

The 34th Annual

Forest of Nisene Marks Marathon

Half Marathon and 5k

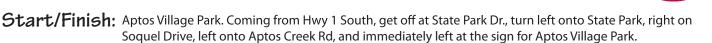
presented by



The Santa Cruz Host Lions and the Santa Cruz Track Club in memory of Richard Erickson



Saturday, June 6, 2015



- **Courses: 5K**: is an out-and-back on fire road and paved road with minimal elevation gain and shaded. **Half-marathon** is a lollipop course with out-and-back on fire road and a loop that is entirely on single track trail, mostly shaded, with ~2000ft of elevation gain/loss. **Marathon** (same as 2012/2013/2014 course): is ~13 mi out on fire road including ~2500ft of elevation gain, and ~13.2 mi back on a mix of fireroad and single track trail. The upper portions of the course are more exposed to sun. Aid stations are every 3-6 miles, however it is recommended runners doing the marathon and half marathon carry 20 oz. of water. *All courses are absolutely beautiful, traversing by redwood trees, babbling creeks and manzanita and oak groves at higher elevations*.
- **Schedule:** T-shirt and race bib pick-up at Fleet Feet Sports Aptos Friday, June 5th (26 Rancho Del Mar, Aptos, CA) 2-6pm, or on race morning at the start/finish, beginning at 6:30AM. **The marathon starts at 8:00AM; the half marathon at 8:30AM, the 5k at 9:00AM.**

Registration fees through March 31:	Marathon: \$70	Half: \$ 50	5K:\$30
Registration fees between April 1 & June 1:	Marathon: \$75	Half: \$55	5K:\$35
RACE-DAY registration (IF we don't sell out):	Marathon: \$80	Half: \$60	5K:\$40

This is a 100% volunteer-organized event. ALL proceeds go to the non-profit Santa Cruz Host Lions Club to help children with hearing and sight impairments. A technical fabric t-shirt is included in your entry fee.

5		ibly). Online registration ava nail to: Nisene Marks Race, 37				 A, 95003	-
First Name	Last Name	Sex (circ	le): M	F			
Address	City	Stat	te	Zip			
Date of birth///	Age on race day	v (June 1) Phone ()_				
Race Entering (circle): Marathon	Half Marathon 5K	Tech T-shirt (circle size)	W-XS M-S	W-S M-M		W-L M-XL	W-XL M-XXL
Email address		(shirts true to size; W=women, M=men)					
AS ROAD AND TRAIL RACING ARE DANGI you accepting my entry application, I, for Marathon/Half/5K Run, its organizers, sp and their respective agents from all liabil	myself, my personal represent	tatives, heirs and next of kin, hereby ne Santa Cruz Host Lions Club, the S	y release ar Santa Cruz 1	nd discharg Frack Club,	ge The For the Count	est of Niser ty of Santa	ie Marks Cruz,

and their respective agents from all liability to me, my personal representatives and heirs from all loss, damage or any claims or demands on account of personal injury, death or property damage arising out of my participation in the Race. I am fully aware of the risks inherent in participation in said Race, and hereby elect to enter said event voluntarily assuming all risks of loss and injury which I may sustain. I am physically fit and properly conditioned to complete this event safely. I have read and understand this release and waiver of all liability. I agree to comply with all race rules and instructions of race officials and I understand that the right to reject my entry application or to issue special invitations is reserved by the Race.

Signature of participant (or legal guardian if participant is under 18 yrs):_