

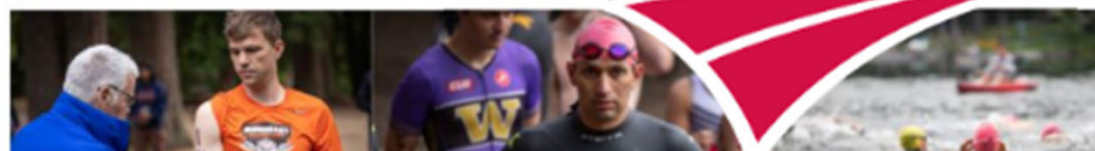


Rattlesnake Lake Triathlon

September 3, 2023, 8 am

North Bend Washington

Hidden gem racing course in the heart of the Snoqualmie Mountains is a beautiful lake and off-road biking trails, and



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Hidden gem racing course in the heart of the Snoqualmie Mountains is a beautiful lake and off-road biking trails, and perfect course for a season finale or a beginner's triathlon. The quarter mile swim in brisk mountain snowmelt off the cascade mountains, followed by a 10 mile off road bike and a 6k run. The property is owned and maintained by Seattle Public Utilities. All entrants receive custom designed T-Shirt, authentic Rattlesnake Lake hand towel, bumper sticker, coaster, and gel pack. The event is sanctioned by the USAT.



Courtesy of John Ludeman photography LudemanPhotographic.com

Sign up today at SammamishRunning.com

Mic Brisbois | SammamishRunning.com | 708.668.5488 | mic@beaverLakeTriathlon.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 and 5 mile at the Bike Turn around – Gel, Power Bars, Gatorade.

Safety regulations

- We have notified the police and fire rescue of our event
- The Search and Rescue is less than a mile on the road approaching Rattlesnake Lake – For all Emergencies call 911
- Race Director can be contacted at 708-668-5488
- The course will be well marked Signs and flour in the road and trail – The run is 6k 3.72 miles. – Out and back along the Rattlesnake Lake bike path, $\frac{3}{4}$ mile road (with Flaggers) then on to the Palouse to Cascades Trail for 3 $\frac{1}{2}$ miles with a slight incline. Turn around and then back.
- We will have first aid and CPR on the course – First Aid kits are available at the Aid station at the transition area and mile two of the run
- One lane of the road will be closed for cyclists and runners (STAY TO YOUR RIGHT)
- There will be Red Cones on the road Flow the direction of the flaggers and race personnel. SAFETY is #1.

Safety Rules and Regulations

- No ear buds allowed – Automatic Disqualification
- No glass containers are allowed
- No outside help/aid is permitted (You may not accept drinks/towels from spouses/friends)
- Race Bib must be on Front Torso
- Right arm shall have your Bib Number – Body Markings
- Left leg will have your age
- No pushing or cursing other athletes
- Registration opens on 7 am on Race Day – Temps in the 70s cloudy

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

Swim

- No floatation devices allowed or the swim
- Crystal clear water from the mountains warmed up to a nice 67 degrees for your swim leg
- You will be going around two RED Buoys.
- There will be lifeguards in kayak's and are trained in deep water rescue. Raise your hand if you need assistance
- Must wear swim cap
- Timing will be between the two RED cones
- You will get five times – Swim Time, Swim Bike Transition Time, Bike Time, Bike Run Transition Time and Run time – TOTAL TIME

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

- Rattlesnake Lake North Bend WA (1/4-mile Swim, 10 mile off road bike, and 6k Trail run. ***

- More information at: SammamishRunning.com

<https://www.sammamishrunning.com/tri>

Hidden gem racing course in the heart of Washington is a beautiful lake and off-road biking trails, and perfect course for a late summer event. A great beginner's triathlon. The quarter mile swim in brisk mountain snowmelt off the cascade mountains, followed by a 10 mile off road bike and a 6k run.

- Rattlesnake Lake in beautiful North Bend Washington.

- All entrants receive custom designed Rattlesnake Lake Triathlon T-Shirt, coaster, and gel pack. All finishers receive authentic Rattlesnake Lake Triathlon Medallion. The event is sanctioned by the USAT. Sign up at least 2 weeks before race and guarantee T-shirt and size.

- Pre-Race Safety Briefing: Friday September 1, 2023, 7 pm Live Stream

Packet pick at the Race Site Saturday September 2, 2023, 4 pm to 5:30 pm.

- **Event details and schedule**

- Parking at the Rattlesnake Lake parking lot is FREE. Parking at the State Parking lot requires a discovery pass.

- Approved by the City and State - Permit

- For updated information on the Rattlesnake Lake Triathlon see SammamishRunning.com

¼-mile swim, 10 mile off road bike, and 6k trail run. Event is chip time. You will receive a time for your swim, bike and run as well as transition times for your swim-bike and bike-Run.

- Kid's Splash 'n Dash starts at 10 am.

- Further questions, please reach out to Race Director Mic Brisbois at 708.668.5488 call or text. mic@beaverLakeTriathlon.com

Weather Forecast

Results for **North Bend, WA**

 [Use precise location](#)



73

°F | °C

Precipitation: 2%

Humidity: 62%

Wind: 5 mph

Weather

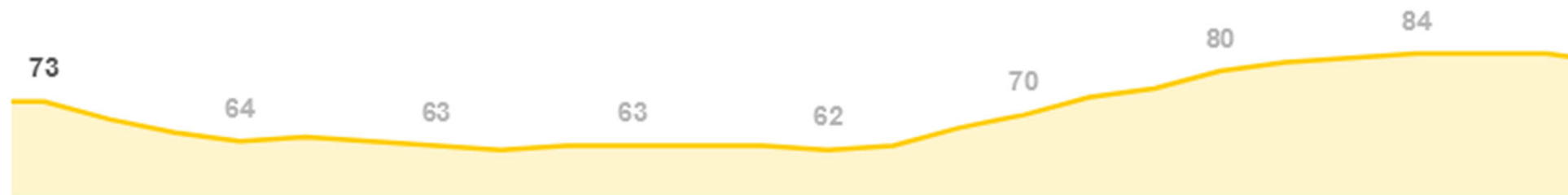
Friday 6:00 PM

Sunny

Temperature

Precipitation

Wind



7 PM

10 PM

1 AM

4 AM

7 AM

10 AM

1 PM

4 PM

Fri



75° 62°

Sat



86° 62°

Sun



70° 55°

Mon



66° 54°

Tue



68° 54°

Wed



68° 53°

Thu



71° 53°

Fri



74° 53°

RATTLESNAKE



Lake Triathlon

1/4-MILE SWIM

10-MILE BIKE

6K-RUN



Beach Bacteria Map

Bacteria Graph

Temperature Map

Temperature Graph

Select a Beach:

Rattlesnake Lake

Beach Bacteria and Temperature Data

		Bacteria Sample A	Bacteria Sample B	Bacteria Sample C	30 Day Geometric Mean Bacteria	Number of Bacteria Samples above 320 in Past 30 Days	Water Temp. (°F)
5/30/2023	Rattlesnake Lake	6	13	10	9	0	63°F
9/11/2022	Rattlesnake Lake	1	0	0			64°F
9/5/2022	Rattlesnake Lake	2	1	0	3	1	67°F
8/29/2022	Rattlesnake Lake	0	0	1	8	1	66°F
8/22/2022	Rattlesnake Lake	39	231	326	16	1	69°F
8/15/2022	Rattlesnake Lake	0	2	0	13	0	69°F
8/8/2022	Rattlesnake Lake	0	0	1	21	0	69°F

**Rattlesnake Lake USAT
Triathlon 1/4S, 10B, 3.8R**

September 3, 2023

Water Temperature

**Water
Temperature 68 F**

Parking Area

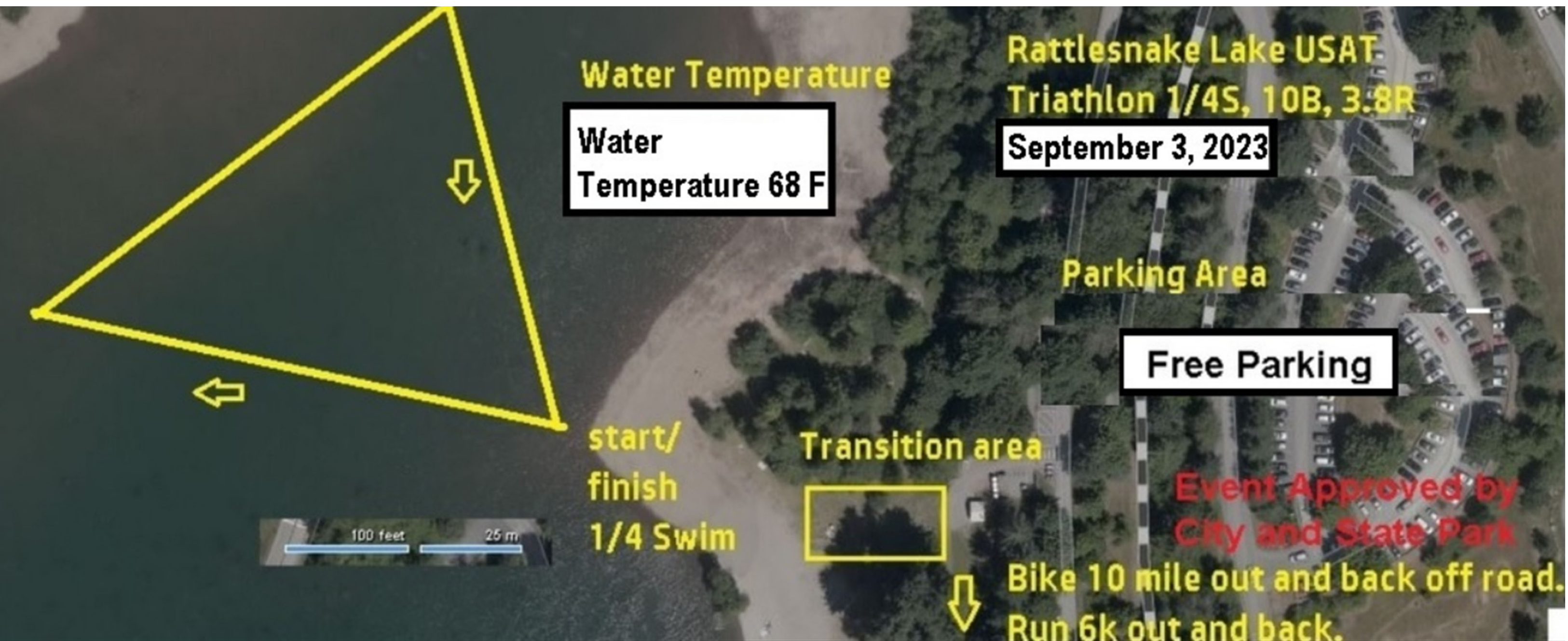
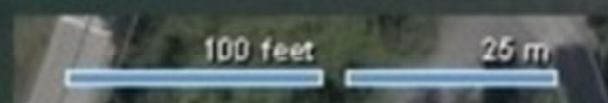
Free Parking

Transition area

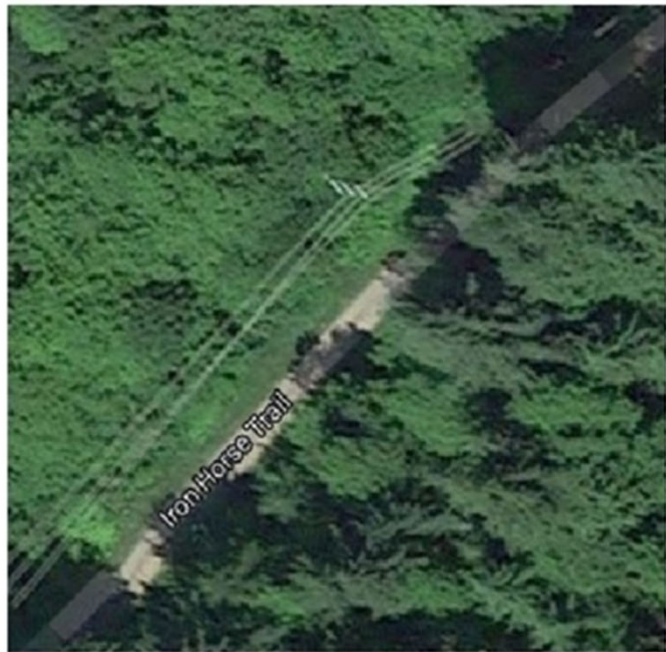
**Event Approved by
City and State Park**

**Bike 10 mile out and back off road.
Run 6k out and back.**

**start/
finish
1/4 Swim**



Ideally would be a cross bike — there is 2.5 miles of asphalt and 7.5 miles of slightly rocky terrain/lime stone. You can use mountain, cross or road bike.



10 mile Bike Course



Bike Course for the
Rattlesnake Lake Triathlon
1/4 mile Swim 72 degrees F , 10 mile off
road bike, 6k Run.

September 3, 2023
North Bend Washington



Rattlesnake Lake North Bend WA (1/4-mile Swim, 10 mile off road bike, and 6k Trail run. ***

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When

September 03, 2023

Sunday, 8 am start

Location

Rattlesnake Lake

Snoqualmie Valley Trail North Bend, WA 98045

[View Map](#)

Further questions, please reach out to Race Director Mic Brisbois at 708.668.5488 call or text.
mic@beaverLakeTriathlon.com

Questions, Comments, Concerns?

- Mike Brisbois, Race Director
SammamishRunning.com
- mic@beaverLakeTriathlon.com
- 708.668-5488