast and Flat. overlooking beautiful Lake Washington. Start/Finish: **Newcastle Beach Park**
4400 Lake Washington Blvd SE, Bellevue, WA 98006

Register at: SammamishRunning.com/tri



Mike Brisbois, RD | 708.668.5488 | SammamishRunning.com/tri | mic@beaverlaketriathlon.com

📍 Bellevue, WA · [Choose area](#) ⋮



64

°F | °C

Precipitation: 10%
Humidity: 67%
Wind: 5 mph

Weather

Thursday 6:00 PM

Cloudy

Temperature

Precipitation

Wind



7 PM

10 PM

1 AM

4 AM

7 AM

10 AM

1 PM

4 PM

Thu



67° 53°

Fri



69° 53°

Sat



67° 53°

Sun



70° 53°

Mon



67° 56°

Tue



68° 54°

Wed



71° 55°

Thu



69° 56°

Thank you for registering for the upcoming Triathlon event on September 6, 2026, 8 am. If you have registered for the Rattlesnake Lake Triathlon, the venue has changed to Newcastle Beach Park Bellevue Washington. The date, time, and distances remain the same. SPU (Seattle Public Utilities) will not issue permits for the next 3 years at Rattlesnake Lake. Our event is still USAT sanctioned. It will be a ¼ mile swim in Lake Washington, followed by an off road 13k (8-mile bike) on King County's Eastrail, and concludes with a 5-mile run on Eastrail. Gorgeous views of Lake Washington and you may catch a glimpse of the Seahawks practicing on Sunday at the VMAC as you pass by the world champions on your bike and run. All registered athletes receive a race t-shirt and a classic bag. First male and female receive a [winner's](#) trophy. First

Out of the swim gets a Fastest [Swimmer](#) Trophy. All finishers receive a classic Newcastle Beach [Medal](#). The race starts promptly at 8 am on Sept 6, 2026, in knee deep water in Lake Washington. We have certified deep water rescue lifeguards in the water for your safety and certified flaggers to get you on the trail safely. Know the course! MAPS [Transition](#), [swim](#), [bike](#), and [run](#) courses. Water, Gatorade, Gel/Gu and first aid on the course every 3 miles. [WEATHER](#) Sunny 70F. [RESULTS](#) Invite your friends. [REGISTER](#) [Flyer](#) All registered athletes must be a member. One Day membership is available on our [registration](#) site.

=====

***** Access Codes Below *****

*Topic: **Safety Briefing Newcastle Beach Triathlon***

Time: Sep 3, 2026 07:00 PM Pacific Time (US and Canada)

Join Zoom Meeting

<https://us06web.zoom.us/j/88482397731?pwd=WgrZiLxLk7fwuYozTXAsjubYNtqYDJ.1>

Newcastle Beach Triathlon

Sun, Sep 06 | Newcastle Beach Park

Join us Labor Day weekend 2026 for an incredible sprint triathlon. Includes 1/4 mile swim in the crystal clear waters of Lake Washington. A mixed road/trail course (6 mile/2 mile) on the Eastrail King County trail with views of the world champion VMAC Seahawks training facility.

[Register](#)

Time & Location

Sep 06, 2026, 8:00 AM – 10:30 AM

Newcastle Beach Park, 4400 Lake Washington Blvd SE, Bellevue, WA 98006, USA

About the event

Join us Labor Day weekend 2026 for an incredible sprint triathlon. Includes 1/4 mile swim in beautiful Lake Washington. A mixed road/trail course (6 mile/2 mile) on to the Easttrail (regular road bike is Okay) on this limestone/hard packed dirt trail. You top off your day with a 5 mile trail run asphalt bike path with views of the World Champion Seahawks Training Facility VMAC and Lake Washington. Don't miss this hidden gem of the Pacific Northwest. The event fills up fast and has a cap. Good Luck!

There is plenty of free parking at Newcastle Beach Park. Staging area will be at Shelter #3. Optional packet pick up Saturday Sept 5, 2026, 4- 5:30 pm at race site. Mandatory Safety briefing Thursday Sept 3, 2026, 7 pm. It is recorded so if you miss it you can watch the recording. Also will include rules and regulations for the USAT sanctioned race. Just added the Aquathon (1/4 swim, 5 mile Run), Aquabike (1/4 swim, 8 mile bike) and Duathlon (8 mile bike, 5 mile Run) .

Ticket type Full Triathlon 1/4S, 8B, 5R More info	Price \$85.00	Quantity 0
Ticket type Relay - 2 person Team More info	Price \$50.00	Quantity 0
Ticket type Relay - 3 person Team More info	Price \$40.00	Quantity 0
Ticket type USAT 1 day Membership FULL More info	Price \$14.99	Quantity 0
Ticket type USAT Membership 1-day Relay More info	Price \$9.00	Quantity 0
Ticket type Kids Splash n Dash More info	Price \$35.00	Quantity 0
Ticket type Aquabike (1/4S, 8B) More info	Price \$65.00	Quantity 0
Ticket type Aquathon (1/4S, 5R) More info	Price \$65.00	Quantity 0
Ticket type Duathlon (8B, 5R) More info	Price \$65.00	Quantity 0



Upcoming Events

[Beaver Lake Results 2026](#)

[Video](#)

[2026 Fall Events](#)

[Refund Policy](#)

[USATF Waiver](#)

[USAT Waiver](#)

[1 day membership](#)



RESULTS



Newcastle Beach Triathlon

Sun, Sep 06 | Newcastle B...

[More info](#) [Swim](#) [Bike](#) [Run](#) [Transition](#)

[Winners](#) [Fastest Swimmer](#) [Medal](#)

[Weather](#)

[Register](#)

[Flyer](#)

[Safety Briefing](#) [PDF](#) [USAT Rules](#)

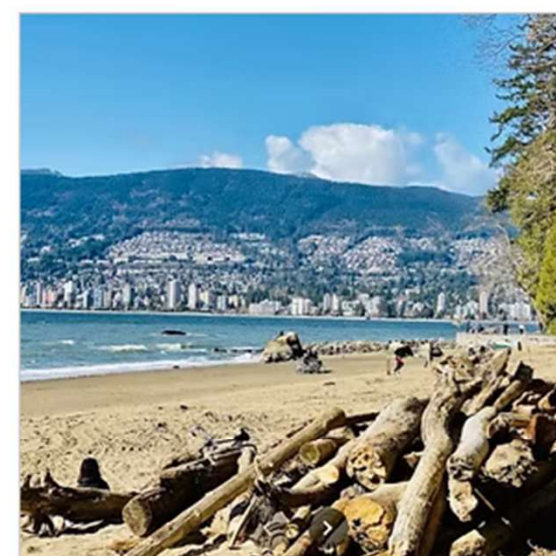


Fastest of the Fastest Half 13.1...

Sat, Sep 12 | Marymoor C...

[More info](#)

[Register](#)



Vancouver BC Half 13.1 (21k), 10k, 5k

Sat, Sep 19 | Third Beach

[More info](#)

[Register](#)

BREAKING NEWS: 2027 Nationals Are Headed to Des Moines. [Start Planning](#) →



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Multisport Rules



TEAM USA
ONE FOR ALL

NEVER MISS A MOMENT



Multisport Rules

Helmets And Chinstraps

Helmets must be worn and securely fastened at all times while in possession of your bike. This means from the time you remove your bike from the rack at the start of the bike leg, until after you have placed your bike on the rack at the finish of the bike leg.

Unauthorized Assistance

No assistance other than that offered by race staff (including volunteers), medical officials and active participants may be used. A participant shall not physically assist the forward progress of another participant on any part of the course.

Entire Course

Athletes must complete the race course in its entirety and as prescribed including in segment order.

Headphones And Communication Devices

Participants may carry a phone (such as, mounted on bike handlebars or in an arm band) but may not use communication devices of any type - including but not limited to cell phones, smart watches and two-way radios - in any distractive manner during the competition. A distractive manner includes but is not limited to making or receiving phone calls, sending or receiving text messages, playing music, using social media, taking photographs or using one- or twoway radio communication. Using any communication device in this manner during the competition may result in disqualification

Non-Draft Legal Bike Position Rules

Athletes must ride right and only move left to complete a legal pass and must not block athletes attempting a legal pass. Athletes must not pass on the right. Drafting is not allowed. An athlete should not attempt to complete a pass unless the athlete is highly confident in their ability to complete the pass in the allotted amount of time. Once an athlete enters the draft zone of another cyclist there is only one exit and that is out the front.

Glass Containers

Glass containers are prohibited. Bringing a glass container into transition may result in disqualification.

Race Numbers

All athletes are required to wear race numbers at all times during the run. Numbers must be clearly visible at all times. Numbers may not be altered in any way that prevents clear identification.

Race Number Transferring

Do not transfer your number to any other athlete or take a number from an athlete that is not competing. The penalty for doing so is disqualification and one year suspension from membership in USAT for transferring a number without race director permission.





Thank you

SammamishRunning.com

708.668.5488

Mike Brisbois, Race Director

mic@beaverlaketriathlon.com