



June, 2016

# Self-Transcendence

Hi all you athletes, volunteers, supporters—*friends!*,

Yes, indeed, we are busy ordering traffic control personnel, grills for the pancakes and frozen goodies for the young at heart for that special day at Elk Lake—the **37<sup>th</sup> Self-Transcendence Triathlon** on July 31. It's also the **BC Triathlon Sprint Championship Race**.

And of course, we would like to inspire those of you who haven't registered yet, to hurry up and do so **before the fee increase on July 1**.  
But more than all that...

## We need your help!

We told you that our theme this year is "Inspiration" but there lies our difficulty. Sri Chinmoy wrote hundreds of aphorisms to inspire us but how do we choose what to put on the back of this year's shirt? Will you help? Perhaps there is one from a previous year that you would like to see repeated. Or let us know which of the following you like best.  
(Just reply with the number—or rank them if you wish, e.g. 3.1.6,etc.)

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|---|---|
| 1. Run and smile.<br>Smile and run.   | 4. The happiness of the heart<br>Expedites the speed of the body.                     |
| 2. There is only one way<br>To arrive at the destination:<br>Begin.   | 5. Why do we watch sports?<br>To receive inspiration, enthusiasm,<br>Joy and courage. |
| 3. Why do you have to suffer<br>In the stormy winter of the mind?<br>Just take a permanent vacation<br>In the sunny tropics of the heart. | 6. The inner races<br>Have no speed limit.<br><br>(all aphorisms by Sri Chinmoy)      |

Thanks for the response to the last newsletter's request for what inspires YOU—an activity, thought, person, place, saying... If you didn't get around to it—it's not too late to give us your thoughts to add to our race site presentation.

In the meantime—**HAPPY TRAINING!!**

See you at the Park.!

Sumitra

[Victoriatriathlon.com](http://Victoriatriathlon.com)

