



# Self-Transcendence

June 26, 2013



Hi Dear Athletes and Friends

## Reminder to those who haven't registered yet: fees go up \$15 after July 1

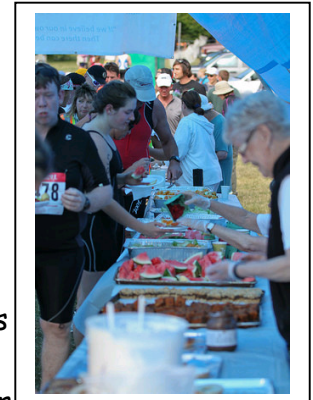
As time races toward July, the intensity of the planning for August 4 starts to build and the excitement and anticipation of seeing you all again on race day begins to mount!

Thanks to input from previous competitors, this year will see a difference in the grand draw prize—not one, but several grands! (And no bike.) And of course we'll have the multitude of other draw prizes—the gift bags stuffed with surprising things. (But not as big a surprise as the grands.)

One thing does not change, and that is the sumptuous post race feast in the Finish Line Cafe. Listen to what some competitors have told us in the past:



... the volunteers were terrific - so happy, cheerful and encouraging--that is always appreciated, just to see a sunny smile. And finally, the food. To see that fresh fruit and the lovely ladies who were being so nurturing in passing it out was just heart-warming... A terrific race - one that I will do again and again. --Nancy Carleton



It was a fantastic event, and we enjoyed every minute. Everything seemed to go smoothly, and the food afterwards was delicious--all very healthy and substantial - even the pancakes seemed like more of a homemade really good batter. And the people serving were so nice.--Linda and Mike Walsh



The food afterwards was delicious and my husband was hoping you could tell me where I could get the syrup you used. He was most impressed. Thanks again. --Gill Chater



HAPPY TRAINING!

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