SELF-TRANSCENDENCE MARATHON - ROCKLAND LAKE STATE PARK MONDAY, 25 AUGUST 2014 - 7:00 AM





Please submit one form per entry. Photocopies acceptable. You must PRINT LEGIBLY and complete all information.

The Self-Transcendence Marathon is a beautifully scenic, flat and fast, certified 2.96 mile loop around the shores of Rockland Lake. **All runners' laps are scored.** Join us on Monday, 25 August for a marathon you'll love to run. Sponsored by the Sri Chinmoy Marathon Team in conjunction with the New York State Parks System.

You can check your registration information on our website after June 1st and pick up your race packet on the day of the race, 6:00am.

SCMTNY@EATHLINK.NET

WWW.US.SRICHINMOYRACES.ORG

- Premium aid stations every mile attending to a runner's every need.
- Attractive race T-shirts.
- Post-race buffet.
- 7 hour cut-off.
- Start/Finish area at Parking Lot #5

Awards

Men and Women

Top 7: Under 50

Top 3: 50 - 59

Top 2: 60 - 69

Top 1: 70 and over

Awards ceremony at 12:15 pm on race day.

Photographs of all marathon finishers will be available for free download on our website after the 29th of August

By Mail Self-Transcendence Marathon

150-47 87th Ave

Jamaica, NY 11432-3309

Make check or International money order in US\$ out to Sri Chinmoy Marathon Team.

Cost of Entry \$50

\$60 late entry fee (received after July 31)

(Strictly enforced)

CONTACT TEL: (718) 297 2556

Deadlines

Official entries close at midnight of July 31, 2014.

Late entries close at midnight of August 18, 2014.

(SCMT Members who enter after July 31 will not receive a race T-shirt)

No entries will be accepted after midnight August 18.

SCMT members who arrive on race day without a race number will incur a \$10 penalty to have it replaced.

Non - SCMT Members can pick up number after 6:15 am on race day at start/finish compound at lot #5.

Refunds - Refunds (minus \$5 processing fee) will be made if advice of withdrawal is received in writing or email by August 20, 2014. **You are not allowed to transfer your entry to another person.**

Driving Directions

- From New York City via NY State Thruway (Rt I-87): Take I- 87 over Tappan Zee Bridge: Take exit 11. Go to traffic light and make left onto Route 9W north. The park is 2.25 miles on right. Follow signs to Start/Finish area.
- From Northern New Jersey and points south of NYC: Head towards George Washington Bridge. Take Palisades Interstate Parkway North to Exit 4. Take a right onto 9W north. Follow approximately 12 miles to Park.
- From Southeast and Southern New Jersey: Take Garden State Parkway north to NY State Thruway south to Exit 11. Make a left onto Rt. 59 east. Make a left at next light onto Rt. 9W north. Park is 2.25 miles on right.

Signature ______ Date ____/_____

OFFICIAL ENTRY FORM Please make c	hecks payable to Sri Chinmoy	Marathon Team.
Male ☐ Female ☐ T-shirt size sm ☐ med	d □ lg □ xl □	
Family Name	First Name	Phone
Street Address	City	State Zip
Country if not USA	Date of birth Day	Month 19 Age on Race Day
In consideration of this entry being accepted, I, the unders waive and release the Sri Chinmoy Marathon Team, the Lake Office of Parks, Recreation and Historic Preservatio verify that I am physically fit and sufficiently trained for the photographs, yideotapes, motion pictures, recordings, or a	Sri Chinmoy Centre, the New York State on, and their representatives for any and e completion of this event. I hereby grant	Department of Parks and Recreation, the Rockland all injuries suffered by me in said event. I attest and tell permission to any and all of the foregoing to use