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, but we still love our women's race, and we think you will, too— whether you're in it to break the tape, or just looking to try a new distance in a fun and supportive atmosphere.

The Aptos Women's 5-Miler starts and finishes in Aptos Village Park, following flat-to-rolling paved and dirt roads through the Forest of Nisene Marks. The course also includes a short and scenic stretch of single-track trail.

PRE-REGISTER By mail by June 1st, or at Active.com. $30 if postmarked before May 1st, $35 after. Registration includes a reusable shopping bag, and running socks. Write checks to SCTC.

PACKET PICK-UP Sunday, June 14th You can get your packet at the start area on race day starting at 7:30. We strongly encourage getting there as early as possible in order to give yourself ample time to attach your number, etc.

RACE DAY REGISTRATION 7:30 – 8:30 a.m.; $40 includes t-shirt.

DIVISIONS 13 & under; 14-19; 20-24; 25-29; 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60-69; 70+; top finishing mother-daughter; top finishing sisters

POST-RACE Awards will be presented at around 10:15 a.m., and results will be posted online.

QUESTIONS Contact Luke DeBrito at (831) 331-0726 or debritoluke@yahoo.com

RACE STARTS AT 9 A.M. Please see reverse for directions and parking information. Race will be held rain or shine. Walkers are (always!) welcome, but unfortunately we cannot have wheels or dogs on the course. Please let us know if accommodations are needed. For more info., find us on Facebook: www.facebook.com/AptosWomens5Miler. (We hope you'll "like" us, too!)

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

For Official Use Only

FIRST NAME _____ LAST NAME _____

EMAIL ADDRESS _____

ADDRESS _____ CITY _____

STATE _____ ZIP _____ PHONE (____) _____ AGE ON RACE DAY _____

TEAM (optional): ☐ mother-daughter or ☐ sister My teammate's name is: _____

Both team members must complete a registration form 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 1st to: Santa Cruz Track Club, P.O. Box 1803, Capitola CA 95010