

12th ANNUAL STARK MOUNTAIN HILL CLIMB

Saturday, October 2, 2010, 10:00 am

Part of Green n Gold Weekend

Sponsored by Stark Mountain Foundation, Inc.

@ at Mad River Glen, Fayston, Vermont

WHEN: 10 am, Saturday, October 2, 2010, Mad River Glen, Route 17, Fayston, Vermont

REGISTRATION: \$20 preregistration; \$25 thereafter. Registration and start at Mad River Glen base lodge, Route 17, western base of Appalachian Gap, Fayston VT. For an application email ultradot@myfairpoint.net or visit www.starkmountain.org. Proceeds go towards SMF's endowment to the Green Mountain Club for trail work and maintenance of the Long Trail on Stark Mountain.

COURSE: One way from the base lodge to 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 runner's choice on service roads, ski trails, grass, rocks and dirt. Entry fee includes ride down on the historic single chair.

DUATHLON: Enter the 12th Annual Allen Clark Memorial (Bike) Climb up the Appalachian Gap on Sunday, October 3, 2010 and qualify for awards as a duathlete. Proceeds from the bike climb benefit Vermont Adaptive Ski and Sports Association. See www.achilleclimb.org for more information and to register.

RUN AWARDS: Cash to male who breaks the male course record (Dave Dunham, 23:51:05) or female who breaks the female course record (Harriott Shea 30:09). Awards to top male and female under 18, Open division (18-39), Masters (40-49), Seniors (50-59), Veterans (60-69), Superstars (70+). Base lodge will be open.

USATF RULES APPLY: including NO baby joggers and NO entertainment devices (eg. NO IPODS).

12th ANNUAL STARK MOUNTAIN HILL CLIMB (RUN)
SATURDAY, OCTOBER 2, 2010, 10:00 AM, MAD RIVER GLEN

Make checks payable to Stark Mountain Foundation, Inc. Complete all information, sign waiver and mail to Dot Helling, 29 East State Street, Montpelier, Vermont 05602 with check in the amount of \$20.00 postmarked before September 28, 2010. Thereafter registration on race day at \$25.00. PLEASE PRINT LEGIBLY.

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

Address: _____

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, the conditions of the trails and roadways, and 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., the Town of Fayston and all sponsors, and their agents, 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 willful. The undersigned further grants permission for the use of any photos, videotapes or other recordings of this event used for promotional purposes by the event organizers.

Signature of Entrant: _____ Date: _____

Guardian Signature if Entrant under 18: _____

Print Name of Guardian: _____