



The 36th 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 3, 2017



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. The **Marathon** has been cancelled this year due to trail damage. Aid stations are every 3-6 miles, however it is recommended runners doing the half marathon carry 20 oz. of water. *All courses are 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 2nd (26 Rancho Del Mar, Aptos, CA) 2-6pm, or on race morning at the start/finish, beginning at 6:30AM. **The half marathon starts at 8:30AM; the 5k at 9:00AM.**

All marathon finishers receive a custom finisher's award. Half marathon and 5k awards are presented to the top three finishers in each five-year age group. Overall male and female winners from all three

Registration fees through March 31:	Half Marathon: \$60	5K: \$35
Registration fees between April 1 & June 1:	Half Marathon: \$65	5K: \$40
RACE-DAY registration (IF we don't sell out):	Half Marathon: \$70	5K: \$45

All proceeds go the non-profit Santa Cruz Host Lions Club to directly benefit the hearing and sight impaired.

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.

Registration includes a technical race t-shirt. To guarantee receiving your size, enter by April 1st! If races are not sold out, for race-day registration add \$10 to marathon/half and \$5 to 5K

Limited to 400 entries total! LIMITED to 400 runners total!

Questions? Email: luv2fl y55w@comcast.net Website: nisenemarksmarathon.com We are also on



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, 712 La Honda Court, 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): 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

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): _____