

The Sri Chinmoy
Twenty-Fifth Annual Ten Day Race
Twenty-Fourth Annual Six-Day Race

10 Day- April 17 - April 27: 6 Day - April 21 - April 27, 2024

Flushing Meadows Corona Park,
Flushing, Queens, New York

In cooperation with the New York City Department of Parks and Recreation
Start and finish at 12:00 noon –

* certified, flat, well-paved, lit, probably 0.8mile loop in famous park setting. .
(Certification code- (to be certified)--- USATF #NY)

* Medical service, showers, food and drinks provided

* Accurate lap counting

* Continuously updated scoreboard

* Awards,(men & women) Under 50, 50-59,60-69, 70 & up

* Entry fee: 10 Day - \$750.00

* Entry fee: 6 Day - \$600.00

Entries Close March 15, 2024

- No entries under 18 accepted. * Acceptance at race director's discretion *
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NOTE: Please make checks payable to: Sri Chinmoy Marathon Team

*Overseas runners may pay when they arrive in New York provided they
send to us entry and forms as well as confirm their participation*

Important notes:

* In keeping with local medical guidelines, all non-American runners and helpers
must be fully vaccinated.

*Due to Covid concerns, dorms will not be available. All runners are required to stay
in individual tents. Limited tents are available by the Marathon Team.

Sri Chinmoy Ten Day and Six- Day Race Application
April 17- April 27 Ten Day April 21 - 27 Six Day
(Please fill out this form for consideration as an entrant)
Entries close March 15, 2024

Last Name		First Name	
Address			
City	State	ZIP	Country
Telephone (Daytime)		(Evening)	Fax #
E-mail			
Male / Female		Date of Birth	Age on race day
		dd/mm/yy	
Choice of Race: 10 Day_____ or 6 Day_____			
please indicate T-Shirt Size..... XS() S() M() L () XL() 2xl ()			
Years of Running_____			
How many ultras have you run?_____			
Best 100 km_____ Best 100 mile_____			
Best 24-Hour_____			
How many multi days have you run _____			
(give dates and times or distances)_____			
Best long distance events you have completed in last four years			
Do you hold any national or international records? If yes, please list			
(please use separate sheet to list your ultra history if necessary)			

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 and all its representatives, the City of New York, the New York Department of Parks and Recreation for any and all injuries suffered by me in said event. I attest that I am physically and mentally fit and sufficiently trained for the completion of this even

Signature_____Date_____

Send application, housing/helper form, and USAT&F Insurance waiver, along with check or money order to:

Sri Chinmoy Multiday Races
150-47 87th Ave. Jamaica, NY 11432 USA

NOTE: Please make checks payable to: **Sri Chinmoy Marathon Team**
Telephone and Fax: 1-718-297-2556 e-mail: scmtny@earthlink.net For more info,
go online to: us.srichinmoyraces.org

Sri Chinmoy Ten and Six Day Races
April 17 - 27; April 21 - 27, 2024
Flushing Meadows Corona Park
Flushing, Queens, New York

Dear Runner,

**Welcome to the Twenty-Sixth Sri Chinmoy Ten Day Race and the
Twenty-Fifth Sri Chinmoy Six Day Race.**

**The course is a very flat, scenic, mile loop (Certification code:
USATF #2307DNB) distances: 0.747979mi/1.203755km) in a pleasant park
setting.**

**The course is different from previous layouts of past years. The main running
routes, as well as close proximity to Meadow Lake are different. The car
parking areas are different. All are due to the Parks Department conducting
large renovations. Your resting areas are also in different places as well as the
running course.**

**Temperatures in April in New York generally vary between 52° and 71 °F,
with extremes at 33°F and 90°F. In other words, plan for any conceivable
weather condition, including rain and windy conditions. Please bring ample
pairs of shoes, socks and running gear, as well as a good sleeping bag, a
raincoat, and a winter jacket.**

**Sleeping quarters will be tents, where you can rest and store your gear.
We will not have dormitories this year for men or women, so we will only use
tents. A limited number of tents will be available from the Marathon Team.
Runners are therefore encouraged to bring their own tent. Sleeping cots and
blankets will be available. If you bring your own tent, please read our
individual tent guidelines page on our website.**

**(<http://us.srichinmoyraces.org/events/6-10-day-race>) for setting up your
tent securely. You don't want your tent to blow away or flood during your stay
in Flushing Meadows Park! Personal tents can be set up starting April 15,
2024. Camper vehicles and RV 's are not allowed in the park. This is a Parks
Department rule!**

You are encouraged to bring a handler or helper for the race. A handler can help immeasurably, not only for personal support but for proper judgements as well, especially when an exhausted runner cannot think clearly or make a decision. Just like the runners, all helpers or handlers must be fully vaccinated- this is necessary due to coming to USA.

We will have an experienced medical staff on hand throughout the race. Massage and chiropractic adjustments will be between posted hours. First aid is available on a 24-hour basis. PLEASE do not ask for pain killers any stronger than aspirin or ibuprofen, and please be advised that if at any time the medical supervisor and the race director feel that you are in danger of doing serious injury to yourself, you will be taken out of the race. You must inform the medical staff and the race directors of any medical abnormalities you might have or special medications you might be taking. This is for your safety and well-being. There will also be a co-ed massage tent for couples who need each others' help in addition to the regular men's and women's medical tents. No couples should enter the regular medical tents. Alcoholic beverages are not permitted in the park, and consumption by competitors and their helpers may result in disqualification.

There will be a large scoring tent for the recording of laps. We ask that ALL runners wear their number while on the course, both to assist us in proper scoring and to further help security personnel. Also be aware that mileage totals will be given as soon as possible since the laps are less than a mile, and you will be passing the counting tent many times. The competitors in the six-day should complete 150 miles after three days in order to continue. This is the suggested total to help create a standard, although we will not take anyone out of the race if you are slow or have started slowly. Often, veteran runners can run exceedingly well the last two or three days of a six-day event. The Ten Day runners are usually seasoned veterans of long distance events.

Again this year we will be using generators for our electric power in the camp area. Consequently there may be occasional blackouts or losses of power. Please bear with us as we attend to these inconveniences. It may be wise to pack a good flashlight for your tent. Course monitors will be around the course throughout the duration of the race. In the event of problems or emergencies, they can assist you.

Race Directors and their assistants will be on hand at anytime during the event to assist or help you with any problems with scoring or other matters related to the race.

The kitchen will contain food, drinks, snacks and three hot meals a day, which will be prepared off-site and brought to the race. Runners can store their own personal food items, since there will be storage space as well as refrigerators, a stove, microwaves, coffee urns, blenders, toasters, etc.

There will be a long structure called the dugout, where tables and chairs are for each runner's use. We ask that no cots be placed in the dugout since there is a limitation on space, and social distancing will be in effect. This dugout is right alongside the running course so a runner can save time getting things.

Please be at the racesite at least 2 hours before the start of the race. If you have any questions or if problems arise, call us at 347-307-0811 days, or 718-297-2556 evenings. We want to do everything possible to make these races the best experience of your life. Good luck with your training and eventual final preparations!

Rupantar LaRusso

Race Director

Sahishnu Szczesiul

Race Coordinator

www.us.srichinmoyraces.org

Sri Chinmoy Marathon Team e-mail: scmtny@earthlink.net

-Please fill out the following and send it back with the application*****

I AM BRINGING MY OWN TENT_____

I WILL NOT BE BRINGING A TENT- PLEASE RESERVE A TENT _____

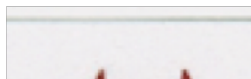
Note: Tents offered by SCMT are limited

I WILL BE BRINGING_____Helpers.

(There is a \$30.00 per day charge for food for long term helpers who use the Race food)

**Sri Chinmoy Ten-Day/Six Day Races * 150-47 87th Avenue * Jamaica, NY.
11432 USA**

**PARTICIPANT WAIVER AND RELEASE OF LIABILITY,
ASSUMPTION OF RISK AND INDEMNITY AGREEMENT**



Event Name: Sri Chinmoy Ten Day Races April 17 -27 2024
Event Date(s): Sri Chinmoy Six Day Races April 21- April 27, 2024

Event Location: Flushing Meadows Corona Park, Flushing NY Sanction #: 20-

For and in consideration of USA Track & Field, Inc. ("USA Track & Field") allowing me, the undersigned, to participate in the USA Track & Field sanctioned event described above (the "Event" or "Events"); I, for myself, and on behalf of my spouse, children, guardians, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors and assigns, hereby agree to and make the following contractual representations pursuant to this Waiver and Release of Liability, Assumption of Risk and Indemnity Agreement (the "Agreement");

1. I hereby represent that (i) I am at least eighteen (18) years of age (or this Agreement is agreed to by my parent, natural guardian, or legal guardian (the "Guardian")); (ii) I am in good health and in proper physical condition to participate in the Event; and (iii) I am not under the influence of alcohol or any illicit or prescription drugs which would in any way impair my ability to safely participate in the Event. I agree that it is my sole responsibility to determine whether I am sufficiently fit and healthy enough to participate in the Event, that I am responsible for my own safety and well-being at all times and under all circumstances while at the Event site.
2. I understand and acknowledge that participation in track & field, road running, race walking, cross country, mountain, ultra, and trail running Events is inherently dangerous and represents an extreme test of a person's physical and mental limits. I understand and acknowledge the risks and dangers associated with participation in the Event and sport of track & field and related activities, including without limitation, the potential for serious bodily injury, sickness and disease, permanent disability, paralysis and loss of life; loss of or damage to equipment/property; exposure to extreme conditions and circumstances; contact with other participants, spectators, animals or other natural or manmade objects; dangers arising from adverse weather

conditions; imperfect course or track conditions; land, water and surface hazards; equipment failure; inadequate safety measures; participants of varying skill levels; situations beyond the immediate control of the Event Organizers; and other undefined, not readily foreseeable and presently unknown risks and dangers ("Risks"). I understand that these Risks may be caused in whole or in part by my own actions or inactions, the actions or inactions of others participating in the Event, or the negligent acts or omissions of the Released Parties defined below, and I hereby expressly assume all such Risks and responsibility for any damages, liabilities, losses or expenses which I incur as a result of my participation in any Event.

3. I agree to be familiar with and to abide by the Rules and Regulations established for the Event, including but not limited to the Competition Rules adopted by USA Track & Field and any safety regulations established for the benefit of all participants. I accept sole responsibility for my own conduct and actions while participating in the Event, and the condition and adequacy of my equipment.

4. I hereby release, waive and covenant not to sue, and further agree to indemnify, defend and hold harmless the following parties: USA Track & Field, Inc., its members, clubs, associations, sport disciplines and divisions; United States Olympic Committee (USOC); the event directors, the host organization and the facility, venue and property owners or operators upon which the Event takes place; and any other organizers, promoters, sponsors, advertisers, coaches and officials for this Event; law enforcement agencies and other public entities providing support for the Event; and each of their respective parent, subsidiary and affiliated companies, officers, directors, partners, shareholders, members, agents, employees and volunteers (Individually and collectively, the "Released Parties" or "Event Organizers"), with respect to any liability, claim(s), demand(s), cause(s) of action, damage(s), loss or expense (including court costs and attorneys' fees) of any kind or nature ("Liability") which may arise out of, result from, or relate in any way to my participation in the Event, including claims for Liability caused in whole or in part by the negligent acts or omissions of the Released Parties. I further agree that if, despite this Agreement, I, or anyone on my behalf, makes a claim for Liability against any of the Released Parties, I will indemnify, defend and hold harmless each of the Released Parties from any such Liabilities which any may be incurred as the result of such claim.

5. As a condition of my participation in the Event, I hereby grant USA Track & Field, Inc., the event director and host organization a limited license to use my name, likeness, image, photograph, voice, video, athletic performance, biographical and other information (collectively, "Likeness"), in any media platform or format whatsoever, and to distribute, broadcast and exhibit these without charge, restriction or liability, but only for the purposes of advertising or promoting the Event, USATF, or the sport of Athletics. The foregoing grant, however, does not constitute consent for USATF or any third party to use my Likeness in an endorsement of any product or service without my specific written consent.

I hereby warrant that I (or the Guardian, if I am under the age of 18) am of legal age and competent to enter into this Agreement, that I have read this Agreement carefully, understand its terms and conditions, acknowledge that I will be giving up substantial legal rights by signing it (including the rights of my spouse, children, guardians, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors and assigns), acknowledge that I have signed this Agreement without any inducement, assurance or guarantee, and intend for my signature to serve as confirmation of my complete and unconditional acceptance of the terms, conditions and provisions of this Agreement. This Agreement represents the complete understanding between the parties regarding these issues and no oral representations, statements or inducements have been made apart from this Agreement. If any provision of this Agreement is held to be unlawful, void, or for any reason unenforceable, then that provision shall be deemed severable from this Agreement and shall not affect the validity and enforceability of any remaining provisions.

Participant Name _____

Home Address:

Team Name

Date of Birth: / / Male / / Female / / Age on event day(s):

Home Tel.: () _____

E-mail Address _____

X _____ Date
signed ____/____/____

Signature of Participant

Revised 10/2015