FOURTH ANNUAL SELF-TRANSCENDECE SWIM/RUN – LAKE WELCH BEACH IN HARRIMAN STATE PARK, NY SUNDAY, 9 SEPTEMBER 2012 – 10:00 AM

Please submit one form per participant. Photocopies acceptable. You must **PRINT LEGIBLY** and complete all information.

THE EVENT

The Self-Transcendence Swim/Run consists of a 1 km freshwater swim at Lake Welch Beach and a 10 km run (on paved surface) within Harriman State Park, Bear Mountain, NY. Join us at Lake Welch Beach on Sunday, **9 September 2012** for a short and friendly race you will absolutely love. Participants of all fitness levels welcome. Sponsored by the Sri Chinmoy Marathon Team in conjunction with the NYS-OPRHP System.

INFORMATION

us.srichinmoyraces.org

CONTACT Tel: (516) 710-8084 nyswimrun@srichinmoyraces.org

- Post-race snacks and refreshments
- Free race T-shirts (official entries only)
- Wetsuits encouraged
- Aid stations every 3 km
- Freshwater swim

Awards

- Men and Women
 - Top 7: Open
 - Top 3: 50-59
 - Top 2: 60-69
 - Top 1: 70 and over
- Awards ceremony at 12:00 pm on race day.

How to Enter

By Mail Self-Transcendence Swim/Run 150-47 87th Avenue Jamaica, NY 11432-3309 Cost of Entry Official Entries • Free T-shirt included \$60.00 Individuals \$80.00 Relay Teams Race Day Entries • T-shirt for sale subject to availability \$70.00 Individuals \$90.00 Relay Teams **Relay Teams:** Teams consist of one swimmer and one runner. Please fill out two separate entry forms (1 form per participant). Please be sure to mail both entry forms together and 1 check or money order covering the full cost of the relay team entry. *All USAT Members: Please bring your Member ID card for a \$10.00 refund on race day. Relay teams receive \$10.00 refund for each participant who shows their USAT Member ID card (\$20.00 maximum refund per relay team). **Entry Deadlines** Official entries close 31 August 2012. No entries accepted between 1 September and 9 September. Number pick up and day-of race registration from 8:15 am - 9:30 am on race day, 9 September 2012. Refunds - Refunds (minus \$5.00 processing fee) will be made if withdrawal is received in writing or by e-mail by 31 August 2012

(nyswimrun@srichinmoyraces.org). You are not allowed to transfer your entry to another person.

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Driving Directions (Please specify if you are swimmer or runner in Relay. One entry form per Relay Member.)

- From New York, Westchester and Connecticut: Take I-287/I-87 over Tappan Zee Bridge to Palisades Parkway North: Take exit 16
- From New Jersey: Take Palisades Parkway North to exit 16.
- From North of Harriman: Take I-87 South to Exit 16. Route 6 East to the Palisades Interstate Parkway South to Exit 16

OFFICIAL ENTRY FORM Please print clearly. Please make checks payable to Sri Chinmoy Marathon Team. 2 entry forms & 1 check per Relay Team. Male Given Semale □ Individual □ Relay Team **T-shirt size u** sm 🖵 med 🖵 lg 🗆 xl If in Relay Team:
Swimmer Runner Name of Other Relay Member: First Name Family Name Phone Street Address City State Zip 9 Age on Race Day Country if not USA..... Date of birth Month Dav Signature Date USAT A TRIATHLON SPONSORED BY THE SRI CHINMOY CENTRE