

## The Second Annual Self-Transcendence Swim-Run at Lake Welch

A small but talented field of participants gathered on Sunday, September 12<sup>th</sup> by the beautiful waters of Lake Welch for a 1-kilometer swim, followed by a scenic 10-kilometer run in Harriman State Park.

Sponsored by the Sri Chinmoy Marathon Team, the Self-Transcendence Swim-Run was introduced last year. It differs markedly from the non-profit team's current repertoire of ultra-distance races. The driving force behind the event, however--Sri Chinmoy's message of oneness, peace, and self-transcendence—remains unchanged. The inspirational quotation from Sri Chinmoy's writings at this year's race was as follows:

“When I swim in the silence-sea,  
I see the blossoming of my heart's illumination-sun.”

Connecting sports to every individual's inevitable inner awakening, Sri Chinmoy saw athletics as a vehicle to kindle dynamism and enthusiasm, and ultimately to get in touch with the deeper aspects of our being.

In contrast to the Self-Transcendence 3,100-Mile Race and the 6- and 10-Day Races, the Self-Transcendence Swim-Run now offers non-extreme athletes an opportunity to challenge and transcend themselves as well.

“It's exciting because the event is something new in our menu,” says Race Director Rupantar LaRusso. “It's a unique event in that there is a lot of volunteer support...and good food afterwards.”

The first male finisher this year was Shu Yagi, 37, from Harrison, NY in a time of 1:01:10. The first female finisher was Lori Anderson, 25, from Binghamton, NY, claiming her second victory for the Swim-Run in a time of 1:06:46. The first relay team, a female-male duo, was Kristin Pierce, 30 (swimmer), from Hoboken, NJ, and Kurt Rogers, 23 (runner), from Riverdale, NJ, claiming the relay victory in an overall time of 59:30.

Next year the race is scheduled to be held on Sunday, September 11, once again at Lake Welch Beach, Harriman State Park. For upcoming information please visit [us.srichinmoyraces.org](http://us.srichinmoyraces.org). It promises to be another inspiring end-of-season opportunity at an idyllic venue.