

ABOUT THE EVENT

The Sri Chinmoy Swim-Run Trio consists of three races staged concurrently on Sunday, September 11, 2016 at scenic Lake Welch Beach in Harriman State Park. Free T-shirts for all official entries*, free post-race homemade lunch for all participants!



Sri Chinmoy
Founder (1931-2007)

10AM Swim-Run Aquathlon: 1K open water swim in Lake Welch followed by a 10K run on paved roadway along the shores of Lake Welch and through the surrounding forest. Relay teams welcome!

10AM 1K Sprint Swim: Staged on the same course and with a simultaneous start as the swim portion of the Aquathlon.

10:15AM 10K Run: Staged on same course as 10K run portion of the Aquathlon.

ENTRY FEES

	Swim-Run Aquathlon		1K Swim	10K Run
	Individual	Relay Team		
Official entries*	\$50	\$60	\$25	\$35
Day-of race entries**	\$65	\$75	\$35	\$45

*Official (prepaid) entries close September 4; no mail or online entries accepted after this date.

**Day-of race registration and race packet pickup available from 8:15-9:30 am on race day

HOW TO ENTER

Online: NYCruns.com or Active.com (search for 'Sri Chinmoy')

By Mail: Sri Chinmoy Swim-Run, 150-47 87th Ave, Jamaica, NY 11432. Mail entry form with check or money order made out to "Sri Chinmoy Marathon Team".

Relay teams: please fill out two entry forms (one for swimmer, one for runner) and mail together with payment covering cost of team entry.

Please visit us.srichinmoyraces.org/nyswimrun for directions, course map, awards information. Questions: (516) 710-8084 or nyswimrun@srichinmoyraces.org

OFFICIAL ENTRY FORM

Please choose your race:

1K Swim

Swim-Run Aquathlon

I am in relay. I am the: Swimmer Runner

Name of relay partner: _____

Gender: Female Male

T-Shirt Size: SM MED LG XL

First Name: _____ Last Name: _____

Address: _____ City: _____

State: _____ Zip: _____ Date of Birth: _____ Age on Race Day: _____

Signature: _____ Date: _____