

# SELF-TRANSCENDENCE 1K SPRINT SWIM – LAKE WELCH BEACH IN HARRIMAN STATE PARK, NY SUNDAY, 13 SEPTEMBER 2015 – 10:00 AM

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

## THE EVENT

The Self-Transcendence 1K Sprint Swim consists of a 1 km freshwater swim in Lake Welch Beach in Harriman State Park, Bear Mountain, NY. Join us at Lake Welch Beach on Sunday, 13 September 2015 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.srichinmoyraces.org/nyswimrun>

## CONTACT US:

**Telephone:**  
**(516) 710-8084**

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

- Post-race picnic
- Free race T-shirts (official entries only)
- Wetsuits encouraged
- 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  
\$25.00 Individuals

Race Day Entries • T-shirt for sale subject to  
availability  
\$35.00 Individuals

## Entry Deadlines

Official entries close 4 September 2015.  
No entries accepted between 5 & 12 September.  
Number pick up and day-of race registration from 8:15 am –  
9:30 am on race day, 13 September.

## Refunds

Refunds (minus \$5.00 processing fee) will be made if  
withdrawal is received in writing or e-mail by 4 September  
([nyswimrun@srichinmoyraces.org](mailto:nyswimrun@srichinmoyraces.org)).

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

## 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 \_\_\_\_ \ \_\_\_\_ \ \_\_\_\_ Age on race day \_\_\_\_\_  
Month Day Year

Signature \_\_\_\_\_ Date \_\_\_\_\_

Signature of Parent/Guardian (if participant under 18) \_\_\_\_\_ Date \_\_\_\_\_