

Is this Your Heart?



We hope so!

Because you are most certainly in our hearts!

*You, the wonderful athletes, friends, volunteers and supporters of the
Self-Transcendence Triathlon/ Duathlon*

*New for our 35th Triathlon: Sprint Triathlon Relays
And*

New for our 24th Duathlon: 2015 World Championship qualifier

*Watch for: the official 35th anniversary shirt
Watch for: (surprises we haven't even thought of yet)*

*Let's make August 3, 2014 at Elk Lake, Victoria
another real family and friends event!*

Happy training!

Sumitra (proud recipient of the Tri BC race director of the year Award 2013)