

## Event Information

### 100km, 100km teams

Start: 6:30am, 13 hour time limit

### 50km, 25km

Start: 8:30am, 11 hour time limit

### 10km run/walk

Start: 9:30am

### Hagley Park North

Inside Armagh Street entrance

### 100km Teams Relay

- 4 people per team.
- Each team member to run at least 60 minutes per session.

### Applications for Entry

- Online entry is available for individuals.
- Posted applications must be received by Friday 3 April. Online applications close at 9pm.
- Applicants for 50km and 100km events must be 18 years or over.

Post this entry form with your credit card details or a cheque to:

### Sri Chinmoy Marathon Team

P.O Box 22-327  
CHRISTCHURCH

or enter online:

<http://www.coolrunning.co.nz/races/srichinmoy>

or fax with credit card details to

03-377 2708

[www.srichinmoyraces.org/nz](http://www.srichinmoyraces.org/nz)

## Annual Self Transcendence 100km Race Individual Entry Form

Name \_\_\_\_\_ Male  Female

Email Address \_\_\_\_\_

Phone: Home \_\_\_\_\_ Mobile \_\_\_\_\_

Birth date \_\_\_\_\_ Age on race day \_\_\_\_\_

### Best Performances

Half Marathon \_\_\_\_\_ Marathon \_\_\_\_\_ 50 km \_\_\_\_\_ 100 km \_\_\_\_\_

Other \_\_\_\_\_

### Costs

| Distance | Adult                         | Over 60/Under 20                                      |
|----------|-------------------------------|---|
| 100km    | \$80 <input type="checkbox"/> | \$70 <input type="checkbox"/> (age 18 years and over) |
| 50km     | \$50 <input type="checkbox"/> | \$40 <input type="checkbox"/> (age 18 years and over) |
| 25km     | \$30 <input type="checkbox"/> | \$25 <input type="checkbox"/> (age 17 years and over) |
| 10km     | \$18 <input type="checkbox"/> | \$14 <input type="checkbox"/> (age 15 years and over) |

T-shirt (\$30 each) Yes  No

T-shirt size/s S M L XL \_\_\_\_\_ Men's-cut  Women's cut

Method of payment: Cheque  Cash  Credit Card  Card type \_\_\_\_\_

Name on card \_\_\_\_\_ Card No. \_\_\_\_\_ Expiry \_\_\_\_\_

### Relay Team Entry Form

Team name \_\_\_\_\_

Contact name and phone number \_\_\_\_\_

Email Address \_\_\_\_\_

Please find enclosed \$ \_\_\_\_\_ being \$100 for team plus \_\_\_\_\_ T-Shirts @ \$30 each

| Names of Team Runners | Age | Signature | T-Shirt size |   |   |    |
|-----------------------|-----|-----------|--------------|---|---|----|
|                       |     |           | S            | M | L | XL |
|                       |     |           |              |   |   |    |
|                       |     |           |              |   |   |    |
|                       |     |           |              |   |   |    |
|                       |     |           |              |   |   |    |

In consideration of this entry, I, by my signature, intend to be legally bound, hereby for myself, my heirs, executors and administrators, waive and release the Sri Chinmoy Marathon Team and their representatives from any claims arising out of any and all the injuries or losses suffered by me in the said event. I attest and verify that I am physically fit and sufficiently trained for the completion of this event.

Signature (individual entry) \_\_\_\_\_ Date \_\_\_\_\_

Enquiries: [christchurch@srichinmoyraces.co.nz](mailto:christchurch@srichinmoyraces.co.nz) or phone 03-974 3044

“There are only three winners:  
the one who competes with himself,  
the one who crosses the finish line first  
and the one who finishes the race.”

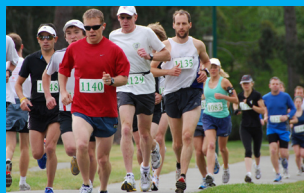
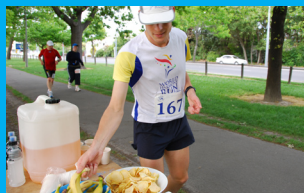
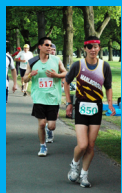
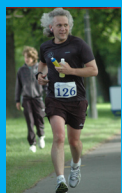
“Be brave!  
Embrace new challenges!  
Your victory will be manifested  
in your self-discovery.”

~Sri Chinmoy



Welcome to the fourth annual Self-Transcendence 100km, 50km, 25km, 10km and 100km teams event.

For all of you looking for a new challenge or wishing to surpass your own previous achievements, this event is for you!



The Sri Chinmoy Marathon Team organises events for the sporting community in over 20 countries around the world. It is the world's biggest organiser of long-distance ultra running events, and also organises endurance events in other disciplines, such as triathlons and lake swims. The Sri Chinmoy Marathon Team in New Zealand holds running races ranging from 5km to 100km, as well as the national 24 hour race in Auckland and a 12 hour walk in Christchurch.

### Support for runners and walkers

- Certified asphalt 2.5 km lap.
- Enclosed rest areas.
- Lovely scenery.
- Well shaded course.
- The loop course was specifically chosen for this event to provide the best possible care, support and encouragement to the runners.
- Personal lap counters.
- Hourly scoreboard updates.
- Nutritious snacks, meals and drinks throughout the race.
- Delicious post race meal.

### Prizes

- Medallions and certificates for all individual 50km and 100km finishers.
- Trophies and prizes for all placegetters.
- Spot prizes.

### Registration

The registration area is in Hagley Park North just inside the Armagh Street Entrance.

- 100km/100km teams: Registration opens at 5:45am.
- 50km/25km: Registration opens at 7:45am.
- 10km: Registration opens at 8:45am.

### Parking

- There is a public car park near the registration area. Enter through Armagh Street gate and follow signs.

## SRI CHINMOY RACES

Fourth annual

# 100km Race

also featuring:

## 10km, 25km, 50km and 100km Teams

### Sunday 5 April 2009 Hagley Park North



[www.srichinmoyraces.org/nz](http://www.srichinmoyraces.org/nz)