

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 Ultr Signup.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 2.2 - 3.3 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

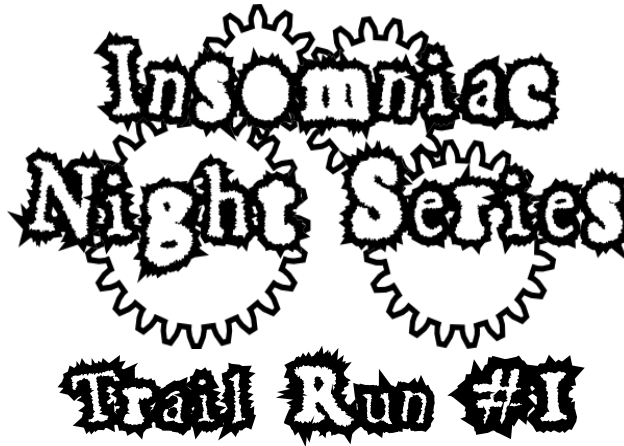
62KM, 31KM, 15KM @ Estrella Mountain Park

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



SINISTER
54KM-27KM-9KM

May 4-5, 2013

**San Tan Mountain
Regional Park
QUEEN CREEK, AZ**



Sinister Night Trail Runs San Tan Mountain Regional Park Queen Creek, Arizona

May 4-5, 2013

Race Day Schedule:

6:00 PM - Packet/Bib pickup begins
7:00 PM - 54 Kilometer Start
7:12 PM - Sunset
7:30 PM - 27 Kilometer Start
7:39 PM - End Civil Twilight
8:00 PM - 15 Kilometer Start
5:00 AM - Cutoff
5:08 AM - Begin Civil Twilight

Moon Phase

Waning Crescent - 17% Illumination
2:55 AM - Moonrise

Courses

All runs take place on multiple loops of single track trails on the San Tan, Littleleaf and Hedgehog trails. Expect typical desert trail conditions including rocks, sand, cactus and gravel. 54 Km = 6 loops, 27 Km = 3 loops, 9 Km = 1 loop. Course maps available at AZTRAILRUN.COM

Aid Stations

There will be one remote aid station along the loop. Aid every 2.2-3.3 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, May 2, 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 San Tan Mountain Regional Park

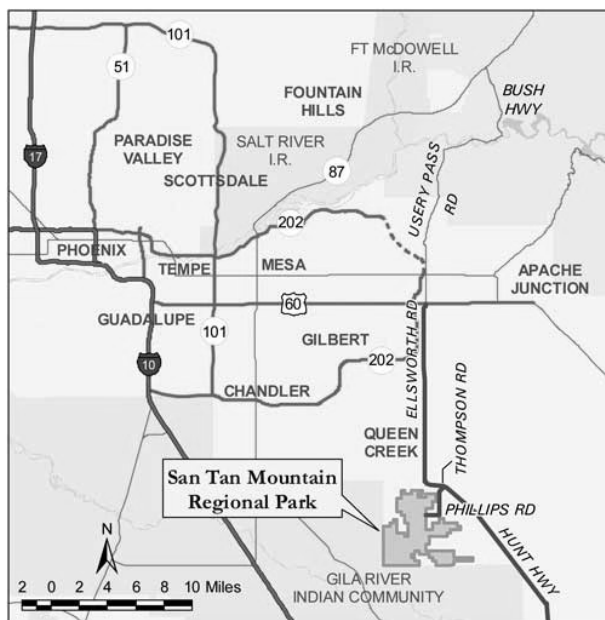
Consisting of over 10,000 acres, the southeast Valley park is a fine example of the lower Sonoran Desert. The park ranges in elevation from about 1,400 feet to over 2,500 feet. Gold-mine Mountain is located in the northern area, with a spectacular San Tan Mountain escarpment in the southern portion of the park. The vegetation changes from creosote flats to dense saguaro forest. Various types of wildlife may be observed, including reptiles, birds, and mammals.

Directions

From central Phoenix, take I-10 east to US 60 east. Exit Ellsworth Road south to Hunt Highway. Travel east on Hunt Highway to Thompson Road south. Turn west on Phillips Road to the San Tan Mountain Regional Park entrance.

Park Address

6533 West Phillips Road
Queen Creek Arizona 85142



2013 Sinister Night Runs Entry

First Name

Last Name

Address

City

State

Zip

Email Address

Phone

Age on Race Day

Date of Birth

☐

Male

☐

Female

Entry Fees (Please Circle)

	Fees by Postmark Date	Until 3/8	Until 4/5	Until 4/30	Race Day
<input type="checkbox"/>	9 Kilometer	\$35	\$40	\$45	\$50
<input type="checkbox"/>	27 Kilometer	\$40	\$45	\$50	\$55
<input type="checkbox"/>	54 Kilometer	\$55	\$60	\$65	\$70

Shirts guaranteed on race day if registered by 4/5, otherwise will be sold on race day if available.

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

Participants in the Sinister Night Run will get a Technical Fabric Shirt!

Shirt Cut

☐

Male

☐

Female

Shirt Size

☐

XSm

☐

Sm

☐

Med

☐

Lg

☐

XL

☐

2XL



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 Sinister Night Runs held May 4-5, 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 San Tan 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