

The 17th Lake Tahoe Marathon Week

Friday-Sunday, September 28-30, 2012

Name _____ Birth date _____

Gender: **Male** or **Female** Wind shirt size: **XL L M S XS** Age on Sept. 30, 2012 _____

Mailing Address _____

City _____ State _____ Zip _____ Country if not U.S. _____

Day Phone (_____) _____ Evening Phone (_____) _____

E-mail: _____

Relay team name _____ Division: (circle one) **Marathon Relay is Mixed (3+2 combo);**

Prices are cheaper on the internet.

Early bird discounts are ONLY available with on line registration at www.LakeTahoeMarathon.com.

Please circle event below: (10% discount for 2 events & 15% discount for 3)	Race Day	Date	Start Time	Mail In Registration
Speed Golf (run course with 3 clubs for time + strokes)	Sat.	9/29	9 am	\$65
Tahoe Double Dare (2 x 72 mile run around lake)	Thu & Sat	9/27 & 29	10 PM	\$200
Kayak 5 Miles	Fri.	9/28	9 am	\$85
Swims (circle one) ½ M 1M 2.5 M	Fri.	9/28	9:10 am	\$85
Bike 35 M (Tahoe City to Zephyr Cove)	Sat.	9/29	8:30 am	\$150
Bike 72 M (Zephyr Cove to Zephyr Cove)	Sat.	9/29	7 am	\$165
Bike 72 M Tandem (Zephyr Cove to Zephyr Cove)	Sat.	9/29	7 am	\$200
Optimists Kids' Fun Runs (on line registration only)	Sat.	9/29	2 pm	\$10
Friday Marathon - Emerald Bay to Spooner Lake	Fri.	9/28	7 am	\$130
Saturday Marathon - Spooner to Tahoe City	Sat.	9/29	7:40 am	\$130
Sunday Marathon - Early Start for 6 hr finishers or Walkers	Sun.	9/30	6:30 am	\$130
Sunday Marathon - Tahoe City to Pope Beach	Sun.	9/30	8:00 am	\$130
Triple Marathon (26.2 x 26.2 x 26.2 miles)	Fri.-Sun.	9/28-30	7:15 am	15% discount
Super Triple Marathon (26.2 x 26.2 x 72.2 miles)	Fri.-Sun.	9/28-30	7:15 am	15% discount
50 M Ultra (First 50 miles of 72 miler)	Sat.	9/29	10 pm	\$150
72 M Ultra Around-the-Lake (Pope Beach round trip)	Sat.	9/29	10 pm	\$150
Marathon 5-Person Relay	Sun.	9/30	8:00 am	\$350
5K Run, Walk or Jog (Pope Beach loop)	Sun.	9/30	9 am	\$65
10K Run, Walk or Jog (from Inspiration Pt.)	Sun.	9/30	9:30 am	\$90
20 Mile Walk or Run (from Homewood)	Sun.	9/30	8:00 am	\$110
Emerald Bay Half Marathon (finish at Lakeside Beach)	Fri.	9/28	7:15 am	\$115
Nevada Half Marathon (Spooner to Incline Village)	Sat.	9/29	7:40 am	\$115
Sunday Tahoe Half Marathon Run (from Rubicon)	Sun.	9/30	10:40 am	\$120
Half Marathon Trifecta (all 3 half marathons in 3 days)	Fri.-Sun.	9/28-30	7:15 am	\$350

Three Day Triathlon – (select a division below)			9/28-30	15% discount
Division	Friday	Saturday	Sunday	
Cutthroat	2.5 Mile Swim	72 M Bike	Marathon	
Kokanee	1 Mile Swim	35 M Bike	Half Marathon	
Weekend Warrior	5 mile Kayak	35 M Bike	Half Marathon	

Early bird discounts are ONLY available with on line registration at www.LakeTahoeMarathon.com.

Do not mail any entries after Sept 18. Register at the Expo

Total \$ _____ Check # _____ Date ____ / ____ / ____ credit card # _____ expires _____

Send entry and check to: Lake Tahoe Marathon PO Box 20000., S. Lake Tahoe, CA 96151

Waiver: Must be signed by all entrants. I know that running a road race or competing in triathlon events are potentially hazardous events. I am medically able and properly trained for these events which will be conducted between 6200' and 7000' elevation. I assume all risks associated with competing in any of these events including, but not limited to, fall, contact with other participants, effects of weather including heat and humidity, cold and ice, effects of altitude, traffic and the condition of the roads, all such risks of competing being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of acceptance of my entry I, for myself, and heirs, executor, or anyone entitled to act on my behalf, waive and release all race sponsors, officials, volunteers, employees, the City of South Lake Tahoe, County of El Dorado, County of Placer, States of California and Nevada, Cal Trans, the U.S. Forest Service, and all government entities, and any of their representatives and successors from all claims or liabilities of any kinds arising out of my participation in this event. This Release and Waiver extends to all claims of every kind or nature whatsoever, foreseen or unforeseen, known or unknown. I grant my permission to all of the foregoing to use any photographs, motion pictures, video or sound recordings, or any other record of this event for any legitimate purpose. There are no refunds for any reason including the cancellation of the event. The course is subject to change and is partially operated on U.S. Forest Service land and with Forest Service special use permit. I will enjoy the scenery and competition. I will check for changes and updates on the internet web site at www.laketahomarathon.com.

Signature: _____ Date: _____ All entrants must sign waiver (parent/guardian if under 18).

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Recreational walkers-joggers are welcome.

www.LakeTahoeMarathon.com

You may run, walk, swim, or pedal one or more of the many events occurring during Lake Tahoe Marathon week. All the runs are point-to-point and scenic from start to finish. The marathon and half marathon are run along the west shore of Lake Tahoe and include challenging hills around spectacular Emerald Bay. The featured Sunday marathon starts on Commons Beach in Tahoe City and finishes on Pope Beach near South Lake Tahoe. The 20-mile walk or run goes from Homewood to the regular finish line at Pope Beach. The 10K begins at Inspiration Point and is a very scenic 99% downhill run. The beauty of Lake Tahoe will take your breath away even if the runs don't! This will be a long weekend you will never forget!

“From start to finish, maybe the most beautiful set of events you will ever do”

Marathon, 20 Miler, Half Marathon, Relay, 10k and 5K are Sunday's featured events. The 72 & 50 Mile Ultra will start at 10 PM on Saturday night.,

Our very unique events are run over 3 days:

The Tahoe Triple Marathon consists of 3 different marathons over 3 days covering both Nevada and California. Run the Emerald Bay Marathon, The Cal-Neva Marathon & the Tahoe Marathon. Three different medals. Registration includes dinner Thursday night.

The Tahoe Trifecta consists of 3 different half marathons over 3 days covering both Nevada and California. Run the Emerald Bay Half, the Nevada Half, & the Tahoe Half Marathon. Three different medals. Registration includes dinner Thursday night.

The 3-Day Triathlon is designed for the vacationer who wants to experience triathlon events at a vacation pace. Do the 5 mile kayak or various length swims on Friday. Choose the 35 or 72 mile bike race on Saturday. On Sunday run either the Half or Marathon.

Optimist Kids Fun Runs: Watch your kids run the Optimist Kids' Fun Runs on Saturday. The Fun Runs feature various distances depending upon age with one year age groupings up to 12. All kid finishers receive a medal, hot dog, and drink.

Some marathon week highlights:

- Sunset Pasta Dinner Cruise to Emerald Bay on the Tahoe Queen, Saturday, 5:30 to 8:00 p.m.
- Spectator bus for your non-running friends and relatives to watch you run the Marathon or Half.
- Enjoy hot dogs and beer while you soak your feet in the cool waters of Lake Tahoe.
- Or sign up for the optional finish line beach front VIP Finish Line Lunch
- Finisher's medals are given to all finishers
- Shirts are given to all participants at the expo.
- Top 25 Marathon, Half, and 10K men and women are awarded specially designed shirts
- Timing ends at 3 PM. A 7 hr limit for Marathon, and 8.5 hrs for the Marathon Walk early start.
- Horizon Hotel Casino will host the two day Sports & Fitness Expo Sept. 28 & 29th.
- Marathon Race morning shuttle bus pick ups are at the Horizon Hotel Casino, the Y, Camp Richardson, and Tahoe City.
- Details and early bird discounts are available on the internet only.
- Check the internet for additional information or changes: www.LakeTahoeMarathon.com
- See web for other events such as Speed Golf and the Tahoe Double Dare