

# Self-Transcendence

December 2012

To all the friends of the Self-Transcendence Triathlon/Duathlon:  
**Merry Christmas and a stocking-full  
of Good Wishes for 2013**

*Just in time for the Christmas newsletter we have heard from TriBC that our race on August 4, 2013, will be part of the Provincial Olympic Tri Race Series  
**AND!!!***

*will be a qualifier for the **World Duathlon Championships in Spain, 2014!**  
Doesn't that start you dreaming of warm, sunny days and exotic places!*

*And we know a lucky person who will find a free entry to next year's Self-Transcendence Triathlon/Duathlon in her Christmas stocking.*

*We are extremely grateful to those of you who sent us suggestions for next year's Draw Prize. Such creative, FUN ideas! And most offered several suggestions. I was very touched, too, by everyone's consideration of our budget. So with great gratitude, we put all the names in a hat and drew the winner of the free entry.*

**CONGRATULATIONS, STEPHANIE CARTER!!**

*(Well, that was delightfully easy! Now, the hard part. We want to roll the spirit of all those wonderful ideas into one reality. Hmmm. A few convivial winter evenings in front of the fireplace might help!)*

*We wish **you** all the happiness of the Season and Beyond!—the Joy of  
**FUN FRIENDS FAMILY***

*But don't get carried away and forget your training! Remember August 4 is just around the corner and **online registration** will be up and running in **mid-January**.*

Cheers!

Sumitra



victoriatriathlon.com

