

Self-Transcendence Flushing Meadows 5 K – Flushing Meadows Corona Park

Saturday, 23 November 2013 – 10:00 AM

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

THE EVENT:

PARK FUNDRAISER: all proceeds go to the benefit of Flushing Meadows Corona Park. A short and friendly race along the scenic and historic grounds of Flushing Meadows Corona Park in Flushing, Queens, New York. Join us at the Boathouse, near Sri Chinmoy Heart-Garden on Saturday, 23 November 2013 for an end-of-season race you will absolutely love. Both runners and walkers warmly welcome. The race is organized on behalf of the Park by the Sri Chinmoy Marathon Team, in appreciation for decades of support.

INFORMATION:

Contact: (516) 710-8084

<http://us.srichinmoyraces.org/events/ny5k>

e-mail: nyswimrun@srichinmoyraces.org

- All proceeds go to the benefit of the Park
- Free race T-shirts for participants who register before 31 October
- Aid stations
- Kids' fun-run after 5K, \$5, register on race day
- Beautiful and historic race setting

Award Categories

Men and Women/ 10:45 am award ceremony

- Trophies to top seven finishers overall
- Medals for top 3 finishers in each age category
Under 20, 20-29, 30-39, 40-49,
50-59, 60-69, 70 and over

Driving Directions

- Exit 11 off the Van Wyck Expressway South
Stay right and exit right into Park
Turn right off ramp and park in Parking Lot
- Exit 12A off the Van Wyck Expressway North
Take first left which is a U-turn under the hwy
Stay right and exit first right into Park
Turn right off ramp and park in Parking Lot

How to Enter

By Mail Self-Transcendence 5K
150-47 87th Avenue
Jamaica, NY 11432-3309

Make check or Money Order payable to: Sri Chinmoy Marathon Team.

Online registration - Please visit <http://www.active.com/5k-race/flushing-ny/flushing-meadows-5k-2013>

Cost of Entry Official Entries (by mail or online) (close 31 October)
\$20.00 • Free t-shirt included
Late Entries (online) (close 20 November)
\$20.00 • T-shirts for sale subject to availability
Race Day Entries
\$25.00 • T-shirts for sale subject to availability

- No entries accepted on 21 and 22 November 2013
- Race day entries available from 8:30 am – 9:30 am on race day, 23 November 2013, at our registration table.

Refunds – Refunds (minus \$10.00 processing fee) will be made if withdrawal is received in writing or by e-mail by 16 November 2013 (nyswimrun@srichinmoyraces.org)

You are not allowed to transfer your entry to another person.

OFFICIAL ENTRY FORM

Please print clearly. Please make checks payable to Sri Chinmoy Marathon Team.

Male Female **T-shirt size** sm med lg xl Approximate Finish Time ___ hour ___ min ___ sec

Last Name _____ First Name _____ Phone _____

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

Country if not USA..... Date of birth..... 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 City of New York, the New York City Department of Parks and Recreation 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 an legitimate purpose.

Signature _____ Date ____/____/____

Signature of Parent or Guardian if under 18 _____ Date ____/____/____