

# Ocean Shores Triathlon

## Sprint and Super Sprint

¼ Swim, 8 mi Bike, 5k Run

½ Swim, 16 mi Bike, 10k Run

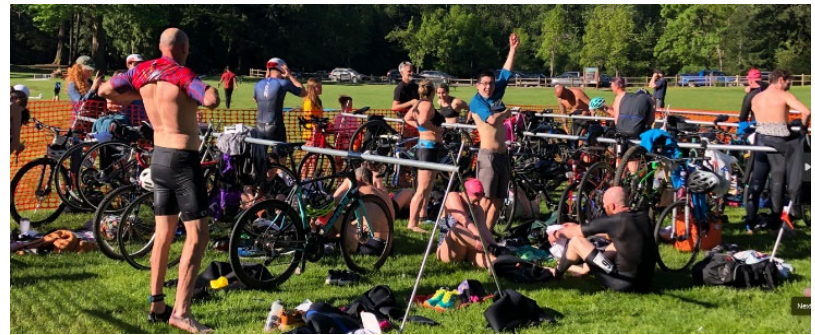
**Sunday August 4, 2024, 8 am**

Ocean Shores Washington

Starts at: North Bay Park,  
Albatross Street NE, Ocean Shores, Washington

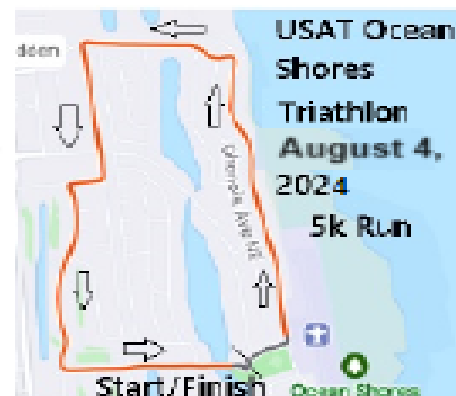
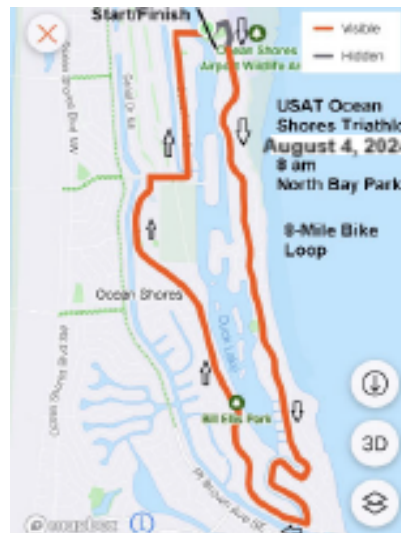


Mic Brisbois Race Director | (708)668-5488 [mic@BeaverLakeTriathlon.com](mailto:mic@BeaverLakeTriathlon.com)



Transition Area - Swim/Bike/Run

## Swim in beautiful Duck Lake



**Bike 8-mile or 16**

**Run 5k or 10k**

More information and to register at: [SammamishRunning.com](http://SammamishRunning.com)