

# The Self-Transcendence Sprint Series at Flushing Meadows Corona Park – 5 K Race

Saturday, 17 May 2014 – 10:00 AM

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

## THE EVENT:

This Self-Transcendence Flushing Meadows Flushing Meadows 5 K race is part of a series of shorter-distance races, all held at Flushing Meadows Corona Park, sponsored by the Sri Chinmoy Marathon Team. The second race will be held on Saturday, 22 November 2014. Both are short and friendly races along the scenic and historic grounds of Flushing Meadows Corona Park in Flushing, Queens, New York. Join us at the Boathouse, near the Sri Chinmoy Heart-Garden on Saturday, 17 May 2014. Runners and walkers alike are warmly welcome.

## INFORMATION:

Contact: (516) 710-8084

<http://us.srichinmoyraces.org/ny5kmay>

e-mail: [nyswimrun@srichinmoyraces.org](mailto:nyswimrun@srichinmoyraces.org)

- Free race T-shirts for participants who register before 30 April
- 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 87<sup>th</sup> Avenue  
Jamaica, NY 11432-3309

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

**Online registration** - Please visit <http://www.active.com/flushing-ny/running/distance-running-races/may-flushing-meadows-5k-2014>

**Cost of Entry** Official Entries (by mail or online) (close 30 April)  
\$20.00 • Free t-shirt included  
Late Entries (online) (close 14 May)  
\$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 15 and 16 May 2014
- Race day entries available from 8:30 am – 9:30 am on race day, 17 May 2014, 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 14 May 2014 ([nyswimrun@srichinmoyraces.org](mailto: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 \_\_\_\_/\_\_\_\_/\_\_\_\_