

# Self-Transcendence

OH, NO!  
Please WAIT!  
SANTA!!  
WAIT!!



Did Santa ride on by you  
without dropping off an entry to the  
**2016**  
**Self-Transcendence Triathlon/Duathlon?**

## Didn't he get the message:

--that this is "the race that can't quit"?

--that this will be our **37<sup>th</sup> annual Triathlon** and our **26<sup>th</sup> annual Duathlon?** The longest-running triathlon in Canada?

## Didn't he hear:

--that the **2016 Sprint category** is a **TriBC Provincial Championship** race?

## Doesn't he know:

--what wonderful volunteers come out to make it a safe race—with a warm lake swim, scenic cycle route and shady lake trail run?

--how race day is like a family summer picnic, with camaraderie, warm feelings, the joy of athletes giving their best, great draw prizes, medals and flowers.

(Don't forget great food!)

Well, maybe we should cut Santa some slack. It was his busiest time of year, after all.

And best of all, **YOU** still have time to beef up your training and get in an early bird registration @ [www.victoriatriathlon.com](http://www.victoriatriathlon.com)

**For our part** we are in full swing with our planning to make **Sunday, July 31, 2016** a day to remember. Do come and transcend yourself!

See you at the Park!