SELF-TRANSCENDENCE MARATHON - ROCKLAND LAKE STATE PARK
FRIDAY, 23 AUGUST 2013 - 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 2.96 mile loop around the shores of Rockland Lake. Join us on Friday, 23 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

WWW.US.SRICHINMOYRACES.ORG SCMTNY@EATHLINK.NET CONTACT TEL: (718) 297 2556

- 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 $50.00
$60.00 late entry fee (received after July 31)
(Strictly enforced)

Deadlines
Official entries close at midnight of July 31, 2013.
Late entries close at midnight of August 18, 2013.
(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 $10.00 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 $5.00 processing fee) will be made if advice of withdrawal is received in writing or email by August 20, 2013.***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.

cut here ✂

OFFICIAL ENTRY FORM **Please make checks payable to Sri Chinmoy Marathon Team.**

Male ❒ Female ❒ **T-shirt size** sm ❒ med ❒ lg ❒ xl ❒

Family Name | | | | | | | | | | | | | | | First Name | | | | | | | | | | | | Phone .....

Street Address ..... City ..... State ..... Zip .....

Country if not USA ..... Date of birth | | (Day) | | | (Month) | 1 | 9 | | | (Year) Age on Race Day .....

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, the Sri Chinmoy Centre, the New York State Department of Parks and Recreation, the Rockland Lake Office of Parks, Recreation and Historic Preservation, and their representatives for any and all injuries suffered by me in said event. I attest and verify that I am physically fit and sufficiently trained for the completion of this event. I hereby grant full permission to any and all of the foregoing to use photographs, videotapes, motion pictures, recordings, or any other record of this event for any legitimate purpose.

Signature ..... Date ...../...../.....