

**Hi all Athletes and Friends of the Self-Transcendence Triathlon/Duathlon,**

We are proud to suggest that you check out the brand new look of our website:

<http://www.victoriatriathlon.com/>

We are so grateful to local triathlete, John McManus for his design of the new site!

And when you have refreshed your memory of how much joy it gave you to participate-- maybe found yourself in a photo-- then go to Events Online where registration is now up and waiting for you.

<https://secure.eventsonline.ca/events/transcendence/>

And if racing is not in your 2014 plan don't miss out on the fun—be a volunteer! Call Narmada 250 592 6211.

Cheers!

Sumitra for Andrzej Maj, race director