

Tough Mudder competition at Squaw in September

Athletes will be tested on an extreme on-mountain obstacle course on Squaw Valley's legendary terrain for the 11th Tough Mudder event Sept. 17-18.

Chosen for its challenging landscape, Squaw Valley is one of 10 Tough Mudder venues across the country and this fall marks the second time the endurance event has come to Northern California.

Mudders will scale the Sierra throughout the 10-mile long course complete with 19 obstacles.

The military-style event challenges are strategically placed across the peaks that make up Squaw Valley. With more than 10,000 men and women expected to participate, those interested are encouraged to register early for the event with other comrades. Spectator tickets are also available for friends and family who wish to cheer on participants and enjoy the resort.

The top 5 percent of finishers will qualify for the World's Toughest Mudder, a 48-hour death race Dec. 17-18 in Englishtown, N.J., in which the winner will receive \$10,000.

For more event details, go online.