

FIFTH ANNUAL SELF-TRANSCENDENCE SWIM/RUN – LAKE WELCH BEACH IN HARRIMAN STATE PARK, NY SUNDAY, 8 SEPTEMBER 2013 – 10:00 AM

Please submit one form per participant. You must **PRINT LEGIBLY** and complete all information.

THE EVENT

The Self-Transcendence Swim/Run consists of a 1 km freshwater swim at Lake Welch Beach and a 10 km run (on paved surface) within Harriman State Park, Bear Mountain, NY. Join us at Lake Welch Beach on Sunday, 8 September 2013 for a short and friendly race you will absolutely love. Participants of all fitness levels welcome. Sponsored by the Sri Chinmoy Marathon Team in conjunction with the NYS-OPRHP System.

INFORMATION

<http://us.srichinmojraces.org/events/nyswimrun>

CONTACT US:

Telephone:
(516) 710-8084

e-mail:
nyswimrun@srichinmojraces.org

- Post-race picnic
- Free race T-shirts (official entries only)
- Wetsuits encouraged
- Aid stations every 3 km
- Freshwater swim

Awards

- Men and Women
 - Top 7: Open
 - Top 3: 50-59
 - Top 2: 60-69
 - Top 1: 70 and over
- Awards ceremony at 12:00 pm on race day.

Driving Directions

- **From New York, Westchester and Connecticut:** Take I-287/I-87 over Tappan Zee Bridge to Palisades Parkway North: Exit 16.
- **From New Jersey:** Take Palisades Parkway North to exit 16.
- **From North of Harriman:** Take I-87 South to Exit 16. Route 6 East to the Palisades Interstate Parkway South to Exit 16.

How to Enter

By Mail

Self-Transcendence Swim/Run
150-47 87th Avenue
Jamaica, NY 11432-3309

Cost of Entry Official Entries • Free T-shirt included
\$65.00 Individuals
\$85.00 Relay Teams

Race Day Entries • T-shirt for sale subject to availability
\$75.00 Individuals
\$95.00 Relay Teams

Relay Teams: Teams consist of one swimmer and one runner. Please fill out two separate entry forms (1 form per participant). Please be sure to mail both entry forms together and 1 check or money order covering the full cost of the relay team entry.

Entry Deadlines

Official entries close 31 August 2013.
No entries accepted between 1 September & 7 September 2013.
Number pick up and day-of-race registration from 8:15 am – 9:30 am on race day, 8 September 2013.

Refunds - Refunds (minus \$5.00 processing fee) will be made if withdrawal is received in writing or by e-mail by 31 August 2013 (nyswimrun@srichinmojraces.org).

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

OFFICIAL ENTRY FORM Please make checks payable to Sri Chinmoy Marathon Team. 2 entry forms & 1 check per relay team.

Male Female **Individual** **Relay Team** **T-shirt size** sm med lg xl

If in Relay Team: Swimmer Runner Name of Other Relay Member: _____

Family Name _____ First Name _____ Phone _____

Street Address _____ City _____ State _____ Zip _____

Country if not USA _____ Date of Birth _____ \ _____ \ _____ Age on race day _____
Month Day Year

Signature _____ Date _____

Signature of Parent/Guardian _____ Date _____