

# The Beaver Mile Swim



# The Beaver Mile Swim

4.3-mile Run

**July 30, 2023, 8 am**

Beaver Lake Park Sammamish Washington

25201 SE 24th Street Sammamish WA 98075

Join us for a mile swim in beautiful Beaver Lake with a 4.3 mile run around the neighborhood streets in this USAT Sanctioned Event.

**More information and to register at [SammamishRunning.com](https://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 4.3 miles.
- 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

## 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

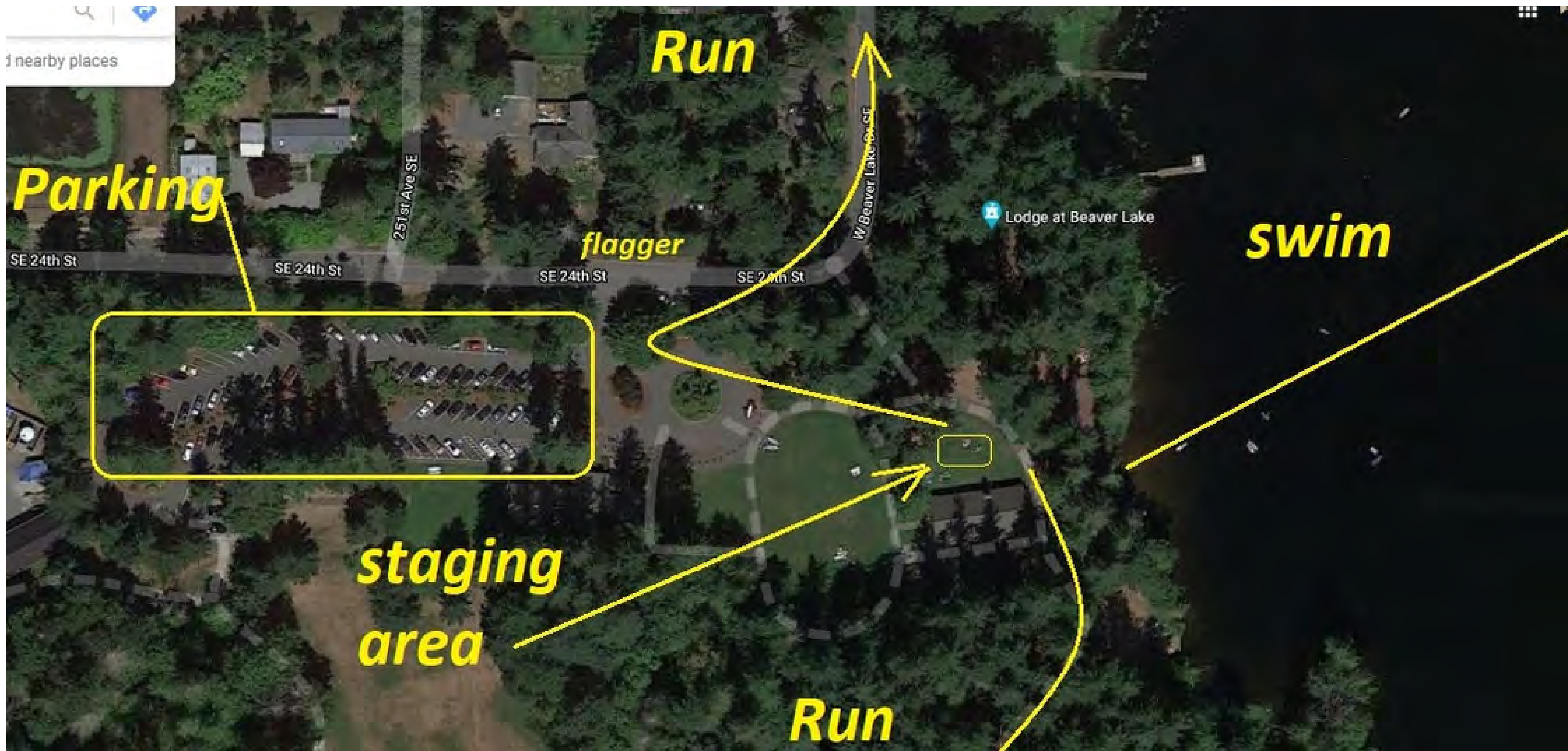








**Beaver Mile Swim**  
4.3 mile Run  
July 30, 2023, 8am







Beaver Mile Swim  
**4.3 MILE RUN**

July 30, 2023  
Sammamish Washington

**BEAVER LAKE TRIATHLON**  
**HALF SAM**

**OCEAN SHORES TRIATHLON**  
**SAM 10K**

**RATTLESNAKE LAKE TRIATHLON**  
**EASTRAIL 10K**

**CEDAR RIVER TRIATHLON**  
**SANTA BEAR 6K**

**SAMMAMISH RUNNING.COM**







BEAVER MILE SWIM  
4.3 MILE RUN  
SAMMAMISH WA  
JULY 30, 2023

◦ Crown™

SWIMMING



## About this event

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Join us for the Beaver Mile Swim and 4.3 Mile Run at Beaver Lake Park on July 30, 2023, 8 am. Be the first out of the water and receive the Beaver Replica. Age group divisions every 5 years 20 to 85. The race is chip timed so must go through the two orange cones to get scored: Swim Time, Swim-Run Transition time and Run Time for Total Time. Rankings will be posted at the USAT website. Catered Pasta dinner the day before race at race site 4-5 pm. Safety briefing the Friday before the event on line at 5 pm. Wet suits are optional below 85 F water temperature. \*\*\* Relays just added \*\*\* 1 mile Swim or 4.3 mile run

### 🕒 When

July 30, 2023

Sunday

[Add to calendar](#)

### 📍 Location

Beaver Lake

25201 SE 24th Street Sammamish, WA  
98075

mile Swim or 4.3 mile run

#### Event details and schedule

There is plenty of parking at the beaver lake park lot. Also public facilities at parking lot. The event starts promptly at 8 am and goes clockwise around the two orange buoys. Wetsuits are optional when water temperatures are below 85 F. You can pick up bib, chip and T-Shirt packet at Pasta Dinner the day before at 4 pm to 5 pm. The pasta dinner will be catered this year. Run goes clockwise around the Lake and through the Beaver Lake Park forest.



Results for **Sammamish, WA** · [Choose area](#)



77

°F | °C

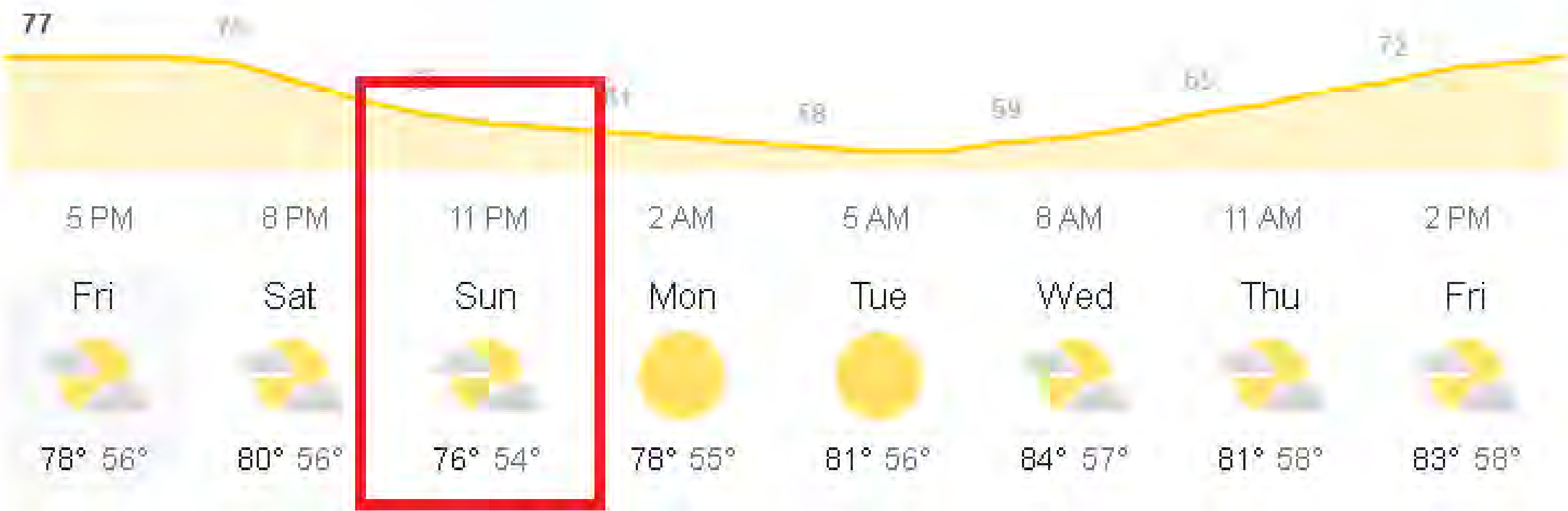
Precipitation: 0%

Humidity: 46%

Wind: 4 mph

**Weather**  
Friday 4:00 PM  
Sunny

Temperature   Precipitation   Wind



*Phillip:* Thank you for registering for the USAT Beaver Mile Swim 4.3 mile Run. The event takes place at Beaver Lake Sammamish Washington July 30, 2023, 8 am. We will have lifeguards in the water for your safety. The [swim](#) course goes clockwise around two red buoys and back. The [run](#) goes clockwise around the Lake and neighboring streets and finishes through the Beaver Lake forest park. The on-line safety briefing is this Friday at 5 pm. Access codes below. The packet pick up will be Saturday 4-5 pm at the race site with pizza and snacks. You will receive an ankle timing bracelet, bib (wear on front torso), and [T-shirt](#). [Medals](#) for all finishers. Good Luck!

Invite your friends! [REGISTER](#)

Beaver Lake  
25201 SE 24th Street Sammamish WA 98075

Topic: **Beaver Mile Swim 4.3R - Safety Briefing**  
Time: Jul 28, 2023 05:00 PM Pacific Time (US and Canada)

Join Zoom Meeting  
<https://us06web.zoom.us/j/86121849210?pwd=L0p3RkNnTmdpSjFGZ25TNW9nMHdyUT09>

# Questions, Comments, Concerns?

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