

The 29th 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 5, 2010 • Aptos, California



SCHEDULE: T-shirt and number pick up starts at 6:30 a.m. at Aptos Village Park. **Nothing will be mailed to you.**

The MARATHON starts at 8:00 a.m.; the HALF MARATHON at 8:30 and the 5K at 9:00 a.m.

START/FINISH: Aptos Village Park at the entrance to the Forest of Nisene Marks State Park. (Aptos Creek Road and Soquel Dr.)

COURSE: *Marathon* is a beautiful out and back on fire road under a canopy of trees with an elevation gain of 2500 feet in the first 12 miles. There are two steep climbs on the course—from mile 5 to mile 6 and from mile 10 to mile 11. There are 5 aid stations on the course, but it is recommended that you carry a water bottle.

CUTOFFS will be enforced at the following aid stations:

SAND POINT: Mile 9 (outbound) 2 1/2 hours
TURNAROUND: Mile 13.1 3 1/2 hours
TOP OF THE INCLINE: Mile 20 (inbound) 5 1/2 hours
FINISH: 7 hours *Finish line closed*

Limited to 400—

Races will fill fast!!

Half Marathon: is 3 miles on fire road, then 8 miles on single track trail, returning to fire road with a little over 2 miles to the finish. There is an elevation gain of 1000 feet in the first 8 miles. There are 3 aid stations on the course, but it is suggested that you carry water. *Since this is on trails, you should be prepared for the possibility of poison oak and yellow jackets—please take precautions if you are allergic.*

5K is a fast out-and-back on fire road with a short dip in the first 1/2 mile and again on the return.

AWARDS/DIVISIONS: Marathon runners receive custom finish award. No age division awards for marathon race. Half Marathon and 5K Run 5 year age groups 3 deep receive custom awards. All overall winner — male and female in all three races receive an award.

REGISTRATION FEE (<i>postmarked by 5/30</i>):	Marathon \$60	Half Marathon \$45	5K \$20
RACE DAY REGISTRATION (<i>if available</i>):	\$70	\$55	\$25

(shirt not guaranteed with race day registration)

Proceeds go to the Santa Cruz Host Lions Club to benefit the hearing and sight impaired.

RACE INFO: Andy Benkert (408) 656-3883 or sjflyfisher@yahoo.com Website: <http://nisenemarksmarathon.com>

REGISTRATION: Read and fill out form completely! Make check payable to Santa Cruz Host Lions and mail to:
Nisene Marks Race, 587 Fairmount Dr., Boulder Creek, California 95006 or register online at active.com

REGISTRATION FORM (please print legibly)

First Name _____ Last Name _____ Sex: M F

Address _____ City _____ State _____ Zip _____

Date of Birth ____/____/____ Age on Race Day _____ Phone (_____) _____

Race Entered Marathon ____ Half Marathon ____ 5K ____ T-shirt (UNISEX) 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 Marathon/5k Run, its organizers, sponsors, directors and agents, Teva Footwear, 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 assume 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 race entry application or to issue special invitations is reserved by the Race.

SIGNATURE: _____