

10th ANNUAL STARK MOUNTAIN HILL CLIMB

Saturday, October 4, 2008, 10:00 AM

Part of Green n Gold Weekend

sponsored by Stark Mountain Foundation, Inc.

Mad River Glen, Fayston, Vermont

WHEN: 10 AM, Saturday, October 4, 2008, Mad River Glen, Route 17, Fayston, Vermont.

REGISTRATION: \$20.00 Preregistration received by October 1, 2008; \$25.00 thereafter on race day. Registration and start of the event at Mad River Glen Ski Area baselodge, Route 17, western base of Appalachian Gap, Fayston, Vermont. To receive an application email Dot Helling at ultradot@verizon.net or visit www.starkmountain.org and download. **Proceeds support preservation of the Stark Mountain ecology and environmental programs at Mad River Glen.**

COURSE: One way race starts at the base lodge and finishes on the summit of Stark Mountain, just above Mad River Glen's historic single chair, a 2,000' vertical climb, or linear mile, straight to the summit. Route is runners' choice to the top. Runners may return on the single chair, or run down. Entry fee includes ride down. Runners may opt to compete for an up and down time. The course includes service roads and ski trails, grass, rocks, dirt.

DUATHLON: On Sunday, October 5, enter the 10th Annual Allen Clark Memorial (Bike) Hill Climb up the Appalachian Gap and qualify for awards as a duathlete. Proceeds to Vermont Adaptive Ski and Sports Association. For more information on the bike event, check www.achilleclimb.org

KIDS EVENT: Well supervised event for children of entrants for one tax deductible dollar (\$1.00) per kid.

RUN AWARDS: Cash award to male who breaks male uphill course record (Dave Dunham 23:51:05) or female who breaks female course record (Harriet Shea 30:09). Awards to Female and Male top finishers in the following categories: Under 18, Open division (18-39); Masters (40-49); Seniors (50-59); Veterans (60+); Superstars (70+). Base lodge will be open.

USATF RULES APPLY, including NO baby joggers and NO entertainment devices (ie. NO IPODS!). <mailto:ultradot@adelphia.net>

10th Annual Stark Mountain Hill Climb (Run)
Saturday, October 4, 2008, 10:00 AM, Mad River Glen

Make checks payable to Stark Mountain Foundation, Inc. Complete all information and sign waiver. Mail to: Dot Helling, 29 East State Street, Montpelier, Vermont 05602 before October 1, 2008, or register at event.

Name: _____ M/F: _____ Age: _____ D.O.B: _____

Address: _____ Uphill only? _____ Up and down? _____

City/State/Zip _____ email: _____

I know that running a mountain trail race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this event including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and humidity, and the conditions of the trails and roadways, forest creatures, all such risks being known to and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to

act on my behalf, waive and release the Mad River Glen Ski Area, the Mad River Cooperative, Inc., the Stark Mountain Foundation, Inc. and the Town of Fayston, and all sponsors, their representatives and successors, from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons or entities named herein, provided such negligence or carelessness is not gross or wilful.

Signature _____ of _____ Entrant: _____
Date: _____

Guardian _____ Signature _____ if _____ Entrant _____ under _____ 18:

Print Guardian Name: _____

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