

1ST ANNUAL KISMET CLIFF RUN



T. B. R. Walsh

SUNDAY, SEPTEMBER 20, 2009, 10:00 A.M.

A challenging, five mile race around beautiful Cathedral and Whitehorse Ledges. Come for the steep climbs and descents, technical singletrack, and stunning views, with approximately 1,100 feet of elevation gain.

Starts and finishes at Echo Lake State Park. Great food from Matty B's, prizes and raffle after the race. This event is USATF sanctioned, and part of the Eastern New England Trail Running Series.

\$20 pre-entry, \$25 on the day of the race. Register online (active.com) or send application with a check to: Kismet Rock Foundation, P.O. Box 1744, N. Conway, NH 03860. Make check payable to: Kismet Rock Foundation.

Race Director: Gabriel Flanders, 603-986-5275, gflanders@gmail.com.



PROCEEDS FROM THIS RACE will benefit the Kismet Rock Foundation. Kismet “enhances the physical and emotional development of well-functioning but economically disadvantaged children by providing access to the immense value of a comprehensive and multi-dimensional education in technical rock climbing. By developing their potential, Kismet prepares students to positively contribute to their communities and their culture throughout their lives.” (www.kismetrockfoundation.org/).

DIRECTIONS: From the north end of North Conway village (two blocks north of Schuler Park on Rt. 16), turn left at the traffic light at River Rd. After crossing the Saco River, take your first left onto West Side Rd. Take your first right onto Echo Lake Rd which leads to the parking lot for Echo Lake State Park.

In consideration of acceptance of this entry, I hereby for myself, my heirs, my executors and administrators waive and release any and all damages against Kismet Rock Foundation, Echo Lake State Park, the directors of the race, and their assigns, representative and successors for any and all injuries and illnesses which directly results from my participation in this race. I attest and verify that I am physically fit and have sufficiently trained for this event. Further, I hereby grant permission to any of the foregoing to use any photos or any record of this event for any legitimate purpose

Please print clearly

Name _____ M/F _____ Age as of 9/20/09 _____

Address _____

City/St/Zip _____

Signature _____ Parent/Guardian (if under 18) _____

Email _____

Club _____