

# SRI CHINMOY 10 KM RUN – LAKE WELCH BEACH, HARRIMAN STATE PARK, NY SUNDAY, 10 SEPTEMBER 2017 – 10:15 AM

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

## THE EVENT

The Sri Chinmoy 10K Run consists of a a 10 km run (on paved surface) within Lake Welch in Harriman State Park, Bear Mountain, NY. Join us at Lake Welch Beach on Sunday, 10 September 2017 for a short and friendly race you will absolutely love. Runners of all fitness levels are warmly 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**

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

## Awards

- Men and Women
  - Top 1: Overall
  - Top 3: 0-49
  - Top 1: 50-59
  - Top 1: 60 and Over
- Awards ceremony at 12:00 pm on race day.

## How to Enter

**By Mail** Sri Chinmoy Swim/Run  
150-47 87th Avenue  
Jamaica, NY 11432-3309

**Cost of Entry** Official Entries • Free T-shirt included  
\$30.00 Individuals

Race Day Entries • T-shirt for sale (subject to availability)  
\$40.00 Individuals

## Entry Deadlines

Official entries close 8 September 2017.  
No entries accepted on 9 September.  
Number pick up and day-of race registration from 8:30 am – 9:30 am on race day, 10 September 2017.

## Refunds –

Refunds (minus \$5.00 processing fee) will be made if withdrawal is received in writing or by e-mail by 1 September (nyswimrun@srichinmoyraces.org).

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

## 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.

## OFFICIAL ENTRY FORM

Please make checks payable to Sri Chinmoy Marathon Team.

Male  Female **T-shirt size** sm  med  lg  xl  Email \_\_\_\_\_

First Name \_\_\_\_\_ Last Name \_\_\_\_\_ Phone \_\_\_\_\_

Street Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Country if not USA \_\_\_\_\_ Date of Birth \_\_\_\_\_ \ \_\_\_\_\_ \ \_\_\_\_\_ Age on race day \_\_\_\_\_

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

Signature of Parent/Guardian \_\_\_\_\_ Date \_\_\_\_\_