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.

ENTRY FEES

<table>
<thead>
<tr>
<th></th>
<th>Swim-Run Aquathlon</th>
<th>1K Swim</th>
<th>10K Run</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Individual</td>
<td>Relay Team</td>
<td></td>
</tr>
<tr>
<td>Official entries*</td>
<td>$50</td>
<td>$65</td>
<td>$30</td>
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<tr>
<td>Day-of race entries**</td>
<td>$60</td>
<td>$75</td>
<td>$40</td>
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*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 87th 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: __________________