

# Self-Transcendence

June 2015

## REMINDER for All Athletes and Friends:

At midnight on July 1 the Registration Fee for the  
Self-Transcendence Triathlon/Duathlon  
jumps to the full rate

So...

If you haven't already registered, do that **now** and save yourself a bundle.  
We are eagerly waiting to see you all on August 2.

## A quarter of a Century!

Watch for special Duathlete-only prizes  
in honour of our 25<sup>th</sup> annual Duathlon.

**Breaking News** from Triathlon BC!! TriBC officials will be on hand for the Awards Ceremony on August 2 to present the Provincial Awards to the top three winners in the Sprint Category. The medals are truly beautiful!

*Didn't someone say a picture is worth a thousand words?*



Before



After

Did you know?—that sumptuous buffet table has many gluten-free and vegan choices, including delicious muesli and both spelt and gluten-free pancakes.

We are looking forward to seeing you all on August 2. If you choose not to race, why not come as a volunteer? (Phone our volunteer co-ordinator 250 590 0495). You will get all the perks—even special draw prizes for volunteers—and have a great time being part of a great day.

See ya!  
Sumitra