

## ABOUT THE EVENT

The Sri Chinmoy Swim-Run Trio consists of three races staged concurrently on Sunday, September 9, 2018 at scenic Lake Welch Beach in Harriman State Park. Free T-shirts for all official entries\*, free post-race homemade lunch for all participants!

**10AM Swim-Run Aquathlon:** 1K open water swim in Lake Welch followed by a 10K run on paved roadway along the shores of Lake

Welch and through the surrounding forest. Relay teams welcome!

**10AM 1K Sprint Swim:** Staged on the same course and with a simultaneous start as the swim portion of the Aquathlon.

**10:15AM 10K Run:** Staged on same course as 10K run portion of the Aquathlon.



**Sri Chinmoy**  
Founder (1931-2007)

## ENTRY FEES

	Swim-Run Aquathlon		1K Swim	10K Run
	Individual	Relay Team		
Official entries*	\$50	\$65	\$30	\$30
Day-of race entries**	\$60	\$75	\$40	\$40

\*Official (prepaid) entries close September 1; no mail or online entries accepted after this date.

\*\*Day-of race registration and race packet pickup available from 8:30-9:30 am on race day

## HOW TO ENTER

**Online:** NYCruns.com or Active.com (search for 'Sri Chinmoy')

**By Mail:** Sri Chinmoy Swim-Run, 150-47 87<sup>th</sup> Ave, Jamaica, NY 11432. Mail entry form with check or money order made out to "Sri Chinmoy Marathon Team".

**Relay teams:** please fill out two entry forms (one for swimmer, one for runner) and mail together with payment covering cost of team entry.

Please visit [us.srichinmoyraces.org/nyswimrun](http://us.srichinmoyraces.org/nyswimrun) for directions, course map, awards information. Questions: (516) 510-8084 or [nyswimrun@srichinmoyraces.org](mailto:nyswimrun@srichinmoyraces.org)

## OFFICIAL ENTRY FORM

Please choose your race:

1K Swim

10K Run

Swim-Run Aquathlon

I am in relay. I am the:  Swimmer  Runner

Name of relay partner: \_\_\_\_\_

Gender:  Female  Male

T-Shirt Size:  SM  MED  LG  XL

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

Telephone: \_\_\_\_\_ E-mail: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_ Date of Birth: \_\_\_\_\_ Age on Race Day: \_\_\_\_\_

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