

December 10<sup>th</sup>, 2012

Hi Wellbeingers!

Greetings from Khao Lak. Well, after five days of wedding mayhem in Phuket and four days of island paradise time, today I found some energy and we did a triathlon!

First, we rode to Boat 813, launched a full kilometre inland by the 2004 tsunami. There's a memorial being built which looks bigger than Ben Hur. For now, there's a timeline and pics in a bamboo hut which brought tears to my eyes.



Next was more of the bike leg, until we hiked up to a waterfall...



The bike leg continued for another 10kms or so until we finally reached transition! It was a welcome pit stop....



After refuelling we entered the swim leg of the race...although perhaps without the required vigour.

After riding the 10kms back to our hotel I was naturally a bit knackered and sore, so I dropped in at my fave massage place for a quick 'treatment'. All sorted now, I've got two Singhas, a beef massaman and some beautiful snapper on board and I'm feeling post-race-great.

How were your Mondays?

Tamz

