

# SIXTH ANNUAL SELF-TRANSCENDENCE SWIM/RUN – LAKE WELCH BEACH IN HARRIMAN STATE PARK, NY SUNDAY, 7 SEPTEMBER 2014 – 10:00 AM

Please submit one form per participant. 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, 7 September 2014 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

<http://us.srichinmojraces.org/events/nyswimrun>

## CONTACT US:

**Telephone:**  
**(516) 710-8084**

**e-mail:**  
**nyswimrun@srichinmojraces.org**

- Post-race picnic
- 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.

## Driving Directions

- **From New York, Westchester and Connecticut:** Take I-287/I-87 over Tappan Zee Bridge to Palisades Parkway North: 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.

## 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  
\$65.00 Individuals  
\$85.00 Relay Teams

Race Day Entries • T-shirt for sale subject to availability  
\$75.00 Individuals  
\$95.00 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.

## Entry Deadlines

Official entries close 31 August 2014.  
No entries accepted between 1 September & 6 September 2014.  
Number pick up and day-of race registration from 8:15 am – 9:30 am on race day, 7 September 2014.

**Refunds** - Refunds (minus \$5.00 processing fee) will be made if withdrawal is received in writing or by e-mail by 31 August 2014 (nyswimrun@srichinmojraces.org).

*You are not allowed to transfer your entry to another person.*

## OFFICIAL ENTRY FORM

Please make checks payable to Sri Chinmoy Marathon Team. 2 entry forms & 1 check per relay team.

Male  Female  Individual  Relay Team T-shirt size sm  med  lg  xl

If in Relay Team: Swimmer  Runner  Name of Other Relay Member: \_\_\_\_\_

Family Name \_\_\_\_\_ First Name \_\_\_\_\_ Phone \_\_\_\_\_

Street Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Country if not USA \_\_\_\_\_ Date of Birth \_\_\_\_\_ \ \_\_\_\_\_ \ \_\_\_\_\_ Age on race day \_\_\_\_\_  
Month Day Year

Signature \_\_\_\_\_ Date \_\_\_\_\_

Signature of Parent/Guardian

Date