

2010

KISMET CLIFF RUN



Sunday, September 19, 2010

Start time: 10 am

The Race ~ Sponsored by La Sportiva (Includes running and walking divisions)

- A challenging, five mile course starts and finishes at Echo Lake State Park traveling around beautiful Cathedral and Whitehorse Ledges. Enjoy steep climbs and descents, technical single track, stunning views and an elevation gain of approximately 1,110 feet.
- USATF sanctioned event and part of the Eastern New England Trail Running Series
- After the race, food from Kearsarge Cafe, prizes and a raffle

Registration



Online www.active.com or complete the application below and mail to:
Kismet Rock Foundation, PO Box 1744, North Conway, NH 03860.
Checks should be payable to Kismet Rock Foundation
 FMI contact Heidi Lewis ~ 603.383.9928~heidi@kismetrockfoundation.org

The Beneficiary!

Kimset Rock Foundation enchances the physical and emotional development of well-functioning but economically disadvantaged children by providing aces to the immense value of a comprehensive education in technical rock climbing. 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 area for Echo Lake State Park.

In consideration of acceptance of this entry, I hereby for myself, my heirs and my executors and administrators waiver and release any and all damages against Kimset 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 ~ Cost \$20 ~ Mail checks to the address above

Name _____ M/F _____ Age as of 9/19/10 _____

Address _____ Runner___ Walker___

City/State/Zip _____

Signature _____ Parent/Guardian (if under 18) _____

Email _____

Club _____