

Self-Transcendence

Fifteenth Annual Ten-Day Race

April 19 - April 29, 2010 starts 12:00 noon

Thirteenth Annual Six-Day Race

April 23 - April 29, 2010 starts 12:00 noon

Flushing Meadows Corona Park, Queens, New York

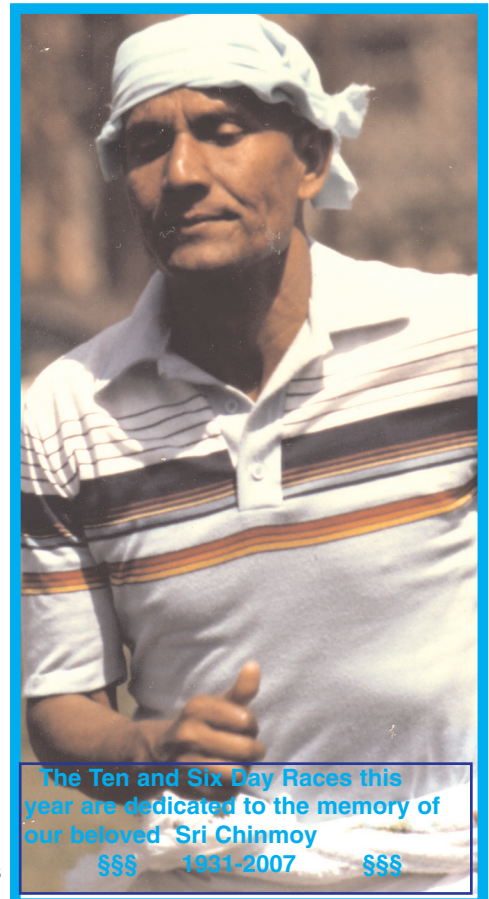
In cooperation with the New York City Department of Parks and Recreation
Adrian Benepe, Commissioner

Start and finish at 12:00 noon - both races

- * Flat, well-paved, well lighted, 1.002 mile loop in famous park setting
- * Medical service, showers, food and drinks provided
- * Accurate lap counting
- * Continuously updated scoreboard
- * Awards, (men & women) Open, 50-59, 60-69, 70 & up
- * Cut off schedule: 10 Day: 3 days-150 mi.; 6 days-300 mi.
6 Day: 3 days-150 miles
- * Entry fee: 10 Day -\$650.00 6 Day - \$400.00
- * **Entries close April 1, 2010.**
- * No entries under 18 accepted.

Acceptance at race director's discretion

- * Overseas runners may pay when they arrive in New York provided they mail entry and housing forms as well as confirmation of their participation



The Ten and Six Day Races this year are dedicated to the memory of our beloved Sri Chinmoy
\$\$\$ 1931-2007 \$\$\$

Last Years' Results:

10-Day: Madhupran W.Schwerk, GER-777 miles Kaneenika Janakova, SLK-707 miles
6-Day: Darren Worts, USA -420 miles Dipali Cunningham, AUS -514.82 mi.

World Road Bests

10-Day

Men: Yiannis Kouros, AUS - 964 miles (1988-split)
Women: Sandy Barwick, NZ- 807 miles (1991-split)

6-Day

Men: Yiannis Kouros, AUS-644 miles (2005)
Women: Dipali Cunningham, AUS- 514.82 miles (2009)

Race Records

10-Day

Men: Rimas Jakelaitis, LIT-901 miles (2001)
Women: Dipali Cunningham, AUS-723 miles (1996)

6-Day

Men: David Luljak, USA -541 miles (1998)
Women: Dipali Cunningham, AUS- 510 miles (2001)



2009 Six Day Greats Dipali Cunningham, AUS and Pam Reed, USA

Self-Transcendence Ten- Day / Six- Day Race Application

April 19- April 29 2010

April 23- April 29 2010

(Please fill out this form for consideration as an entrant)

Last Name (family name)

First Name

Address

City

State

ZIP

Country

Telephone (Daytime)

(Evening)

Fax #

E-mail

Mobile Phone

Male / Female

Date of Birth

Age

please indicate T-Shirt size ()S ()M ()L ()XL

Please indicate which race you will run _____ **six day** _____ **ten day**

Years of Running _____

How many ultras have you run? _____

Best 50 mile _____ Best 100 km _____ Best 100 mile _____

How many multadays have you run _____

Best 24- Hour or multiday (give dates and times or distances) _____

Best long distance events you have completed in last two years _____

Do you hold any national or international records? If yes, please list _____

(please use separate sheet to list your ultra history if necessary)

In consideration of this entry being accepted, I the undersigned, intending to be legally bound, hereby for myself, my heirs, executors and administrators, waive and release the Sri Chinmoy Marathon Team and all its representatives, the City of New York, the New York Department of Parks and Recreation for any and all injuries suffered by me in said event. I attest that I am physically and mentally fit and sufficiently trained for the completion of this event.

Signature _____

Date _____

Send application along with check or money order to: Self-Transcendence 10 DAY / SIX DAY 150-47 87th Ave. Jamaica, NY 11432 USA Telephone and Fax: 1-718-297-2556 e-mail: scmtny@earthlink.net



Self-Transcendence



Ten-Day Race April 19 - April 29, 2010

Six-Day Race April 23 - April 29, 2010

FLUSHING MEADOWS CORONA PARK,

Flushing, Queens, New York

Dear Runner,

Welcome to the Fifteenth Annual Self-Transcendence Ten Day Race and the Thirteenth Annual Self-Transcendence Six Day Race. The Ten-Day race starts on Monday, April 19 at **12:00 noon, EDT** and finishes at 12:00 noon on Thursday April 29, 2010 at Flushing Meadows Corona Park, in Flushing, Queens, New York. The Six-Day race happens concurrently with the Ten-Day, starting on Friday, April 23 at 12:00 noon, and finishing on Thursday, April 29.

The course is a very flat, scenic, 1.0018 mile loop in a pleasant park setting near the famous areas of the World's Fair of 1964 and close to the USTA facility, home of the US Open. There are many patches of green and trees, as well as close proximity to Meadow Lake. Temperatures in April in New York generally vary between 52° and 71 ° with extremes at 33° and 90°. In other words, plan for any conceivable weather condition, including rain and windy conditions. Please bring ample pairs of shoes, socks and running gear, as well as a good sleeping bag and a winter jacket.

Sleeping quarters will be provided, where you can rest and store your gear. We do encourage the use of tents, however, since quite often runners take breaks for rest at different times and would be better served by having their own private tent. Please respect men's and women's privacy in the separate dormitories. Sleeping cots and blankets will be available. You should bring a laundry bag, as there will be one laundry service during the week if you need it. Camper vehicles and RV 's are not allowed in the park.

You are encouraged to bring a handler for the race. A handler can help immeasurably, not only for personal support but for proper judgement as well, especially when an exhausted runner cannot think clearly or make a decision.

We will have an experienced medical staff on hand throughout the race. Massage and chiropractic adjustments will be between posted hours. First aid is available on a 24 hour basis. PLEASE do not ask for pain killers any stronger than aspirin, and please be advised that if at any time the medical supervisor and the race director feel that you are in danger of doing serious injury to yourself, you will be taken out of the race. You must inform the medical staff and the race directors of any medical abnormalities you might have or special medications you might be taking. This is for your safety and well-being. There will also be a co-ed massage tent for couples who need each others' help in addition to the regular men's and women's medical tents. No couples should enter the regular medical tents. Alcoholic beverages are not permitted in the park, and consumption by competitors and their handlers may result in disqualification.

There will be a large scoring tent for the recording of laps. We ask that ALL runners wear their number while on the course, both to assist us in proper scoring and to further help security personnel. This becomes a must when the six-day racers join the fray on April 23. The public will be interested in your attempts, also, so wear your number. There will be a telephone in the counting tent, but please do not burden us with your long-distance calls. We will have calling cards for this purpose. Remember all competitors must run 300 miles for six days in order to remain in the ten-day race. The competitors in the six-day must complete 150 miles after three days in order to continue. These guidelines are for creating a standard and are not meant as hindrances to your enjoyment of the race.

Again this year we will be using generators for our electric power in the camp area. Consequently there may be occasional blackouts or losses of power. Please bear with us as we attend to these inconveniences. It may be wise to pack a good flashlight for your tent or barracks. Course monitors will be around the course throughout the duration of the race. In the event of problems or emergencies, they can assist you.

There will be a runners kitchen and a camp kitchen. The runners kitchen will contain food, drinks, snacks and three hot meals a day. The camp kitchen will store your own personal food items, as well as food for handlers and staff. Only runners and their helpers should enter the runners kitchen to avoid congestion in the kitchen. Everyone else should use the camp kitchen to hang out. Handlers working full time should expect to pay \$20.00 per day to cover their meals.

We will set aside meals for them every day if they can not eat at the regular posted times. If a handler is only part-time, then a per meal price will be available. The runners kitchen will prepare vegetarian, wholesome dishes, high in carbohydrate, with adequate protein and fats for long distance fuel. If you have special dietary requirements let us know well beforehand, so that some sort of arrangement can be made. Fulltime handlers should expect to pay \$20.00 per day for food provided by the race staff.

There will be a long structure called the dugout, where tables and chairs are for each runner's use. We ask that no cots be placed in the dugout since there is a limitation on space.

Please be at the racesite at least 2 hours before the start of either race. If you have any questions or if problems arise, call us at 718-739-7453 days, or 718-297-2556 evenings. We want to do everything possible to make these races the best experience of your life. Good luck with your training and final preparations!

Rupantar LaRusso

Race Director

Sahishnu Szczesiul

Race Coordinator

Sri Chinmoy Marathon Team Fax 718-297-2556

e-mail: scmtny@earthlink.net or ny@srichinmoyraces.org

Please fill out the following and send it back to us *****

I AM BRINGING MY OWN TENT_____

I WILL NOT BE BRINGING A TENT- PLEASE RESERVE DORM SPACE_____

I WILL BE BRINGING_____ HANDLERS.

(There is a \$20.00 per day charge for food for long term handlers.)

Sri Chinmoy Marathon Team

Self-Transcendence Ten-Day Race/ Six-Day Race *150-47 87th Avenue *Jamaica, NY. 11432 USA