

Race Photos by Abakash Konopiaty

THIRD ANNUAL SELF-TRANSCENDENCE SWIM-RUN AT LAKE WELCH



From an inner point of view, the Self-Transcendence Swim-Run, held on Sunday, September 11, at Lake Welch Beach, Harriman State Park, could be seen as a sweet, transcendent victory for all who attended. There were over 40 athletes in attendance. The race was organized by the Sri Chinmoy Marathon Team, and open to runners and swimmers at every level of training. This race was unique because, inspired by Sri Chinmoy's philosophy of peace and self-transcendence, it was organized with the intention of bringing about camaraderie and personal best effort, rather than competition and winning over others. There were no monetary prizes or league qualifications to be gained, only the inner satisfaction of challenging oneself in new ways.

The many volunteers helping at numerous points along the course, cheering squads, well-staffed aid stations, and picnic lunch, all contributed to an ambiance of cheerful zeal, enthusiasm, and great fun, enabling the participants to dig deep and bring forward their own self-transcendence goal. Over 40 amateur athletes, among them local Naval Academy and West Point cadets, Master's athletes, as well as international athletes from Australia, Iceland, Siberia and New Zealand, all came together for a one-kilometer swim and ten-kilometer run in this beautifully lush and peaceful park in the lower Hudson Valley.

The winners of this year's race were Granantan Boyle for the men, (57:32) and Shobhavati Davies for the women, (1:09:18). In a close second for the women was Jessica McAnneny, in a time of 1:09:54; this was her third second-place finish in the race's three year's history. Inspire to join us next year, on Sunday, September 9, 2012, for the Fourth Annual Self-Transcendence Swim-Run at Lake Welch Beach in Harriman State Park.



Men's Overall (open): 1. Granantan Boyle 57:32; 2. Crosby Jurkiewicz 1:00:49; 3. David O'Connor 1:04:03; 4. Corey Bronstein 1:05:14; 5. Uwe Kaiser 1:07:56

Age category 50-59 Men: 1. Arpan DeAngelo 1:08:55; 2. Frank Carroll 1:13:35; 3. Banshidhar Medeiros 1:16:44; 4. Hyunsoo Park 1:29:16; 5. Robert Taylor 2:09:47

Age Category 60 and over, Men: 1. Pulak Viscardi 1:22:54; 2. Adhiratha Keefe 1:36:49; 3. Istvan Sugar 2:02:50

Women Overall (open): 1. Shobhavati Davies 1:09:18; 2. Jessica McAnneny 1:09:54; 3. Erin Jedicka 1:13:03; 4. AnneMarie Sharkey 1:28:52; 5. Suprabha Beckjord 1:42:51

Age Category 50-59, Women: Suprabha Beckjord 1:42:51

Relay Teams - Top 3: Jayashri Wyatt (F) and Prabala Myhaliuk (F) 1:06:36; Jayalata Dadkovicova (F) and Samahita Bender (F) 1:17:28; John Pinelli (M) and Thomas Pinelli (M) 1:20:07

GOLF OUTING RAISES \$25K FOR SCHOLARSHIPS

The Rockland Community College Foundation raised \$25,000 at their 28th Annual Golf Outing, and announced their 2011 "Person of the Year," at the Spook Rock Golf Course in Suffern. Businesses and individuals from throughout the community participated.

The Foundation honored Michael ... as their "Person of the Year."

ships for accounting students at RCC.

Funds raised by the Foundation provide for student scholarships and other projects to benefit Rockland Community College students. Since 1982, the Foundation has awarded more than \$2 million in scholarships.

MEALS ON WHEELS PLANS ...