



Sammamish Running

April 2024

Great event on Sunday with the Race to the Top! Larissa Kolasinski shaved + 3minutes off of Noah's record time to claim the Golden Rattlesnake Award in a blistering time of 22:57. Austin Wibmer claimed 2nd place (first male) for a \$50 gift card. Congratulations to all finishers! Up next is the Sunset Loop 10-mile relays Anacortes Washington. The course is all paved and hilly. Runners are treated to great views of Fidalgo Bay. Other races to look forward to are the Boston 10k at Squantum Point on Saturday April 13, 2024, and the Race to the Top of Mount Si on April 24, 2024. The 3.5-mile grueling uphill trek is always a challenge for local racers. Be the first to the top to claim your Mount Si Golden award. All

finishers receive the Medal of achievement at the Rock Garden!



Race to the Top! Finishers at Rattlesnake Ledge

USAT Cedar River Triathlon

What is it like to do your first triathlon? Did you know that wet suits are floatation devices and keep you above the water even though the USAT rules do not allow floatation devices? Wetsuits keep you warm during your swim. What is the art of the transition? Going from swimming to biking may be a little challenging to get off your wetsuit especially if you put on a few extra pounds during the winter months. Some triathletes spray themselves with PAM cooking spray to ease off the suit. Practice, practice, practice. Practice putting on and taking off your suit. Most suits come with a long strap, so you have that ready once you enter the transition zone. Remember to have your helmet securely attached before de-racking your bike for your bike leg (USAT Triathlon rule). You don't want a DQ (disqualified) on your first triathlon. It is for



Austin Wibmer, 1st Male Overall Race to the Top!

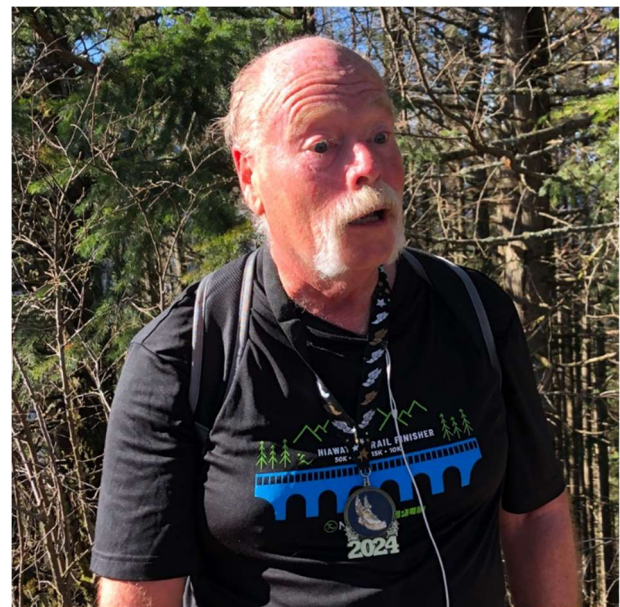
safety, so you don't trip and bump your head. Please remember to secure your helmet before de-racking your bike and not to unsecure your helmet until AFTER you rack your bike. When on the bike always be mindful of others. When you pass always give a courtesy 'on your left' passing. Most athletes are focused on forward and may not notice you passing. Potholes, cracks – before jerking

your bike to the left be sure no one is passing. Break and slow down if you need to. Bike to run



Winner Larissa Kolasinski, Race to the Top 22:57

Transition, tie your shoes once. The top athletes have pull strings. They slip in and pull and done. If you are competing, follow your age group. Age is marked on the right calf. Finally remember to hydrate during the event even if you are not thirsty. After you finish, you should remember to do a warm down. You don't want your muscles to tighten up. We look forward to seeing you next month on May 12, 2024, at the USAT Cedar River Triathlon ¼ mile swim, 12-mile bike, 6k run Maple Valley WA Lake Wilderness.



Finisher - Race to the Top! Clint Brady

Upcoming Races

Sunset 10-mile Relays Anacortes, April 7, 2024
Race to the Top Mount Si April 27, 2024, 9 am
Cedar River Triathlon Maple Valley May 12, 2024
Ocean Shores Duathlon May 19, 2024, 9 am

We thank our sponsors: Luke McQuade, Jay Grubb, Bob Frankston, Danielle Henity, and Richard Qualey.