



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 4, 2016

**Start/Finish:** Aptos Village Park. Coming from Hwy 1 South, get off at State Park Dr., turn left onto State Park, right on Soquel Drive, left onto Aptos Creek Rd, and immediately left at the sign for Aptos Village Park.

**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 3rd (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.**

<b>Registration fees through March 31:</b>	Marathon: \$ 75	Half: \$ 55	5K: \$ 35
<b>Registration fees between April 1 &amp; June 1:</b>	Marathon: \$ 80	Half: \$ 60	5K: \$ 40
<b>RACE-DAY registration (IF we don't sell out):</b>	Marathon: \$ 85	Half: \$ 65	5K: \$ 45

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.

**LIMITED to 400 runners total!**

Mail-in registration form (please **write legibly**). Online registration available at active.com.

Make check out to "Santa Cruz Host Lions" and mail to: Nisene Marks Race, 378 Danube Drive, Aptos, CA, 95003

First Name \_\_\_\_\_ Last Name \_\_\_\_\_ Sex (circle): M F

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Date of birth \_\_\_\_/\_\_\_\_/\_\_\_\_ Age on race day (June 1) \_\_\_\_\_ Phone (\_\_\_\_) \_\_\_\_\_

Race Entering (circle): Marathon Half Marathon 5K Tech T-shirt (circle size) W-XS W-S W-M W-L W-XL  
M-S M-M M-L M-XL M-XXL

Email address \_\_\_\_\_ (shirts true to size; W=women, M=men)

AS ROAD AND TRAIL RACING ARE DANGEROUS, ALL RUNNERS ARE REQUIRED TO ASSUME ALL RISK BY SIGNING THIS GENERAL RELEASE: in consideration of you accepting my entry application, I, for myself, my personal representatives, heirs and next of kin, hereby release and discharge The Forest of Nisene Marks Marathon/Half/5K Run, its organizers, sponsors, directors and agents, the Santa Cruz Host Lions Club, the Santa Cruz Track Club, the County of Santa 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): \_\_\_\_\_