

# Self-Transcendence

June 26, 2012

## ATTENTION: July Alert !!

Hi All Athletes and Friends ,

What's so special about July? Doesn't it usually follow June?  
Yeah, but..

On July 1 the Registration Fee for the  
Self-Transcendence Triathlon  
Jumps to the full rate

So..

If you haven't already registered, do that **now** and save yourself a bundle!

With the organization well in hand to make a **great race** we are eagerly waiting to see you all on August 5 but we do need your help for some of the details—please do whatever it takes to ensure a sunny July to ripen the blueberry crop in time for the post-race feast in the "Finish Line Café!"



Having said that, it occurs to me that with everything else on the buffet table: fruit cups, muesli (hand-crafted to our own special recipe), yogurt, fruit crumble, bagels and cream cheese and jam, watermelon, and—don't forget our signature PANCAKES with organic maple syrup!—maybe you wouldn't notice that blueberries (fresh-picked that morning) were missing. But we would—it's a tradition, after all. Specially for you!

We have been told that some people register for the food and then say, "what the hey—we're at the park we might as well do the race, too."



Coming: August 5!  
Happy training!!

SUMITRA

