

4 spots available in 2013 Ironman Lake Tahoe

With next year's Ironman Lake Tahoe sold-out, the only way to compete is to submit a picture and a corresponding caption (up to 250 characters) via the North Lake Tahoe Facebook page about why you should be selected for one of four spots.

The contest, titled "What Drives Your Personal Ironman Quest/Race/Triathlon?," runs through Dec. 7.

Ten finalists will be chosen and then asked to create a three-minute video that describes their story. North Lake Tahoe Facebook fans will vote between Dec. 21 and Jan. 6. The winners will be announced Jan. 7.

The Sept. 22 competition will be the first full-distance Ironman event in California since 2001.