

30th annual Squaw Valley Mountain Run on Aug. 7

Hundreds of runners and hikers will make an annual pilgrimage to the top of Squaw Valley on Aug. 7 to enjoy a great workout with stunning views of Lake Tahoe and the High Sierra. This year marks the 30th year of the Squaw Valley Mountain Run, and organizers expect more than 500 entries.

Starting at the base of Squaw Valley, the course climbs the 3.6 mile Mountain Run trail up to High Camp where awards, a raffle, music, refreshments and beer will be provided for participants.

Many parents choose to push a stroller or carry infants as an added challenge. The fastest time on record is 29 minutes, set by Shiloh Mielke from Weaverville, N.C., in 2008. Delbert Wichelman, age 85, is the oldest competitor and a regular at the race.

Participants can choose to run or hike up to High Camp, or they can participate in the guided Flower Walk at High Camp on easy rolling terrain.

All participants in the run/hike and flower hike will get a souvenir beer mug, beer (or lemonade for kids), snacks, a free Cable Car ride back down, and will be entered in the Mountain Run raffle. Awards for the uphill competitors will be given for top three places in five age categories.

Cost of entry:

(Pre Registration) Adult – \$35; 18 & Under – \$20

(Day of Event) Adult – \$45; 18 & Under – \$30

About the event:

The event is part of La Sportiva Mountain series and attracts top runners from across the country, as well as recreational runners and hikers. The organization of the race was taken over by The Auburn Ski Club Junior Nordic Team four years ago as a fundraiser. The club has continued the tradition of the event being a way for many people to celebrate life following personal struggles with cancer or in memory of a loved one who may have been less fortunate. Every year 20 percent of event proceeds go to The Tahoe Forest Cancer Center to help cancer patients receive the treatment they need.

More information and downloadable entry forms (to mail in) are available at www.squawmountainrun.com. Participants can sign up online at www.active.com.