

### About the Insomniac Night Trail Series

The Insomniac Series consists of 5 trail runs held in Maricopa County Regional Parks from May through September. The series offers a supported environment to introduce runners to night trail running opportunities and beat the heat! 2013 is the inaugural year for the night trail run series.

### Registration

Available with the attached mail in entry form or online at [Ultrasignup.com](http://Ultrasignup.com). Registration will also be available at packet pickup and on race day!



### Park Entry Fees

*\*All vehicles entering San Tan Mountain Regional Park will be required to pay a \$6 park entry fee in addition to the race entry.* Carpool to save!

### Race Perks

- Scenic and challenging course on desert trails
- Chip timed race results
- Shirt for all runners
- Well stocked aid stations every 4 miles
- Post race food & socializing
- Experience the magic of night trail running

## Insomniac Night Series 2013 Trail Runs

### May 4/5 - #1 Sinister Night Runs

54KM, 27KM, 9KM @ San Tan Mountain Park

### June 8/9 - #2 Adrenaline Night Runs

65KM, 26KM, 13KM @ McDowell Mountain Park

### July 27/28 - #3 Vertigo Night Runs

63KM, 31KM, 10KM @ White Tank Mountain Park

### August 10/11 - #4 Hypnosis Night Runs

62KM, 31KM, 15KM @ Estrella Mountain Park

### September 21/22 - #5 Javelina Jangover Night Runs

100KM, 75KM, 50KM, 25KM, 7KM @ McDowell Mtn Park

For full trail & ultra running race schedule, please visit:

**ARAVAIPARUNNING.COM**



**HYPNOSIS**  
**62KM-31KM-15KM**

**August 10-11, 2013**

**Estrella Mountain  
Regional Park  
AVONDALE, AZ**



## Hypnosis Night Trail Runs Estrella Mountain Regional Park Avondale, Arizona August 10-11, 2013

### Race Day Schedule:

6:00 PM - Packet/Bib pickup begins  
7:00 PM - 62 Kilometer Start  
7:20 PM - Sunset  
7:30 PM - 31 Kilometer Start  
7:47 PM - End Civil Twilight  
8:00 PM - 15 Kilometer Start  
5:00 AM - Cutoff  
5:23 AM - Begin Civil Twilight

### Moon Phase

Waxing Crescent - 15% Illumination  
9:20 PM - Moonset

### Courses

All runs take place on multiple loops of single track trails within the competitive track at the park. Expect typical desert trail conditions including rocks, sand, cactus and gravel. 62 Km = 4 loops, 31 Km = 2 loops, 15 Km = 1 loop. Course maps available at [AZTRAILRUN.COM](http://AZTRAILRUN.COM)

### Aid Stations

There will be one remote aid station along the loop. Aid every 4-5 miles along the course, including water, electrolyte drink, sweet snacks and salty snacks. *Please plan to run with at least one bottle of water while out on your loop!*

### Race Goodies & Awards

All runners will receive a finisher's award. Awards to the top male & female finishers at each distance.

### Packet Pickup

Thursday, August 8, 4-7 PM  
@ iRun Phoenix  
4730 E. Indian School Rd. #125  
Phoenix, AZ 85018  
(602) 368-5330

Join the iRun Group Run at 5:30pm!



### Race Director Contact:

**Jamil Coury**  
(602)361-7440  
[Jamil@aravaiparunning.com](mailto:Jamil@aravaiparunning.com)

**Nick Coury**  
(602)828-6629  
[Nick@aravaiparunning.com](mailto:Nick@aravaiparunning.com)

**AZTRAILRUN.COM**



**About Estrella Mountain Regional Park**

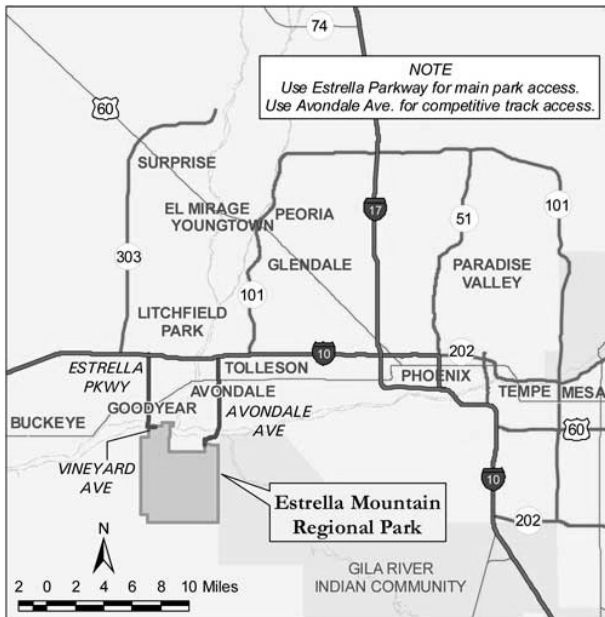
These 19,840 acres of desert and mountains became the first regional park in the Maricopa County Park System in 1954. Located near the meeting of the Gila and Agua Fria Rivers in the southwest Valley, the park includes a large wetland, or riparian, area. The majority of the park remains pristine desert, very similar in appearance to the landscape seen by the first settlers and explorers. The Sierra Estrella range, or Star Mountains, was once within the Mexican border, and remained so until the Gadsden Purchase in 1853. Today, many amenities are available to visitors, including the only grass picnic area in the Maricopa County Park System.

**Directions**

From central Phoenix, take I-10 west to Avondale Avenue exit. Travel south on Avondale / 115th Ave for 6.5 miles until it curves and turns into Indian Springs Road. Turn left onto Old Baseline Road and follow signs to the competitive track.

**Park Address**

This is at the competitive track, follow directions and map below.



# 2013 Hypnosis Night Runs Entry

**First Name**

**Last Name**

**Address** \_\_\_\_\_

**City** \_\_\_\_\_ **State** \_\_\_\_\_ **Zip** \_\_\_\_\_

**Email Address** \_\_\_\_\_

**Phone** \_\_\_\_\_

**Male**       **Female**      **Age on Race Day**       **Date of Birth**

**Entry Fees (Please Circle)**

|  | Fees by Postmark Date | Until 6/7   | Until 7/12  | Until 8/6   | Race Day    |
|--|-----------------------|-------------|-------------|-------------|-------------|
| <input type="checkbox"/> <b>15 Kilometer</b> |                       | <b>\$35</b> | <b>\$40</b> | <b>\$45</b> | <b>\$50</b> |
| <input type="checkbox"/> <b>31 Kilometer</b> |                       | <b>\$40</b> | <b>\$45</b> | <b>\$50</b> | <b>\$55</b> |
| <input type="checkbox"/> <b>62 Kilometer</b> |                       | <b>\$55</b> | <b>\$60</b> | <b>\$65</b> | <b>\$70</b> |

\*Race entry fee does not include \$6/vehicle Maricopa County Regional Park entry fee due at gate on race day

**No Shirt Size - Participants in the Hypnosis Night Run will get a Trucker Hat!**

**Black Diamond Offer**      **Add a Headlamp - Pick Up At Race**

**\$12 - Gizmo (35 Lumens)**       **\$20 - Cosmo (70 Lumens)**

Please include your entry fee and mail to:  
(checks payable to ARAVAIPA RUNNING)

**Aravaipa Running**  
**5631 W. Shaw Butte Dr.**  
**Glendale, AZ 85304**

**Event Waiver & Release**

This waiver covers the Hypnosis Night Runs held August 10-11, 2013. I understand that running on trails is strenuous exercise and has some danger. I give statement that I am in good health and there is no medical reason that I should not attempt such a feat. I know that running on trails poses many hazards, not limited to falls, bad weather, rockslides, getting lost, wild animal attack and generally dangerous conditions. I am entering this event with full knowledge that I could easily be hurt or face life threatening injuries. I fully assume all risks of injury, illness or death, and release covenant not to sue, and discharge Estrella Mountain Regional Park, Maricopa County, Aravaipa Running LLC, USA Track & Field, the race director, volunteers, all sponsors, and any individuals or groups associated with this event, all actions, claims or demands for damages arising out of my participation in this event. The forgoing release is binding upon me personally, as well upon my heirs, executors, and administrators, and all members of my family, or anyone else who may make claim on my behalf. Entry fees are non-refundable and non-transferrable. I further grant my irrevocable permission to Aravaipa Running LLC, and its authorized agents, to use my name and any photographs, videos, motion pictures, recordings, or any other record of my participation in this event. No REFUNDS or TRANSFERS once entry is accepted.

Signature \_\_\_\_\_

Signature of Parent/Guardian if under 18 \_\_\_\_\_

Date \_\_\_\_\_