

"A LEGENDARY RUN"

5 & 10 K Trail Runs in Beautiful Lake Tahoe



With profits to support
the Renovation of
South Lake Tahoe's
Community Track

Presented by T.R.4.C.K. In Partnership With

The Tahoe Mountain Milers and Sagebrush Stompers Running Clubs

Registration Information

On-line Registration: www.signmeupsports.com

Mail and Make Checks Payable to:
T.R.4.C.K - A Legendary Run

c/o South Tahoe Middle School – Karin Holmes
2940 Lake Tahoe Blvd.
South Lake Tahoe, CA 96150

Race Day Registration: 7:45 a.m. - 8:50 a.m. at the parking area of Lake Tahoe Community College.

Entry Fee: Early registration \$25, \$30 after May 1. (\$5 discount for TMM/SBS members)

Entry Covers: Long sleeve technical shirt, goodie bag and one entry per registrant in post-race raffle.

Race Information

Course Description: A mix of flat and gentle hill road and single track trail running along Al Tahoe Blvd and through forest and meadow starting at the LTCC parking area and finishing on the historic track used during the 1968 Olympic Track & Field Trials now located at South Tahoe Middle School.

Race Date: Sunday, May 16, 2004

Race Time (5k & 10k): 9:00 a.m. sharp

Location: Lake Tahoe Community College

Directions: From Sacramento: Take highway 50 east to South Lake Tahoe. At the junction of 50 and 89, take 50 toward the casinos. Turn right at the light on Al Tahoe Blvd. Turn right onto College Way and left at the stop sign. Follow road to parking lot.

Age Categories: 12 & under, 13 – 15, 16 – 19, 20 – 29, 30 – 39, 40 – 49, 50 – 59, 60+.

Awards: Medals three deep in every category plus a raffle for all participants.

More Information: Karin Holmes, (530) 541 – 6404 x 215

Email: kgriest@ltsd.org Website: <http://www.tahoemtnmilers.org>

Special Offer for all Runners/Walkers



Order your Runner's ID when you register for the race and Runner's ID will pay the shipping, a \$2.50 value. Complete the order below and submit it with your registration form.

www.runnersid.com

1 800 204-3327

Race Directors, call Larry Osborne to see if your event qualifies for Free Registration Form Printing. 1 800 204-3327

First Name										M	Last Name									
										I										
Date of Birth					Age		Sex		Mailing Address											
							M F													
Zip or Postal Code					City					State										
Phone Number					Email Address (Please print clearly)															
Event and Distance										<i>Event Info Only:</i>		<i>Check #</i>		<i>Amount</i>		<i>Bib #</i>				
<input type="radio"/> 10 K Run		<input type="radio"/> 5K Run		<input type="radio"/> 5K Non-Competitive Walk																
\$5 Club Membership Discount (Pre-Registration Only)																				
<input type="radio"/> TAHOE MOUNTAIN MILERS <input type="radio"/> SAGEBRUSH STOMPERS																				

Waiver: In consideration of accepting this entry into this event, I the undersigned, do hereby for myself, my executors and administrator, waive and release any and all rights and claims for damages I may have or acquire against any beneficiaries, organizers, sponsors, advertisers, employees and Federal, State and local governments or private parties on whose property this event may be run, or any and all injuries suffered by the participant due to participation in the event.

Signature: _____

Date: _____
ALL ENTRANTS MUST SIGN WAIVER (PARENT/GUARDIAN IF UNDER 18)

To Order a Runner's ID:

- Add \$14.00 to your Race Entry Fee
- Enter your Personal/Medical Information Below.
Line 1 _____
Line 2 _____
Line 3 _____
Line 4 _____
Line 5 _____
Line 6 _____
- Runner's ID sent to address on registration form.



RunnersID.com
Run Safe

In emergencies everyone knows who you are and who to contact.
This colorful, durable ID Tag easily slips on your shoe lace. Place up to 6 lines of personal/medical information on your ID tag.
Actual tag is 1 1/8" x 3".
Your Runner's ID will be mailed to the address on this order form

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