

Sammamish Running



May 2023

What a perfect day to kick off the Triathlon Season with the USAT Cedar River Triathlon with a ¼ mile swim in beautiful Lake Wilderness, followed by a 10 mile off road bike along the scenic Cedar River crossing over bridges and through several tunnels concluding with a shaded jaunt overlooking the Lake Wilderness Park. We want to congratulate all the athletes that finished this first great triathlon of the season many first-time triathletes. Taking the first spot in the male division Isaac Tyson and teammate Rosanne Kelley for the women's division. Isaac smoked the rest of the field in a blazing time of 0:59:59. We had lifeguards in the water and flaggers on the road to insure a safe event for all participants.

TOP FINISHERS

1	Isaac	Tyson	0:59:59
2	Jacob	Dannhausen-Brun	1:02:09
3	Raul	Munoz	1:05:07
4	Mark	Drangsholtz	1:05:18
5	Rosanne	Kelley	1:05:30
6	Nate	Harris	1:09:02
7	Benjamin	Miller	1:09:16
8	Derek	Wenzel	1:09:20
9	Kristina	Chalfant	1:09:39
10	Jessie	Lin	1:09:56



Isaac Tyson wins the Cedar River Triathlon in a time of 0:59:59 Swim ¼ mile, 10 mile off road bike 6kRun

How are we doing? Your comments, questions and concerns are important to us. How do we make these events more memorable and safer for you?

RESULTS: SammamishRunning.com



Join us this summer for the Ocean Shores Triathlon on August 13, 2023, 8 am starting with a ¼ mile swim in fresh water Duck Lake, 8-mile bike through quaint neighborhood residential roads with scenic views of North Bay and the Lakes topped off with a 2.85 mile run for the Super Sprint. We will also have a Sprint section doubling the milage for each leg (1/2S, 16B, 5.3R). The Duathlon (16-mile bike and 5.3-mile run) starts at 8:30 am. We will have lifeguards in the water and flaggers on the course to ensure a safe and memorable event. Join us for the pasta dinner and race bib, and packet pick up on Saturday August 12, at 4 pm at North Bay Park the start of the Ocean Shores Triathlon. Come out and enjoy the cool summer breezes of Ocean Shores.

RUNNING EVENTS

Join us this summer for Eastrail 10k along beautiful Lake Washington Flat and Fast on July 16, 2023, 8 am. Sign up today at SammamishRunning.com Perfect run to beef up your running game. Great event to come out and compete with your fellow running friends. Join us for the running series The Red Hawk starting at Ron Regis Park on June 17, 2023 followed by the Sam 6k on Saturday September 16, 2023, 9 am.

SWIM, BIKE, RUN Events

Join us for the Beaver Lake Triathlon this year in Sammamish Washington on August 27, 2023, 8 am. The event will have professional photographer taking your photo for some great action shots. We have the inaugural Ocean Shores Triathlon with a ¼ mile swim, 8-mile bike and 2.85-mile run for the Super Sprint (Doubling distance for the Sprint). Come out and smell the salt from the ocean and take on views of seagulls flying above and Ocean Deer

along the road ways. The Pine Lake Aquathon (1/2 miles Swim and 6k Run) takes place on June 25, 2023, 8 am. Be the first in your neighborhood to do the Beaver Mile Swim followed by a 4.3 mile run through the scenic Beaver Lake Park and adjacent neighborhoods on July 30, 2023.

We would like to thank our sponsors:

Jana Gerber Schneider Electric

Earl McDonnel, IEEE

Eric Bone, Northwest Trail Runs

John Ludeman, Ludeman Photographic



Lydia Fediw finishing the Cedar River Triathlon May 2023.