



March 13, 2016

Self-Transcendence

Hi all you athletes, volunteers, supporters—friends!

Now that we are turning back to daylight saving time I expect that you will be taking advantage of the longer evenings to extend your training for the big Self-Transcendence day at Elk Lake on July 31. I just wanted to catch you before you went out the door, to share with you something that Sri Chinmoy wrote that we all are trying to grow into:

NEVER GIVE UP

Self-transcendence brings us the message of happiness. Self-transcendence gives us joy in boundless measure. We compete only with our previous achievements. And each time we surpass our previous achievements, we get joy.

Every day, when morning dawns, we should feel that we have something new to accomplish. We should feel that today is the continuation of yesterday's journey: we should not take it as a totally new beginning. And tomorrow we should feel that we have traveled still another mile...



*The word 'impossible' is only in the mind
And not in the heart
If we can remain in the heart
There will be no end to our progress.*

--Sri Chinmoy, 'The Jewels of Happiness' p.214

Our theme for this year's Self-Transcendence Triathlon/Duathlon is
"Inspiration"

We've shared something that inspires us. Now we would like to hear some of the things that inspire YOU. Do take a moment to share your thoughts by dropping a note to scmtinfo@shaw.ca and we will make a display for race day.

Happy training! See you at the Park!
Sumitra



PS Early Bird fees are in effect only until April 15! victoriatriathlon.com