



# Self-Transcendence

July 22, 2013



...just a little over 10 days...

Oops! The time seems to be going by so fast I rushed in without a greeting. Back up!  
Dear Athletes and Friends, Hi!

Who said, "The difficult we do right away. The impossible takes a little longer."  
(Must have been a Triathlon/Duathlon organizer.)

## Race Meetings Saturday, August 3:

Youth 2:00 pm Adult: 2:30 pm

This is your chance to meet Ian, our technical director and Vicki, the Tri BC Official for our race. Get safety tips about the course, ask them your technical questions and review the course maps.

## We are a BC Duathlon Championship Race

To honour the Championships we are offering a Finisher Medal to duathletes this year. The winners in each duathlon category, in addition to the regular Self-Transcendence medal will receive a memorial belt buckle. Thanks, TriBC!

## ReFuse--new on the site this year

Please look for two stations for depositing compostable and recyclables when you want to throw something away. Thanks for the idea goes to a volunteer who is eager to nudge us toward 98% waste-free status.

## Prizes, prizes, prizes.

We are fortunate to have so much support from the community with donations for the gift bag draw prizes for both the athletes and the volunteers. You'll read all the supporters' names in your race packets. Do give them a word of thanks in the future.

There are some prizes that are too **big** to put in a gift bag and the winners must be on site to claim them—like the Hotel Grand Pacific (a 12-visit punch-card for the spa facilities), Innovative Fitness (consultation and personal training sessions), Ocean Pointe Resort and Whistler Resort (complimentary nights).

And now, Ladies and Gentlemen!(drum roll, please!)

The grand finale **Grand Prize:**

A two-night get-away for two in the Gulf Islands:

luxurious Lodge Room, fireplace, soaker tub, patio with ocean views...aah!  
(plus complimentary breakfasts and two hours of activity rentals!)

at

**Poets Cove at Bedwell Harbour**

*See you at the Race!*

[victoriatriathlon.com](http://victoriatriathlon.com)

*Happy Training!*

