

**35th  
Annual**

*Self-Transcendence*

**2019**

*“There is only one perfect road,  
And that road is ahead of you  
Always ahead of you.”  
—Sri Chinmoy*



**La Jolla  
SWIM  
&  
RUN  
(Aquathlon)**

**1-mile Swim & 10K/5k Run  
Sunday, May 19 at 7:30 a.m.**

Sponsored by:



### RACE INFORMATION

Swim course for all participants is approximately 1-mile out-and-back from La Jolla Shores Beach. Run course is 10K or 5K loop course on flat-packed sand at low tide.

### RACE FEATURES

Swim course is monitored by San Diego City lifeguards. Splits and water at each mile of Run. T-shirt (or custom water bottle), finisher's medals, great refreshments, and discount coupons for Jyoti-Bihanga Vegetarian Restaurant provided to all participants. Relays are welcome. Age-group awards for Individuals in full Swim & Run (both run distances). Awards for top relay teams.

### SPONSORED BY THE SRI CHINMOY MARATHON TEAM

The international Sri Chinmoy Marathon Team (SCMT) organizes hundreds of events worldwide each year—encouraging people of all ages, abilities, and backgrounds to challenge themselves and to experience joy and community through sport.

### REGISTRATION

**Pre-registration** ends May 15. Swim & Run entry fees are \$60 for individuals and \$80 for relay teams.

- *By credit card:* See event website or call 619-251-6321.
- *By mail:* Make checks payable to SCMT and mail with this form to: SCMT, 4142 Adams Ave., Ste 103, Box 127, San Diego, CA 92116. (Relay teams please send your entry forms together.)

**Day-of-race registration** will be available from 6:00 a.m. to 7:00 a.m. at La Jolla Shores Beach. Swim & Run entry fees on race day are \$70 for individuals and \$90 for relay teams.

**For additional information, please call 619-251-6321 or visit [us.srichinmoyraces.org](http://us.srichinmoyraces.org)**

### ENTRY FORM

- Individual Swim & 10K Run: Gender:  M  F Age \_\_\_\_\_
- Individual Swim & 5K Run: Gender:  M  F Age \_\_\_\_\_
- Relay Team Swim & 10K Run:  Men's  Women's  Mixed Ages \_\_\_\_\_
- Relay Team Swim & 5K Run:  Men's  Women's  Mixed Ages \_\_\_\_\_

T-shirt or Water Bottle? (Relays choose two)

- T-shirt size:  S  M  L  XL
- Water Bottle

NAME: \_\_\_\_\_ E-MAIL: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY, STATE, ZIP: \_\_\_\_\_

PHONE: \_\_\_\_\_ AMOUNT ENCLOSED: \_\_\_\_\_

**ALL PARTICIPANTS MUST CHECK IN AT LA JOLLA SHORES BEACH AND WILL BE REQUIRED TO SIGN A LIABILITY WAIVER.**