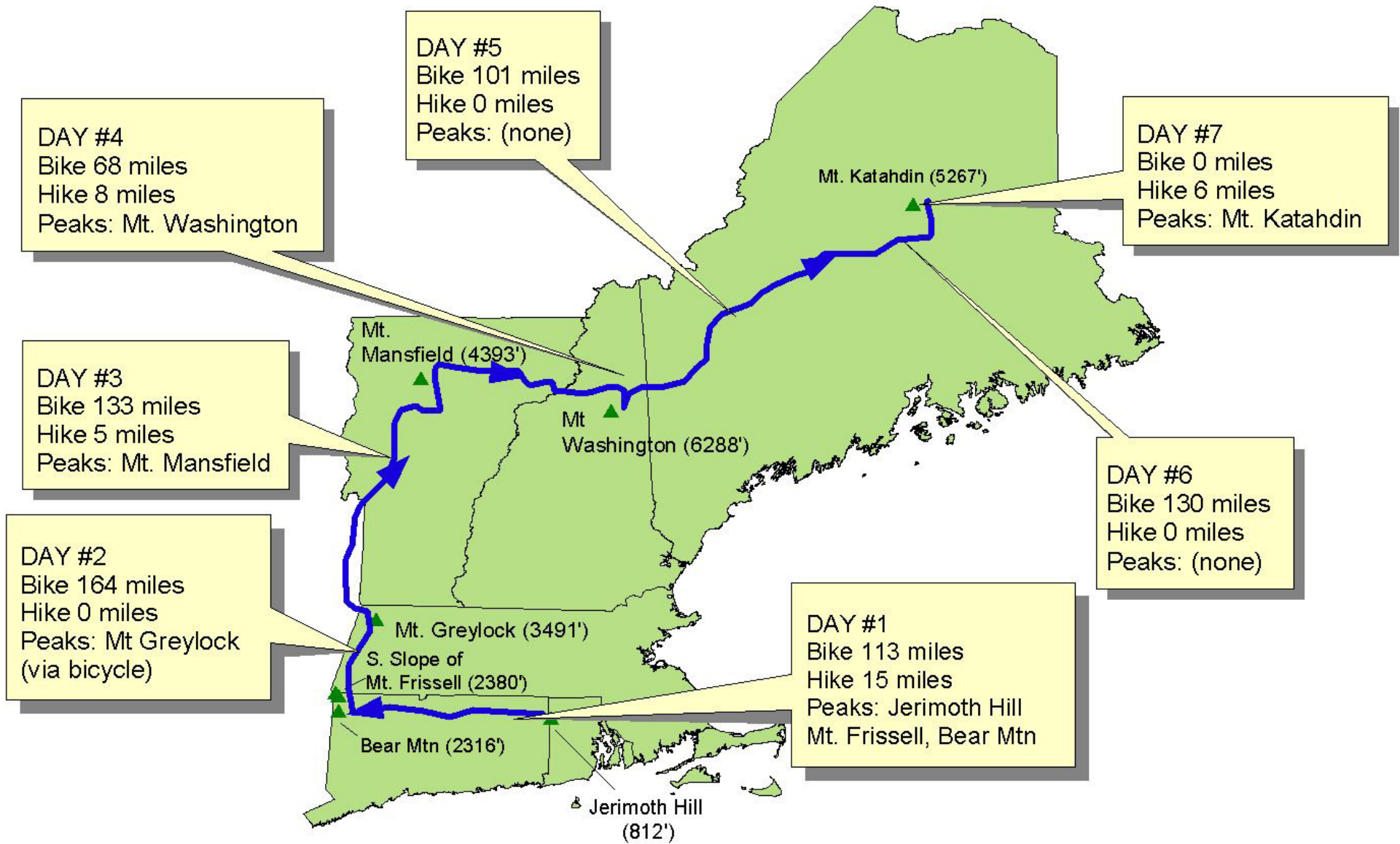


# NOMAD'S EPIC FUNDRAISER: Seven Peaks in Seven Days

A Cycle & Hike Endurance Challenge to Support Trips for Kids



0 100 Miles





## **TEAM NOMAD'S 1<sup>ST</sup> ANNUAL "EPIC FUNDRAISER": 7 PEAKS IN 7 DAYS**

September 6 - September 13, 2003

Team Nomad's 1<sup>st</sup> annual "Epic Fundraiser" will raise \$10,000 for Trips for Kids (TFK), a nonprofit organization that provides mountain bike outings to underserved youth. TFK teaches lessons in personal responsibility, achievement and environmental awareness. The "Epic Fundraiser," which is sponsored by Clif Bar, will also be a record-setting endurance attempt by the athletes on Team Nomad's Adventure Racing Team.

### **7 Peaks in 7 Days**

The "Epic" entails a 750-mile, self-supported, clockwise bicycle route through all six New England states, while hiking (or cycling) to the highest point (or "peak") in each state (see attached map).<sup>1</sup> Our route starts in Rhode Island and finishes in Maine and depends on human-powered transport. While we've heard of other New England highpoint attempts using automobiles, we believe this to be the first attempt using bikes and running shoes. It includes:

- An average of 117 biking miles per day
- Approximately 35 trail-running miles and 11,000 total vertical feet of hiking
- Summitting 7 New England highpoints: Jerimoth Hill (RI), Mt Greylock (MA), Mt Frissell & Bear Mt (CT), Mt. Washington (NH), Mt Mansfield (VT), and Mt Katahdin (ME)
- Daily website updates during at [www.teamnomad.com](http://www.teamnomad.com) (9/6/03 through 9/13/03)

### **The Epic Fundraiser**

To raise \$10,000, Nomad is reaching out to friends, family, and businesses for contributions on a "per peak" or "per mile" basis. We are inviting cyclists/hikers to participate during the event by raising an "entry fee," which goes directly to TFK. We are also contacting local newspapers along the route to promote TFK's successes at its 30+ nationwide chapters.

7 Peaks highlights the link between Nomad's outdoor adventure sports and similar opportunities afforded youth through TFK's. Half of our proceeds will go to TFK National to underwrite chapters in new communities and half will go to the Boston Chapter to purchase and maintain a van to transport bikes. Boston TFK has served over 200 kids since its inception in 2001.

### **Team Nomad Biography**

Team Nomad is a coed adventure racing team based in New England whose athletes share a penchant for multi-day and multi-sport adventure racing. Visit the "About" section of [www.teamnomad.com](http://www.teamnomad.com) to read more about the team. Nomad has a history of researching, planning, and completing non-competitive, "epic" endurance challenges. This year Nomad flew to Arizona for a 42-mile, 14-hour trail run across the Grand Canyon and back again. Last year, the team mountain biked Moab's infamous 85-mile White Rim Trail in a day. In 2001, members summited all of Vermont's 4,000-foot peaks in just under 18 hours.

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<sup>1</sup> There is some disagreement in Connecticut regarding the highest "point" and the highest "peak." Our plan is to summit both the highest point, which falls on the southern slope of Mt. Frissell (whose peak is officially in Massachusetts) and the highest peak, Bear Mountain, which falls entirely in Connecticut.