

July 26, 2015

Self-Transcendence



Hi All Athletes and Friends

Things are hopping in our planning department! The excitement builds toward making the **36th annual event** an eye-popping one.

(Let's not let the International Triathlon Union (ITU) rules re wetsuit-wearing pop our balloons!) OK—let's get that news out of the way so we can talk about our special prizes this year.

TriBC did their best to try to modify the current wetsuit-use regulations for this summer but, unfortunately, it turns out that despite their efforts, it is incumbent on our provincial Association to enforce the ITU rules for this year. The hope is that a thorough review of the current rules will allow wetsuit use at higher water temperatures in the future.

What does that mean for all of us this year?

SPRINT TRIATHLON: wetsuits allowed in water temperatures up to **22° C**.

STANDARD TRIATHLON: wetsuits allowed up to **24.5° C**

NOTE: We have increased the Standard Distance Triathlon swim distance by 10m to 1510m, thereby permitting wetsuit use up to the higher temperature as per ITU regulations.

And on the personal side: our rain prayers produced a little cooling effect (at least we'd like to think it was us!) and the forecast does seem to be a little cooler, so we recommend that **ALL SWIM COMPETITORS BRING THEIR WETSUITS ON RACE MORNING**. An announcement will be made after the Tri BC official checks the water temp at 6:00 am. If it is a 'no go', those uncomfortable swimming without a wetsuit can switch to the Sprint Triathlon or the Duathlon but must advise the Race Registrar by 6:30 am.

Now for the goodies! (and remember you have to be there to claim one of these great special prizes if your name is drawn. These are additional to the regular posted draw prizes.)

To honour all the Duathletes taking part in our **25th Annual Duathlon** this year we have **four** special mystery prizes for **Duathletes only** to be drawn at the Awards Ceremony!

Both **Triathletes and Duathletes** are eligible for the **Grand Draw prize**--wait for it--

An Ipad Air

complete with a convenient swivel case and 32 gb's of memory.
(You can dream while you eat your pancakes!)

Can't wait to see you at the Park!

Sumitra



victoriatriathlon.com