

Squaw offers fun and serious trail runs

This summer, in conjunction Big Blue Adventure and the Auburn Ski Club, Squaw Valley is introducing a trail running series ranging from easy, light races to more substantial trail runs.

Here are the trail runs:

July 7: Village Run

9:30am start;

Run to Squaw Creek, back over to Red Dog via Western States Trail via a 5K or 10K trail. Race starts at the East end of The Village at Squaw Valley.

Aug. 4: 32nd Annual Mountain Run

9am start

Starting at the base of Squaw Valley (elevation 6,200 feet), runners, walkers and hikers will climb the 3.6 mile mountain run to High Camp (elevation 8,200 feet) where awards, raffle, music, light refreshments and beer are provided. The race is a fundraiser for local cancer programs and the Auburn Ski Club Junior Nordic Program.

Distance: 5.7K

Aug. 25: Mutt Strut Fun Run

11am start

Prior to the kick-off of Squaw's pet-friendly Peaks and Paws Festival, pet lovers can enjoy a quick 3K around Squaw's base area with their furry friends, \$5 registration. All profits benefit the Truckee Tahoe Humane Society. Dogs welcome.

Sept. 8: Alpine to Squaw Run

9:30am start;

Runners will start at the base of Alpine Meadows, running up the slopes to connect to the Pacific Crest Trail. Following the legendary PCT, participants will run along the mountain ridges to the peak of KT-22, before making their final descent to The Village at Squaw Valley. Transportation to Alpine start line included, \$30 pre-registration, \$35 day-of registration.

Distance: 12K

Sept. 15: High Camp Run and Pool Party

11:30am start at High Camp,

Run on the High Camp trails at elevation 8,200 feet with incredible views of Lake Tahoe and the surround Sierra Nevada mountains. After the race, participants can enjoy access to Squaw's High Camp Pool and Hot Tub and poolside Umbrella Bar, both located on the top of the mountain. [Click here for details.](#)

Distance: 5k & 10k

Oct. 6: Oktoberfest Run to Squaw

Get your juices flowing before enjoying Oktoberfest by running to Squaw from Tahoe City. This 7.9-mile course travels alongside the Truckee River. Enjoy spectacular views along this stunning scenic corridor, 8am start. [Click here for details.](#)

Distance: 7.9 miles.

Details about all the events and how register are online.