



Our WWD activity was successful!, we had around 70 people involved in the Triathlon, and nearly 90 more as companions, that is 160 people joined the day... in just a week of publicity, and most of them were new faces, so we consider all this a great success. All of them signed a letter of support to ask our government officials and to administrative authorities in Colombia before Ramsar, to designate without delay our Lake Tota as a Ramsar site.

The triathlon was 52 km by bike, 400 mts swimming in the wetland (at 3,015 meters over the sea level, there's where Lake Tota is... quite cold let me tell you!, but great once you're there swimming), and 2 km of athleticism climbing up to 3,400 mosl (to a mount called Monte Tabor). All of it happened as it was explained in the blog:

<http://eventosprolagodetota.blogspot.com/2012/01/triatlon-recreativo-no-competitivo-pro.html>

We had 6 wellness stops, to meet locals and authorities in their small towns, to express gratefulness, to talk a few words about our wetland, some facts and issues, to explain about what Ramsar Convention is, and to say we were doing history as the 1st WWD celebration with a triathlon! (as my friend Valerie told me)... so everyone was happy to be there and to participate in it.

On the way back from the mountain by athleticism, we planted some native trees (around 30 units). We finished with a group talk, had lunch with a trout dish, and then back home... by bike (nearly 30 km more!).

But let pictures talk by themselves, find a good one attached, and all of them in this web link:

<https://picasaweb.google.com/108622269600708515992/TriatlonProLagoDeTota2912012?authuser=0&feat=directlink>. If you look carefully photo # 88, you will see a couple of Condors!... our andean bird by excellence, so difficult to encounter, so we were very lucky with it.

Best,

Felipe

PS.- By the way, I am the one with a red bike shirt and black shorts.

<http://defensalagodetota.blogspot.com>

Fundación Montecito

En pro del monte andino

w: fundacionmontecito.org

Sogamoso (Colombia)

t: (310) 7726819, f: +8 7720868

[Facebook](#) - Skype: [fmontecito](#)