

# Cedar River Triathlon

Pre-Race Safety Briefing

USAT Rules and Regulations

May 12, 2023, 5 pm

# Welcome Cedar River Triathletes

## Pre-Race Instructions

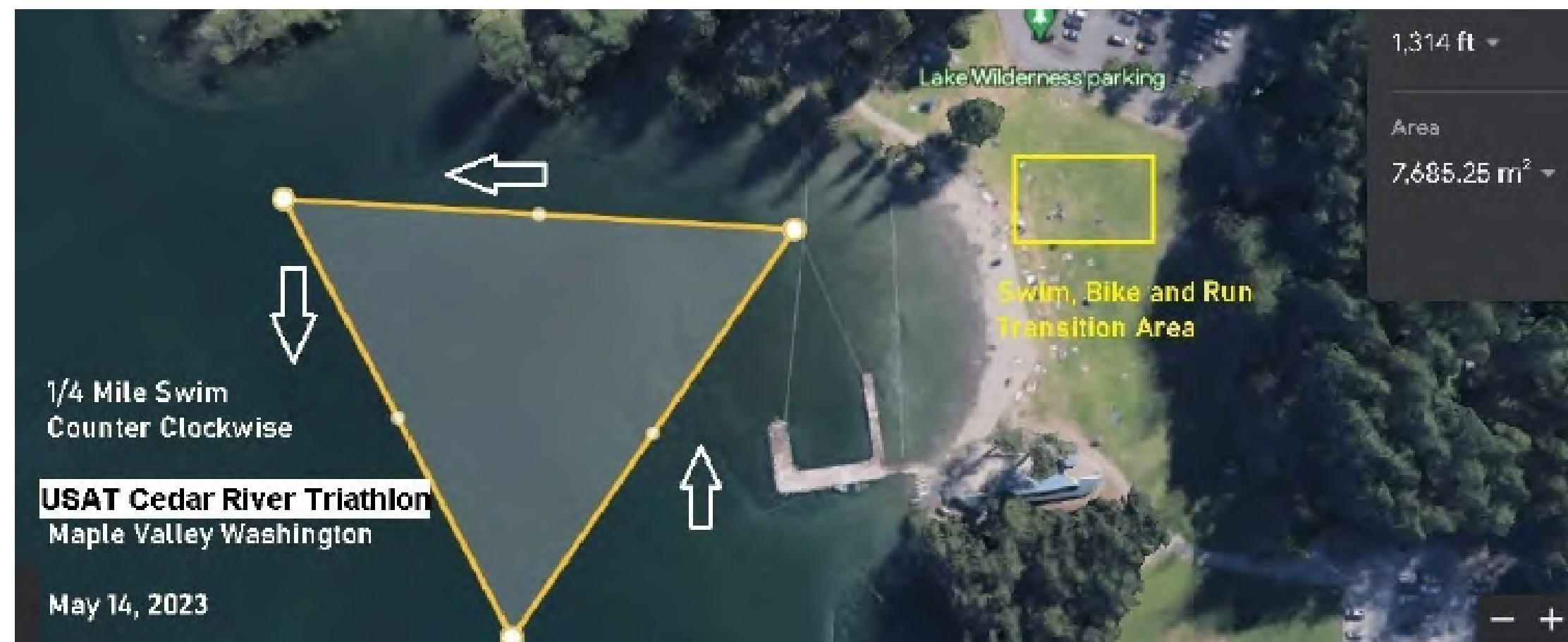
The Cedar River Triathlon starts promptly on May 14, 2023, 8 am

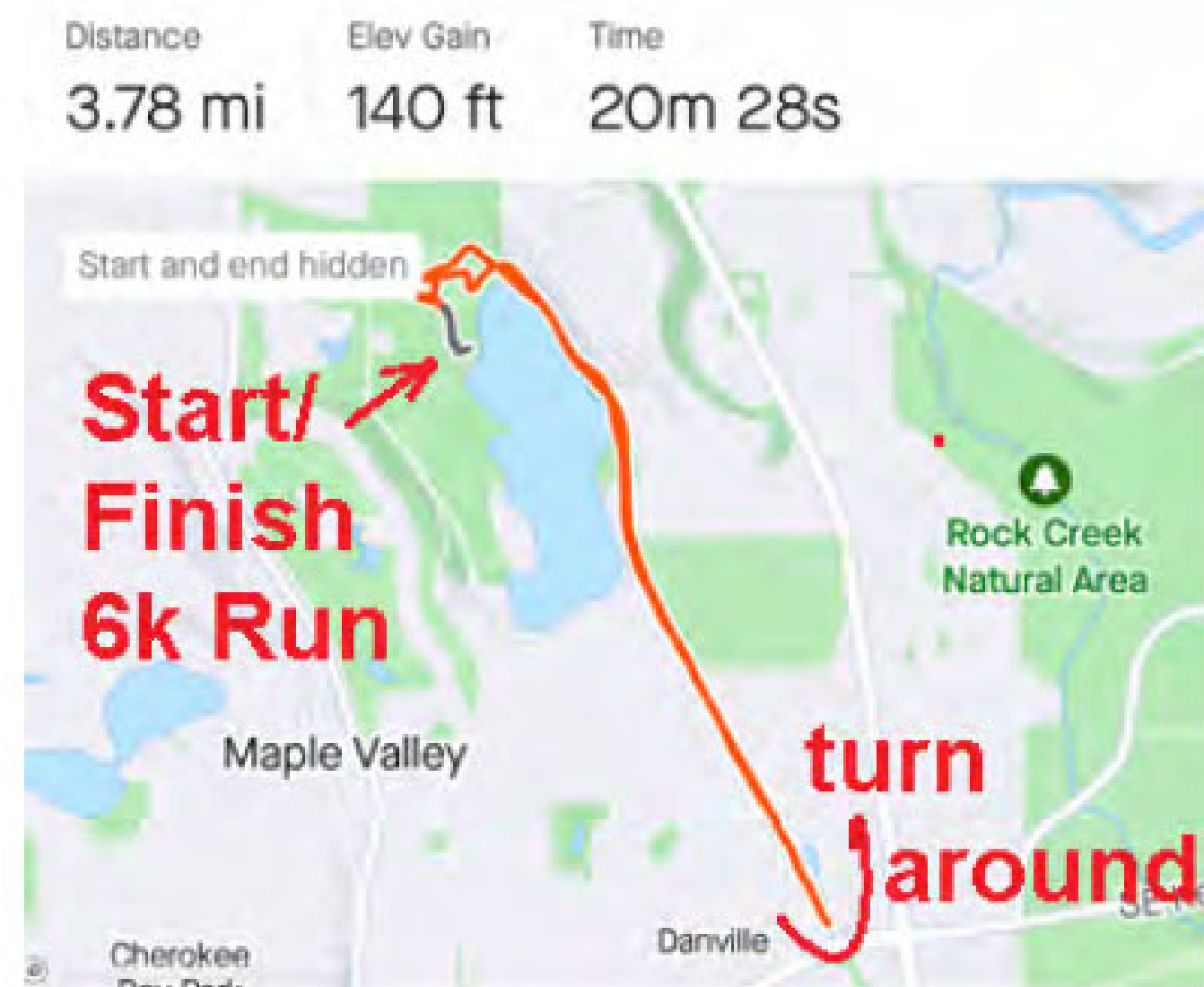
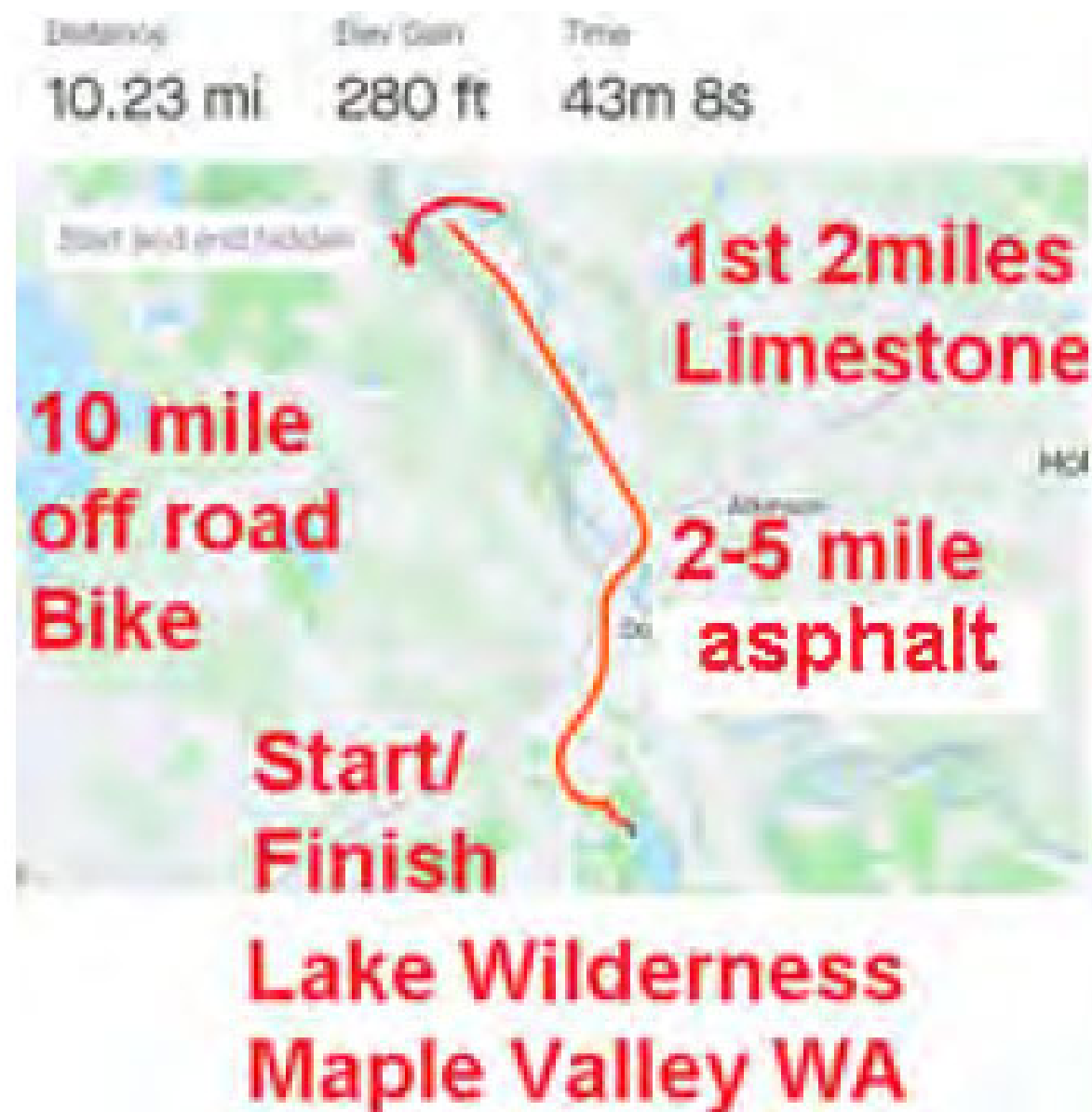
The Swim Course goes counter clockwise for  $\frac{1}{4}$  mile. Wetsuits are highly advised. We will have 3 life guards in the water with kayaks if you are having issues raise your hand. There will be two buoys on the course. There will be two waves separated by 1 minute. First 50 then second 50 (see your bib number/chip bracelet).

The bike starts at the transition area. Do not ride bike on grass. You will be disqualified – City Requirements. No littering on the course. All bike handles are required to be properly plugged. We will inspect. We will have plugs in the triathlon staging area as well as bike pumps and tools.

If you get a flat, please move your bike to a safe area. There is one steep downhill at the intersection of Green and Cedar River Trail at mile 2. Please use caution. There is no drafting allowed in this event. The trails are open to the public so please use caution. There will be three water stops and bike repair/aid stations on the Bike and two stations on the run.

The bike goes out through the parking lot until the  $\frac{1}{4}$  mile property road then on to trail which in  $\frac{1}{4}$  mile connects to the Green River Trail. The first 2 miles are limestone. The last 3 miles are asphalt. There are a few bridges to cross over. Turn around at mile 5 - water-stop and bike repair kit. We will have flaggers at the property road to get you across safely and at mile 4 where there is rural road crossing.





Mike Brisbois | 708.668.5488 | [mic@beaverlaketriathlon.com](mailto:mic@beaverlaketriathlon.com)

We are excited to host you for one of the first triathlons of the season. We want to make sure you are safe and enjoy the competitive and fun event. We will have an on line safety briefing 15 minutes on Friday May 12, 2023, 5 pm PDT to briefly go over the USAT rules and regulations so every one will have a safe, fun and memorable experience. The pre-race instructions are attached. Parking is free at the Lake Wilderness beach front. [Pre-Race Instructions](#). Invite your triathlete friends [REGISTER](#) Updated information will be posted at [SammamishRunning.com](http://SammamishRunning.com)

Lake Wilderness

**22500 SE 248th St, Maple Valley Washington 98038**

Friday May 12, 2023, 5 pm – Safety Briefing (on line) [Link](#)

Saturday May 13, 2023, 4-5 pm – Race packet pickup, Catered Pasta Dinner (on site)

Sunday May 14, 2023, 8 am – Race Start ¼ mile swim, 10 mile off road bike, 6k trail run

Sunday May 14, 2023, 10 am – Splash and Dash – kids 7-15 Duathlon [Register](#)

## Swim – ¼ mile

The water is cold. Wet suits are highly recommended. There will be two waves 1 minute apart. There will be 3 life guards in kayaks with life rings in the water for your safety. Raise your hand if you are having issues. The race is chip timed. You will get five recorded times. Your swim time will be recorded when you go into the transition area, 2<sup>nd</sup> time when you come out, 3<sup>rd</sup> time will be for the bike, 4<sup>th</sup> time when you come out for your run and last will be when you finish. You finish into the transition area. Swim cap is mandatory. We count the number of swimmers in and out by the pink swim caps.





(all temps refer to surface water temperatures)

**Under 50 degrees:** Not suitable for open water swimming, even with a wetsuit

**50 to 65 degrees:** Suitable for open water swim, but wetsuit is highly advised

**65-78 degrees:** Suitable for swimming with or without a wetsuit. Sleeveless suits are popular at this temp

**78-84 degrees:** Race directors use their judgement to allow or not allow wetsuits at this range

**Over 84 degrees:** Wetsuits not allowed





## Bike – 10 mile off road

Please no riding on the grass. You will be disqualified per the city requirements. No riding bikes on grass even before and after the race. The City has strict requirements. The bike starts at the transition area, heads up the hill to the parking lot then flaggers will get you through to property road onto the trail (1/4 mile) which leads to the Green River Trail. The first 2 miles will be limestone. At the intersection of the Green/Cedar River (short steep down hill – use caution) turns into asphalt for 3 miles. At 5 miles turn around and come back. There will be a flagger at mile 4 for rural road crossing. There will be a bike repair kit at mile two where the Cedar and Green River Trails intersect and at mile 1. Water/Gel/first aid at mile 5 turnaround.



1-bike transition



2-bike on dirt path

## 10 mile bike Cedar River Triathlon



4-road trail transition



5-road trail transition



6-bike transition unto King  
County Cedar River Trail



7



8-trail to road transition



9-king county Cedar River Trail



10 -



11



12-Transition onto King  
County Trail



13 -transit to King county  
Cedard River Trail





Stay to the right - Bike and run





# Bike Course





# Path to Green/Cedar River Trail



## Cedar River Triathlon 2023

May 14, 2023, 8 am to 11 am

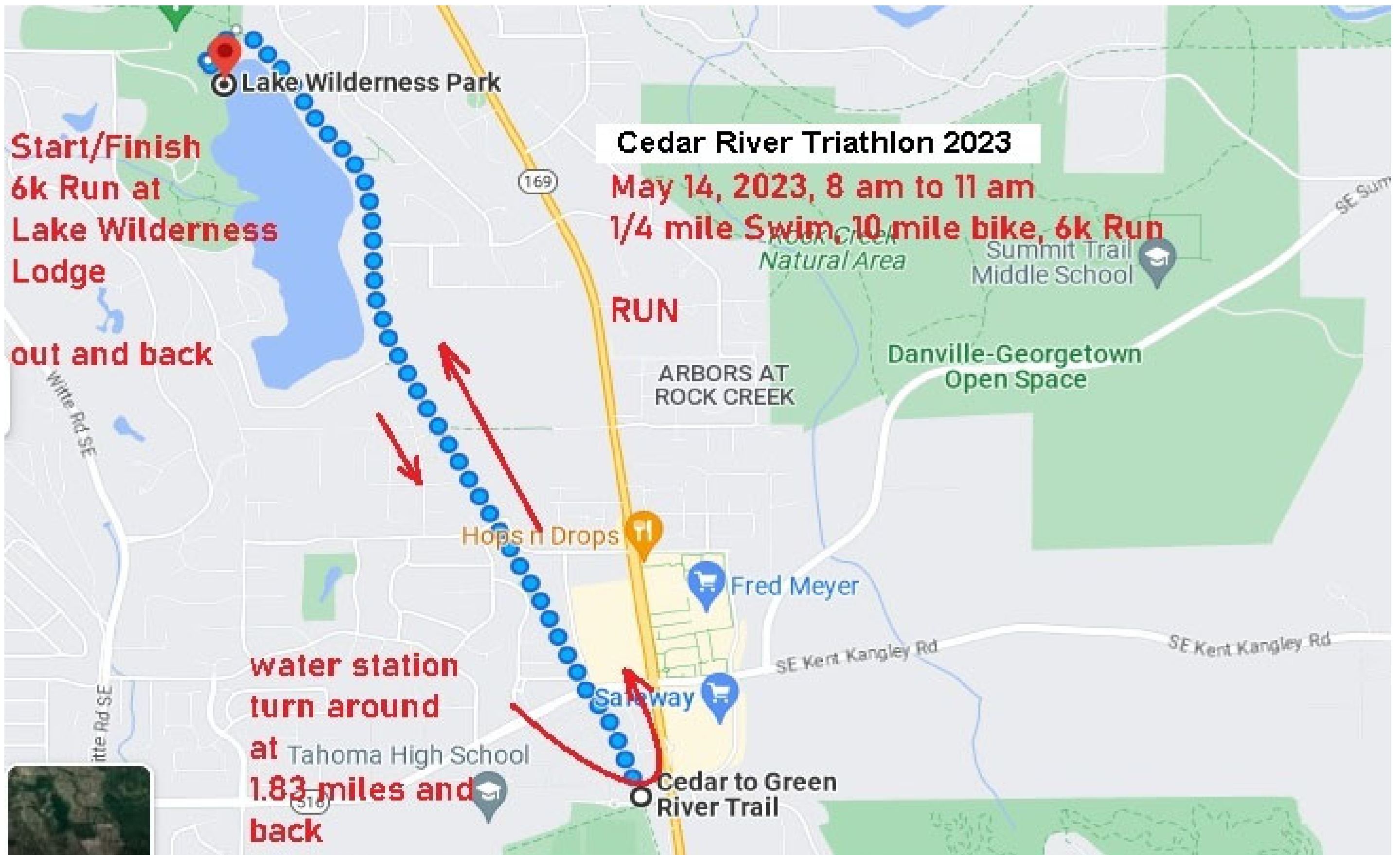
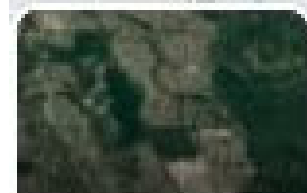
1/4 mile Swim, 10 mile bike, 6k Run

RUN

Start/Finish  
6k Run at  
Lake Wilderness  
Lodge

out and back

water station  
turn around  
at  
1.83 miles and  
back



# Run course

[Run](#) – 6k (3.72 miles) will start out at the transition area and run up the hill to the parking lot and take a right onto the Green River Trail and head the opposite direction (of the bike) for run. The course is out and back. Stay to the right at all times. There will be a water/gel/first aid station at the turnaround (1.84 miles).

All registrants receive a custom designed [T-Shirt](#), bumper sticker, coaster, custom designed [swimming cap](#) and hand towel. All finishers receive a Cedar River Triathlon finisher [medallion](#). All times will be published shortly after the event. We will have door prizes and prizes for the 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> overall and age group winners in 5 year intervals 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> (e.g., 30-34 F). Race packet pick-up the morning of the event will start at 6:30 am. Body marking with age on right calf and race number on left arm. All bikes must have race number sticker attached. We will match number on bike, with the number on your arm and bib number. Wear your ankle chip on either ankle. All bikes must have handle bar plugs. The registration tent has extra plugs as well as bike pumps and first aid kits. Wear your bib on your front torso so we can record your time and photo finish.



**Cedar River Triathlon**  
**May 14, 2023, 8 am**  
**Maple Valley WA**

**Bike**

Gaffney's Grove  
Disc Golf Course

Lake  
Wilderness  
Arboretum

SE 248th St

SE 248th St

Gaffney Rd

Lake Wilderness Park

Lake  
Wilderness Park

Epic Call Now R  
Repair Maple Va

**Transition  
Area**

**Run**

Lake Wilderness  
parking

**Cedar River  
Triathlon Parking**

**Swim**



# USAT Rules and Regulations

- No riding bikes on the lawn – City Requirement – Disqualified.
- No littering on the course (use trash receptacles at water stations)
- All handle bars must have plugs – Immediate disqualification
- No cutting the course
- Do not swim over fellow athletes.
- No drafting
- Helmets required
- Must rack bike before removing helmet
- No dogs allowed on the course

# USAT Rules and Regulations

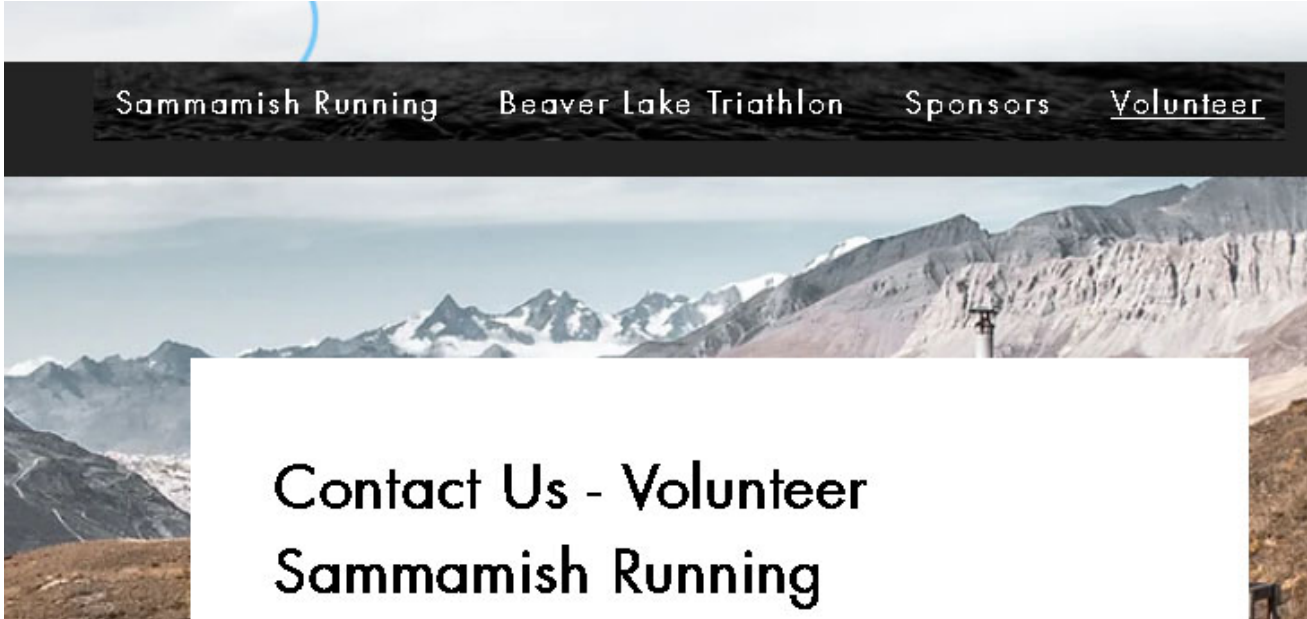
- No floatation devices allowed
- No outside support (i.e., spouse or friend giving you water or towel)
- <file:///C:/Users/dog/Downloads/USAT%20Competitive%20Rules%20Updated%2011%2014.pdf>



National Office • 5825 Delmonico Drive, Suite 200 • Colorado Springs, CO 80919  
Phone 719.597.9090 • Fax: 719.597.2121 • [www.usatriathlon.org](http://www.usatriathlon.org)







[Sammamish Running](#) [Beaver Lake Triathlon](#) [Sponsors](#) [Volunteer](#)

## Contact Us - Volunteer Sammamish Running

First Name

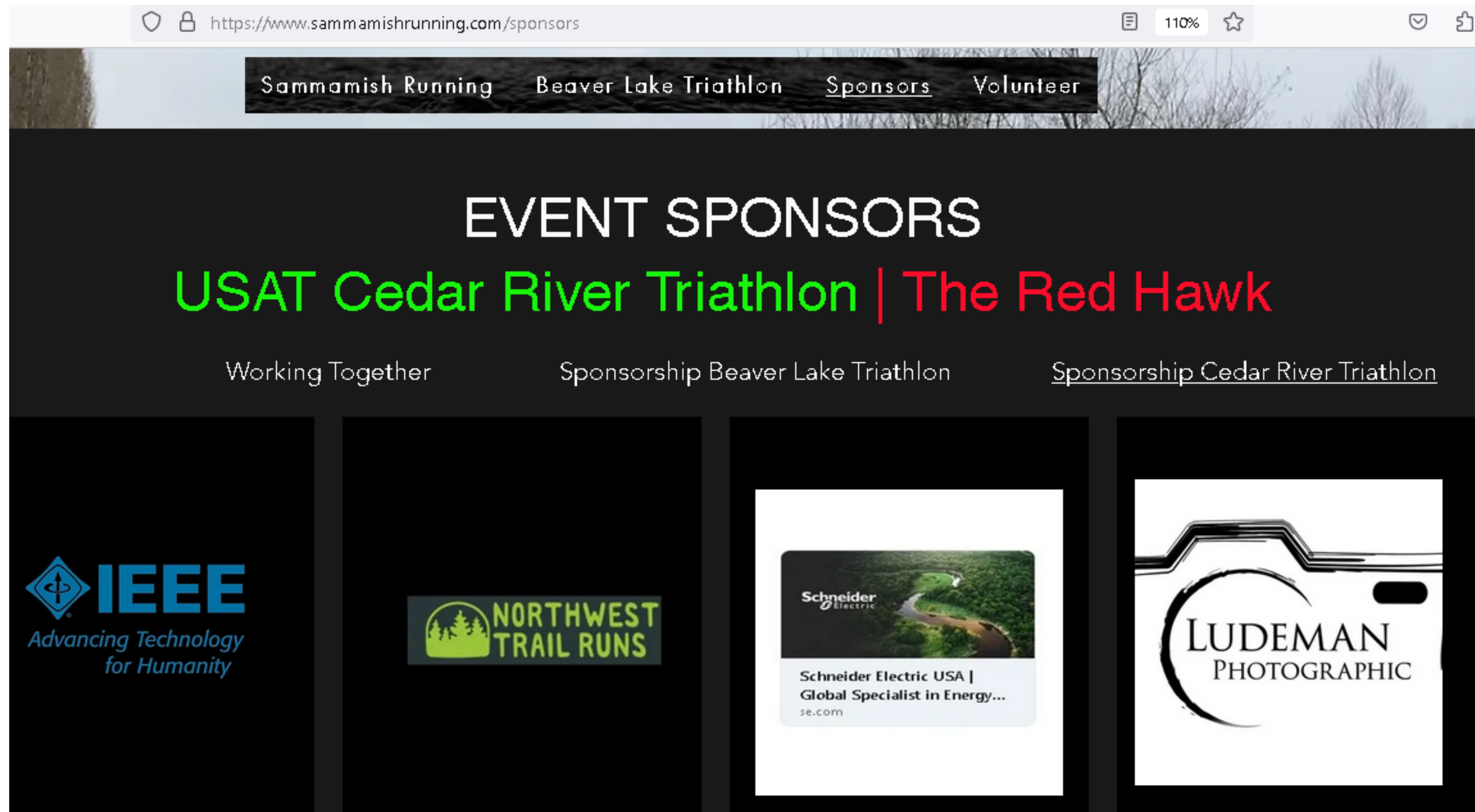
Last Name

Email \*

Thank you for volunteering with our group. Can you pass out race packets, help at the water stations, be a flagger and/or lifeguard (must be certified) for 1 to 2 hours? We need volunteers for the upcoming USAT Rattlesnake Lake Triathlon, The Red Hawk, and the Beaver Lake Triathlon. All volunteers get a Starbucks gift card, and race T-Shirt. Connecting Runners, Building Community, Giving Back.  
Y/N

Submit

# We thank our sponsors



# Questions, Comments, Concerns?

- Good Luck!
- Mike Brisbois, Race Director  
SammamishRunning.com
- 708.668.5488
- [mic@beaverlaketriathlon.com](mailto:mic@beaverlaketriathlon.com)
- **Call 911 for emergency**