



The 31st 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 2, 2012



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** (course subject to change): 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 1st (26 Rancho Del Mar, Aptos, CA) 2-7pm, or on race morning, beginning at 6:30AM. **The marathon starts at 8:00AM; the half marathon at 8:30AM, the 5k at 9:00AM.**

Awards: 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 races receive special awards as well.

Registration fees: Marathon: \$65 Half Marathon: \$45 5K: \$25

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

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! Questions? Email: nisenemarksrd@gmail.com Website: nisenemarksmarathon.com We are 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, P. O. Box 477, Santa Cruz, CA

First Name _____ Last Name _____ Sex (circle): M F

Address _____ City _____ State _____ Zip _____

Date of birth ____/____/____ Age on race day (June 2) _____ Phone (____) _____

Race Entering (circle): Marathon Half Marathon 5K Tech T-shirt (unisex sizing circle) S M L XL

Email address _____

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, it's 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): _____