

Self-Transcendence

Merry Christmas

HURRY! HURRY! Only 223 days left!

**What do 223 and 35 have in common?
YOU GOT IT!!**

In 223 days we'll be gathering at Elk Lake for the
35th Annual Self-Transcendence Triathlon/24th Annual Duathlon

And what does that have to do with Christmas?

We have a Christmas gift suggestion for YOU or a buddy on your gift list:

An **early, early-bird** entry to the 35th
with **\$10 off** the usual early-bird fee for individual entries
and **\$15 off** for relays.

All you need to do is print out the attached entry form and
mail it to us postmarked by January 15, 2014.

(This offer does not apply to online registration which will be available
after January 15.)

For sure you don't want to miss out on the bargain and the FUN:

Olympic distance Triathlon (*Provincial Tri Race Series*)
Championship distance Duathlon (*Provincial Duathlon Championships*)

5-year age groupings for medals

Tri & Du Relays Sprint relays Challenge Cup

Youth Categories for medals

AND NEW THIS YEAR: Youth categories for Relays

Don't forget

OUR WORLD-FAMOUS POST-RACE FEAST

(I remember those wonderful pancakes!)

*Merry Christmas!
Sumitra*

Information:

victoriatriathlon.com

