

|| Shree Swaminarayo Vijaytetaram ||

Jay Shree Swaminarayan and Namaste,

Congratulations, you have completed the registration process for participating in the Trikon Trifecta Challenge event.

As part of the grand 25th anniversary celebration of the inauguration of Shree Ghanshyam Maharaj in SKSST Harrow, we have launched our Trikon Trifecta event successfully and we have a lot of people interested in taking part in the running, walking and cycling (full and there are no spaces) elements of the event. We are pleased to let you know that the running event has nearly 75 participants. There are still spaces if you know of anyone who wants to register. They can do so until 1st August 2021 when the registration closes for sure. Here is the link to sign up: <https://forms.gle/upns5G19qvGwZjjk8>

With just a few weeks to go, we thought it would be best to give you some details of the day and how things will happen.

Before the Event – Plan and Tips

1. Make sure you have completed at least one 5k run within the next 2 weeks leading up to the event to build that stamina. Try practice on the roads if you can so that you get used to the pavements.
2. Practice regularly and maybe even contact a physio for any last-minute tips and body adjustments.
3. Make sure you are eating right and have the energy to complete the event. Rest days are very important too!
4. Have a small nutritional breakfast with items that slow burning like oats.
5. Make sure you have appropriate running shoes.

On the Day – What to expect

1. Date of Run: Saturday 7th August 2021
2. Arrive promptly at Shree Swaminarayan Temple, Willesden (NW2 5RG) at 7.00am and we will aim for the first group of runners to be out by 8.00am. Willesden Temple will kindly prepare snacks for you in the morning to get your energy levels up.
3. We would prefer if participants could be dropped to Shree Swaminarayan Temple, Willesden directly.
However, if you do require transport to Willesden Temple, please do let the organisers know by 1st August 2021 and we can arrange this for you.
4. You will be split into groups based on ability and your sign-up data. If you have registered to be a Lead Runner, you will be given an orange Hi-vis, which will need to be returned back to us at the end. Please stay with your group at all times.
5. Lead Runners will have a briefing one week before the event. We will contact you separately.
6. Each group will have two lead runners and a first aider. Please run within the designated groups. Try not to over-take groups and listen to any instructions given by lead runner. Lead Runner will brief you on the day and will know the route/stops.
7. We aim to release the groups at 2/3 minute intervals so that there is not too much congestion on the pavements.
8. There will be a support vehicle with first aiders and they will be available for any assistance on the day.
9. We also aim to have extra volunteers and security personnel dotted around the route.
10. There will be a small lunch provided when you reach SKSST – Harrow, so that you can get your energy back up for the walk afterwards, if you are taking part.

|| Shree Swaminarayano Vijaytetaram ||

The Route and other break stops.

The route is fairly straightforward. Attached is a map of the route. There is one water stop planned, just before Fryent Way.

Runners Responsibilities

1. Please wear appropriate running clothing and trainers. Try and wear reflective or bright coloured clothing so that you are visible to road users.
2. Our colour theme for the run and the walk is **RED** so please wear a red t-shirts or tops so that everyone is matching.
3. Strictly no headphones apart from Leaders. The roads can be busy so full concentration is required.
4. OBEY all traffic lights, even if it is a red light with no-one crossing the road. A red light is a red light.
5. This is NOT a race, run safely, be courteous to each other and other pavement users.
6. Enjoy the challenge to the max!

Coronavirus Rules and Guidelines

Although the government has relaxed most coronavirus rules and legislations, we would like this event to be as safe as possible for all the participants. Therefore, we kindly request that you carry out a Lateral Flow Test (LFT) 1-2 days before Saturday 7th August. You can order this free of charge from <https://www.gov.uk/order-coronavirus-rapid-lateral-flow-tests>

Please follow both mandirs' safety rules by wearing a mask whilst on the premises with the exception of when you are seated during a meal or exempted for medical reasons. Whilst running, please keep a minimum of 1m distance from other runners.

Please do not attend the event if you are self-isolating or have coronavirus symptoms.

Once again, thank you for taking part in this event and we hope to see you on the day, bright and early.

As we are fundraising for our nominated Charities Go Dharmic and St Luke Hospice, you can get your friends and family to donate to the cause. We will send out a further email soon on how to raise your donations and also keep an eye on the mandir website at www.sksst.org for the sponsorship/fundraising link. In light of the current situation involving Coronavirus restrictions, the temple has decided to add a 3rd Charity called the Centre for Mental Health. We have attached a summary of what each charity does.

Finally, from the organising team, we wish you the best of luck and we hope you can complete the first part of the Trikon Trifecta!

If you have any queries or you want to change any of your details, please email back on utsav@sksst.org or contact Bhavesh 07875 661002.

KSST - Shree
atch-Satsang...

KINGSBURY

COLINDALE

THE HYDE

WEST HENDON

Andrew Gents
Hairdressers

BRENT CROSS

HAMPS
GARDEN

Hyatt
Country Park

golf London

 **1 hr 48 min**
5.3 miles

NEASDEN

WEMBLEY PARK

CRICKLEWOOD

Gladstone Park

Wembley

Shree Swaminarayan
Temple

CHURCH END &
ROUNDWOOD

le Laptop Repair

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Please see information about the three nominated charities:



St Luke's is a charity providing specialist end of life and palliative care to people in Harrow and Brent, enabling them to achieve the best possible quality of life. Their vision is a world where everyone with an incurable illness can access the care they need to live well, to know that their family and carers are supported, and to die with dignity in the place of their choice. All their services are provided free of charge. That is only possible because of the generous support they receive from the local community like us. We have provided them with much needed high quality medical adjustable specialist beds in the year 2017 which are still being used to date.



Go Dharmic exists to help make a more compassionate, non-violent world. Inspired by the philosophical concept of Dharma, their calling is to equip themselves and others with the knowledge and practical means to reduce the suffering of all living beings. This is an international charity and SKSS Temple has opened up a food bank with them since May 2021. This is one of the first project by the temple with Go Dharmic.

Centre for
Mental Health



Centre for Mental Health is an independent, not for profit thinktank. They are dedicated to eradicating mental health inequalities and fighting injustice by changing policy and practice. They have been at the heart of some of the most important changes in policy and practice including government investment in the NHS (through the Five Year Forward View and Long-Term Plan), widespread adoption of mental health support in workplaces, maternal mental health provision, liaison and diversion services, planned reform of the Mental Health Act, and importantly in the pursuit of mental health equality. The charity in conjunction with SKSS Temple will aim to provide bespoke packages to support the local and national community including schools. Funding will also be used to further strengthen their work related to 100s of other organisations affiliated to them.

“Vasudhaiva Kutumbakam”
“The World Is One Family”

SKSST PRESENTS

CHARITY FUNDRAISER

Go
Dharmic

St Luke's
HOSPICE

Centre for
Mental Health



TRIKON TRIFECTA

CHOOSE ONE - CHOOSE ALL -
CAN YOU RULE THEM ALL?



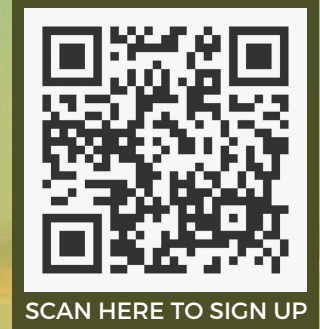
RUN • 5 MILES



WALK • 10 MILES



CYCLE • 40/60 MILES



SCAN HERE TO SIGN UP

07-08 AUGUST 2021

#VK25TRIKONTRIFECTA

MINI
UTSAV

Celebrating 25 years of
GHANSHYAM MAHARAJ'S INAUGURATION

FOR MORE INFO CONTACT
UTSAV@SKSST.ORG
07875661002





SKSST PRESENTS

CHARITY FUNDRAISER

To celebrate our Ghanshyam Maharaj's 25th anniversary since inauguration, we are aiming to circle our Mother Earth collectively which is around 25,000 miles.

To help us achieve this target in August, we are launching our toughest physical challenge yet. We will be bringing together our temple family by visiting various temples across London by way of three different physical sporting activities to raise money for our nominated charitable organisations. You have the choice of either doing one event, two events or, if you feel brave enough, all three to achieve 'THE TRIKON TRIFECTA'.



Centre for
Mental Health



SATURDAY 7TH AUGUST 2021



RUN • 5 MILES

START : 📍 SST WILLESDEN AT 8AM
FINISH : 📍 SKSST HARROW AT 11AM



WALK • 10 MILES

START : 📍 SKSST HARROW AT 12PM
MIDDLE : 📍 SST STANMORE
FINISH : 📍 SKSST HARROW AT 6PM

SUNDAY 8TH AUGUST 2021



CYCLE • 40 / 60 MILES

START : 📍 SKSST HARROW AT 7AM

→ 📍 SST STANMORE → 📍 SST WILLESDEN → 📍 SKSST EAST LONDON
→ 📍 SKSST WOOLWICH → 📍 ISSO STREATHAM (40 MILES*)
→ 📍 SKSST HARROW (60 MILES)

#VK25TRIKONTRIFECTA

MINI
UTSAV

Celebrating 25 years of
GHANSHYAM MAHARAJ'S INAUGURATION

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UTSAV@SKSST.ORG
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