

# Welcome to the 3rd Annual Twilight Trail Adventure!

Come out and help us Light Up the Night!

## Festivities kick-off at 6:30 pm at Overlook Park in Auburn, CA.

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. Enjoy a delicious post-race pizza fest from our friends at Mountain Mike's Pizza along with fresh, juicy watermelon slices and sweet treats galore! Top off this amazing night with a visit to our Italian Soda Bar for an icy cold drink sensation!

## RACE NIGHT AGENDA

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

6:30 P.M. - 8:30 P.M.: Just For Fun Art – Face painting for all of our runners!

6:30 P.M. - Midnight: REI Recovery Lounge

## Attend our “Light Up the Night” sessions

**7:00 P.M.-7:15 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.

**7:15 P.M. – 7:30 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

**7:30 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

## 8:30 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**

