

Self-Transcendence



APRIL NEWS 2014



Hi All Athletes and Friends! Here's A **QUICK REMINDER!**

I know you optimists are busy putting away your winter bikes, dusting off the racing bikes -fenders off, racing wheels on—BUT in all the hustle and bustle don't forget:

Midnight **APRIL 15** is your last chance to save with **ONLINE EARLY BIRD [registration](#)**.

And here's some New News! For aspiring **KIDS OF STEEL**.

To give more young athletes a chance to taste the joys of Triathlon, this year we are adding more Youth Categories.

For Individual and Relay Teams the age groupings are:

12/13, 14/15, 16/17, 18/19

Do encourage all the young athletes you know. It's fun, it's friendly, there are photos, shirts, medals in all categories and at the end of it all there are—PANCAKES!!

PROCRASTINATOR APPRECIATION DAYS

Never heard of them? Well, we just inaugurated them!

MAIL-IN EARLY BIRD FEE IF POSTMARKED BY APRIL 20.

See you August 3 at the Lake!
And we'll join together in cheering our
youth triathletes!
Sumitra