

29th  
Annual

2013

# Self-Transcendence

## SWIM & RUN

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

**La Jolla, California**  
**1-mile Swim and 10K Run**  
**Sunday, July 14 at 7:00 a.m.**

Sponsored by:



### RACE INFORMATION

The event begins with a 1-mile swim from La Jolla Cove to La Jolla Shores followed by a 10K run (on a 1-mile loop course) on La Jolla Shores Beach at low tide. Race officials will bag and transport all clothes/gear from La Jolla Cove to La Jolla shores, where they will be put in the Transition Area and arranged by race number. Please park at La Jolla Shores Beach and bring everything with you to the Cove or get dropped off at the Cove with all your race gear. Please do NOT take your belongings to La Jolla Shores before the race.

### RACE FEATURES

Relays allowed. Swim course monitored by San Diego city lifeguards. Splits and aid at each mile of run. T-shirt, refreshments, and discount coupons for Jyoti-Bihanga Restaurant provided to all participants. Award categories are 19/under, 20-29, 30-39, 40-49, 50-59, 60-69 and 70/over. There are also awards for the top relay teams in Men's, Women's and Mixed categories.

### SPONSORED BY THE SRI CHINMOY MARATHON TEAM

The international Sri Chinmoy Marathon Team (SCMT) is dedicated to the ideals of goodwill and self-transcendence through sports. Founded in 1976 by Sri Chinmoy—a renowned and respected spiritual teacher, athlete, artist, musician, and writer—the Marathon Team inspires individuals to explore the unlimited potential of the human spirit and to experience joy and community through sport. Best known for its world-class multi-day running races, the SCMT organizes hundreds of events worldwide each year.

### REGISTRATION

**By mail:** Pre-registered mail-in entries must be received by July 5. Day-of-race registration is available starting one hour before race time. Please enclose a stamped, self-addressed #10 envelope to receive your race packet. Race packets are mailed 7 days prior to race. Relay teams should fill out an entry form for each member and submit them together (only one return envelope required). Please make checks payable to SCMT and mail to: Swim/Run, 3287 Adams Ave., San Diego, CA 92116.

**By credit card:** Please call 619-280-0735 to pay by credit card over the phone. Pre-registration closes July 5. Day-of-race registration is available starting one hour before race time.

### ENTRY FEES

Pre-registration: \$50 individuals; \$70 Relay Team

Day-of-race: \$60 individuals; \$80 Relay Team

*For additional info, please call 619-280-0735 or visit [www.srichinmoyraces.org/us](http://www.srichinmoyraces.org/us)*

### ENTRY FORM

Individual: Gender:  M  F

Relay team: Relay category:  Men  Women  Mixed

T-shirt size:  S  M  L  XL

NAME: \_\_\_\_\_ AGE (on race day): \_\_\_\_\_

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

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

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

**ALL PARTICIPANTS WILL BE REQUIRED TO SIGN A LIABILITY WAIVER ON RACE DAY.**