

We started this race to give women a chance to race with other women, back when most race participants were men. A lot has changed since then, and our race has changed, too: **NEW THIS YEAR: A separate 5-miler men's race on the same course as the women's 5-Miler. Bring the whole family! There's a race for everyone! You can cheer each other on!**

**Kids' 0.5-miler at 7:45 a.m. Women's 5-Miler at 8 a.m. Men's 5-Miler at 9 a.m.** The kids will run around the field and up and down the big hill in Aptos Village Park. 5-milers start and finish in Aptos Village Park, following flat-to-rolling paved and dirt roads through the Forest of Nisene Marks including a single-track stretch.



- PRE-REGISTER** For the Women's 5-Miler and the Men's Division: By mail by June 1<sup>st</sup>, or at Active.com. \$35 if postmarked before Feb. 18<sup>th</sup>; \$40 between Feb. 19<sup>th</sup> and Mar. 31<sup>st</sup>; \$45 in April; \$48 in May. The Kids' 0.5-Miler is \$20. Write checks to SCTC. Registration for all events includes a t-shirt. **SHIRT SIZES GUARANTEED IF REGISTERED BY MAY 20, 2018**
- PACKETS** On Race Day in Aptos Village Park. Other options TBA— follow us on Facebook for details.
- RACE DAY REGISTRATION** 7:00 – 8:30 a.m.; \$55 for adult races; \$25 kids' race; t-shirt included, but first choice size not guaranteed.
- DIVISIONS** For the Women's 5-Miler and the Men's Division: 13 & under; 14-19; 20-24; 25-29; 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60-69; 70+; the women's race will also give awards to the top finishing mother-daughter, sister, and friend teams.
- AWARDS** Awards will be presented at around 10:00 a.m., and results will be posted online.
- QUESTIONS?** Contact Sarah Carvill (sarah.carvill@gmail.com) or Laura Chiorello (lchiorello@yahoo.com)

See reverse for directions and parking info. Race held rain or shine. Walkers welcome. Let us know if accommodations are needed. No wheels or dogs on the course. For more info go to AW5M.com or Facebook (Aptos Women's Five Miler).

✂ Detach here and send the following **complete** entry form with payment. Please print clearly so we don't get anything wrong!

WHAT SIZE SHIRT WOULD YOU LIKE? **XS S M L XL 2XL**   
 Please also indicate style\*: **Unisex | Women's | Youth** Official use only  
*Unisex and women's shirts available in sizes S-2XL; youth shirts available in sizes XS-M*

FIRST NAME LAST NAME

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EMAIL ADDRESS

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ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_

STATE \_\_\_\_\_ ZIP \_\_\_\_\_ PHONE (\_\_\_\_) \_\_\_\_\_ AGE ON RACE DAY \_\_\_\_\_

EVENT:  Women's 5-Miler;  Men's Division;  Kids' 0.5-Miler

TEAM (optional):  mother-daughter;  sister;  friends My teammate is: \_\_\_\_\_

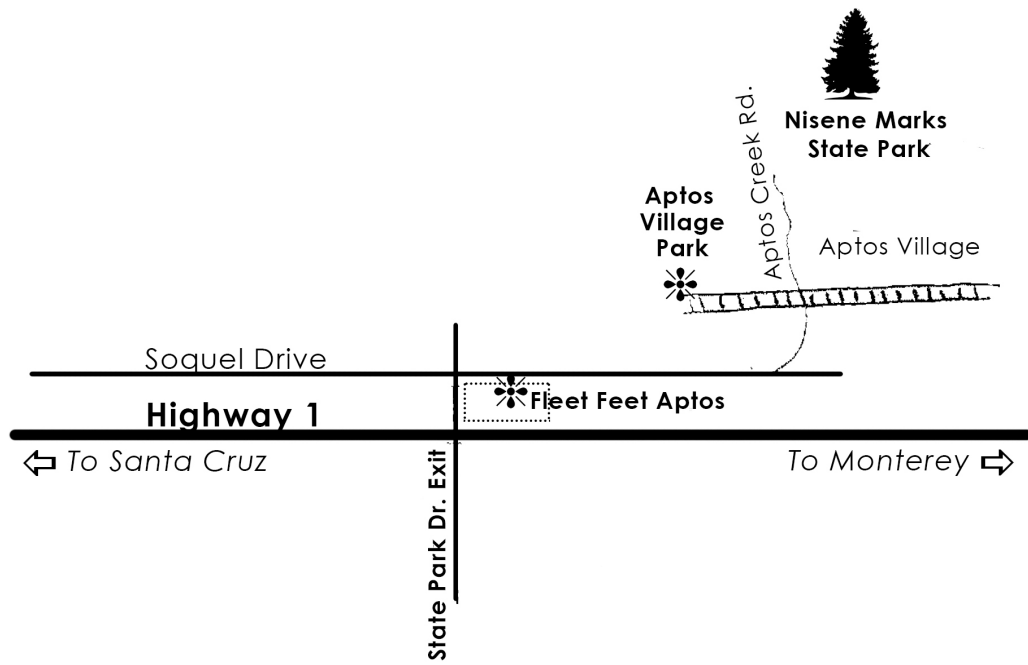
Both team members must register and pay the appropriate entry fee. Each team member will also be considered as an individual running/walking in her own age bracket.

**AS ROADRACING IS 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 Aptos Women's 5-Miler, its organizers, sponsors, directors and agents, the county of Santa Cruz, the state of California and their respective agents from all liability to me, my personal representatives and heirs for all loss, damage or any claims or demands on account of personal injury, death or property damage arising out of my participation in the Aptos Women's 5-Miler. I am fully aware of the risks inherent in participating in said RACE, and hereby elect to voluntarily assume all risks of loss and injury which I may sustain. I am physically fit and properly conditioned to safely complete this event. I have read and understand this release and waiver of all liability. All entrants are subject to drug testing for banned drugs listed in IAAF Rule 55. I agree to comply with all race rules and instructions of race officials and I understand that the right to reject any race entry application or to issue special invitations is reserved by the Aptos Women's 5-Miler.

SIGNATURE \_\_\_\_\_

All entrants must sign waiver (Parent/Guardian if under 18)

**Return completed, signed form by June 1<sup>st</sup> to: Santa Cruz Track Club, P.O. Box 1803, Capitola CA 95010**



**Santa Cruz Track Club**  
 P.O. Box 1803  
 Capitola, CA 95010