

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. 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 2-3 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



VERTIGO
63KM-31KM-10KM

July 27-28, 2013

**White Tank Mountain
Regional Park
WADDELL, AZ**



Vertigo Night Trail Runs

**White Tank Mountain Regional Park
Waddell, Arizona**

July 27-28, 2013

Race Day Schedule:

- 6:00 PM - Packet/Bib pickup begins
- 7:00 PM - 63 Kilometer Start
- 7:30 PM - 31 Kilometer Start
- 7:33 PM - Sunset
- 8:00 PM - 10 Kilometer Start
- 8:01 PM - End Civil Twilight
- 5:00 AM - Cutoff
- 5:11 AM - Begin Civil Twilight

Moon Phase

Waning Gibbous - 69% Illumination
10:44 PM - Moonrise

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. 63 Km = 6 loops, 31 Km = 3 loops, 10 Km = 1 loop. Course maps available at AZTRAILRUN.COM

Aid Stations

There will be one remote aid station along the loop that is accessed twice. Aid every 2-3 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, July 25, 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

Nick Coury
(602)828-6629
Nick@aravaiparunning.com

AZTRAILRUN.COM





About White Tank Mountain Regional Park

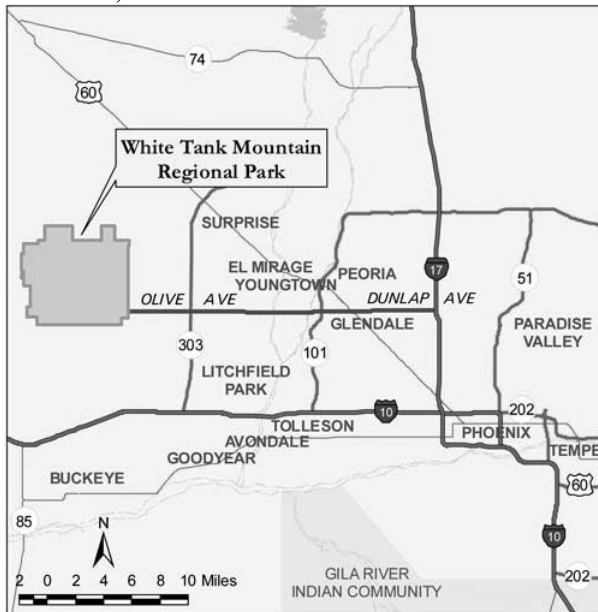
Nearly 30,000 acres makes this the largest regional park in Maricopa County. Most of the park is made up of the rugged and beautiful White Tank Mountains on the Valleys west side. The range, deeply serrated with ridges and canyons, rises sharply from its base to peak at over 4,000 feet. Infrequent heavy rains cause flash floodwaters to plunge through the canyons and pour onto the plain. These torrential flows, pouring down chutes and dropping off ledges, have scoured out a series of depressions, or tanks, in the white granite rock below, thus giving the mountains their name.

Directions

From central Phoenix, take I -10 west 18 miles to Hwy 303. North on Hwy 303 to Olive. West 4 miles on Olive to the White Tank Mountain Regional Park entrance. Follow the main park road all the way to the competitive track at the North end of the park.

Park Address

20304 W. White Tank Mountain Road
Waddell, AZ 85355



2013 Vertigo 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 5/31	Until 6/28	Until 7/23	Race Day
<input type="checkbox"/>	10 Kilometer	\$35	\$40	\$45	\$50
<input type="checkbox"/>	31 Kilometer	\$40	\$45	\$50	\$55
<input type="checkbox"/>	63 Kilometer	\$55	\$60	\$65	\$70

*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 Vertigo Night Run will get a Sport Bag!

Black Diamond Offer **\$12 - Gizmo (35 Lumens)**
Add a Headlamp (Pick Up At Race) **\$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 Vertigo Night Runs held July 27-28, 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 White Tank 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 _____