

# Welcome to the Second Annual 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. Our friends at REI will explain the benefits of REI membership and discuss their exciting ongoing programs. Well-experienced local runners will share trail running tips and nighttime safety tactics. Illuminate your spirit with face painting by Just for Fun art. Visit the REI Recovery Lounge and Water Bar, which will be open all night! Build up your appetite for the delicious post-race feast hosted by Cool's very own Cork and Fork Restaurant and Wine Bar. Refresh yourself with a frosty drink at our Italian Soda Bar, then stay to dance the night away at the After Party Extraordinaire! It will surely be a Night to Remember!

### RACE NIGHT AGENDA

6:00 P.M. to 6:15 P.M.: Pump-it-Up Exercises with DC Fit

6:15 P.M. to 6:45 P.M. Trail Running Tips and Nighttime Safety Tactics

6:45 P.M. to 7:15 P.M. REI Membership Benefits and REI Programs

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

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

\*\*Runners, friends and families in attendance are eligible at the conclusion of each session for prizes, compliments of our friends at DCFit, REI, and Auburn Running Company.

8:15 P.M.: **SPECIAL ANNOUNCEMENT:**

The official unveiling of NorCalUltras' newest Twilight Trail Trilogy Adventure Race!

Be one of the first to get all the exciting and delicious details along with a very special offer!

8:30 P.M.: Firefly Costume Contest

8:45 P.M. : 10K Race Start

9:00 P.M.: 5K Race Start

9:00 P.M. to 10:00 P.M. - Post-race feast presented by Cork and Fork.

Pulled pork sliders, cole slaw, and homemade sweet treats!

10:00 P.M. - ON Post-race After Party Extraordinaire!

Dancing under the stars, light up the night!

