

*The Sri Chinmoy Marathon Team Holland presents:*

## **Self-Transcendence 6 hours**

**Saturday October 5th 2013**

Forest of Amsterdam

### **The philosophy**

'Self-transcendence' means going beyond our preconceived limits and bringing out the best in ourselves.

### **The Race**

A 6 hour race in the beautiful Forest of Amsterdam.

### **Start**

11:00 AM

Go to Hockeyclub Hurley: Nieuwe Kalfjeslaan 21, 1182AA Amstelveen

30 meters further on the Nieuwe Kalfjeslaan there is a foot-road into the forrest.

Cross the bridge. Behind the bridge there is a green field. The start is on the right side of this field

### **The Course**

Laps of 1672 meters on paved roads and unpaved trails.

### **The facilities**

Eating and drinking station at the beginning of each lap. Laps and distance of all participants will be counted by the organization. Dressing rooms and showers for men and women available.

### **The Awards**

Awards for the best men and women per age category.

(Men 20-49, Men 50-59, Men 60+, Women 20-49, Women 50+)

### **The Costs**

€25,- Entry fee can be paid on race day by people living outside The Netherlands

### **More Information:**

See: [www.srichinmoyraces.org/nl](http://www.srichinmoyraces.org/nl) or call Nitish Zuidema at 0031-(0)642139412 or send an e-mail to [amsterdam@srichinmoyraces.org](mailto:amsterdam@srichinmoyraces.org)

### **To Apply:**

Fill in the official entry form (attached) and send it to us by regular mail or fax or you can send an e-mail to [amsterdam@srichinmoyraces.org](mailto:amsterdam@srichinmoyraces.org) with your name, address, telephone number, date of birth and which race you would like to run.

**SEE YOU ON SATURDAY October 5th IN AMSTERDAM!**

# Self-Transcendence 6 hours 2013

## Entry Form

**Name** ..... Man / Woman

**Address** .....

**Postal Code** ..... **City** .....

**Telephone Number** home:.....work:.....

**E-mail address** .....

**Date of birth** (day/month/year) .....

**Running Club** .....

**Entry Fee:** €25,-

**checks payable to P. Zuidema at account number 2038778 of the Postbank in Utrecht (IBAN: "NL64INGB 0002 0387 78" / BIC: "INGBNL2A")**

Please, send application-form before September 30<sup>th</sup> to Sri Chinmoy Marathon Team, H.N. Werkmanweg 17, 2031BA HAARLEM or send a fax to 0031.(0)23.5160361

**Money can be paid in cash on race day as well.**

In consideration of this entry being accepted, I the undersigned, intending to be legally bound, hereby for myself, my heirs, executors and administrators, do waive and release the Sri Chinmoy Marathon Team Nederland and their representatives for any and all injuries suffered by me in the said event. I attest and verify that I am sufficiently trained for the completion of this event. Further more I will not compete in this race unless I am in good health on the day of the race and that, in any event, I will compete at my own risk.

Signed.....Date.....

Send this form to: **"Sri Chinmoy Marathon Team", H.N. Werkmanweg 17, 2031 BA Haarlem, The Netherlands** or fax to **0031-23-5160361**