

# Welcome to the Inaugural Twilight Trail Adventure!

Come out and help us Light Up the Night!

## Festivities kick-off at 6:00pm at the Cool Fire Station.

Come early to enjoy the high-energy pre-race exhibition with prizes and awards for participants, friends and families! Join in with DC Fit instructors for Pump-It-Up exercises including Boot Camp, Zumba, Yoga and Power Stretching. Learn about trail shoes by experts from the Auburn Running Company. Get educated about trail running and nighttime safety tactics by the co-hosts of Trail Runner Nation. Illuminate your spirit and have your face painted by Carolyn Hadin from Just for Fun Art. Visit the REI hosted Recovery Lounge. Try Odwalla samples and look forward to a delicious post-race pizza feast and to top off this amazing night enjoy our Smoldering S'Mores and Hot Chocolate bar.

## RACE NIGHT AGENDA

5:00 P.M.-8:15 P.M.: Late Packet Pick-Up, Cool Fire Station

5:00 P.M.-8:15 P.M.: Just For Fun Art – Face painting for all of our runners!

6:00 P.M. - Midnight: REI Recovery Lounge

### Attend our “Light Up the Night” sessions

**6:00 P.M.-6:30 P.M.: Pump-It-Up Exercises - DC Fit**

\*\*Runners, friends and families who attend are eligible at the conclusion of the session to receive a gift certificate compliments of our friends at DC Fit.

**6:30 P.M. – 7:15 P.M.: Trail Running Tips and Nighttime Safety Tactics**

Co-hosts of Trail Runner Nation Don Freeman and Scott Warr

\*\*Runners, friends and families who attend are eligible at the conclusion of session for prizes compliments of our friends at Black Diamond

**7:15 P.M.-7:45 P.M.: Trail Shoe Demo - Dave Carder with Auburn Running Company**

\*\*Runners, friends and families who attend are eligible at the conclusion of session to receive some cool swag compliments of our friends at Auburn Running Company.

**7:45 P.M. – 8:15 P.M.: Yoga and Power Stretches - DC Fit**

**8:15 P.M: Firefly Costume Contest**

Winners receive a voucher for a free pair of Salomon trail running shoes compliments of our Official Footwear Sponsor.

- Best-Lit Individual (male, female and youth)
- Team (group of 3 or more)

**8:45 P.M.: Race Start for 5K and 10K events**

**9:00 P.M. – Midnight: Post-Race Feast**

**Midnight: Conclusion of event**

