

Self-Transcendence

Hi Dear Athletes and Friends!

Time is rushing toward July 31 as
your training is reaching its peak
for the GREAT DAY at the Lake!

But if, for some reason, you can't compete this month--
Please Consider volunteering at our event!

Contact: narmadagat1@gmail.com

—that way you get to be part of the fun—you get a race T-shirt, pair of sunglasses, the post-race feast and a chance at the volunteer draw prizes. AND the satisfaction of helping fellow athletes. We need you!

Do put **Saturday, July 30** on your calendar too, so you won't miss the **pre-race meeting at 2 pm** to hear the answer to the question:

Will it be a wetsuit swim??

The TriBC Official for our race, Vicki Lundine, will announce the water temp and explain the resulting rules set by the new regulations. See: <http://www.tribc.org/uploads/files/2016%20Documents/Tri%20BC%20Rules%20-%20APPENDIX%20X%20-%2020160201.pdf> and scroll down to p.3.

As we understand it: If the water temperature (taken at 1:30 pm on the Saturday) is lower than 22°C then it is a Golden Oldie—wearing a wet suit is up to the athlete. If the temp is between 22°C and 24.5°C an athlete MAY choose to wear a wet suit but MUST change their registration to a "Participation Category". They will not be eligible for awards and medals. This category will form the last swim wave. The change must be done at the on-site registration tent following the Race Meeting on Saturday or before 6:30 am on Sunday.

And Now—TA DA—to announce the **Grand Draw Prize!**

A Norco Commuter Bike valued at \$1200

Thanks to the generosity of our friends at Oak Bay Bikes and a longtime fan of the Triathlon who wishes
to remain anonymous!

See you at the race!
Happy training!
Sumitra



PS
If you **are** racing, why not rope in—uh—suggest—to some of your near and dear ones, to support you by volunteering!!