

# Series of holiday runs on South Shore for all ages

Tahoe Tri Club has teamed with South Lake Tahoe to host three family races in a series called Run Through the Holidays.

The three races will be themed to match each of the holidays coming up this fall. The events will infuse fitness and fun into what can often be a stressful time of year.

The focus is more about the themes, costumes, and having fun while improving health. A 1k (0.6 miles) kids distance is included at each event to provide an opportunity for confidence-building in young participants by being able to finish a first race.

The first run, called Tahoe's Freakin' Fun Run, will be Oct. 13 at the Lake Tahoe Community College playfields, and will be centered around Halloween festivities. Participants are encouraged to dress up in Halloween costumes and run for their lives from zombies, ghosts and goblins. Registration begins at 8am, with the official event starting at 10am.

The second run will be Nov. 17. Named the South Tahoe Turkey Trot, this event is themed around Thanksgiving. This event will be at Bijou Community Park kicking off at 10am, with registration beginning at 8am.

The series will wrap up with the Jingle Jog Hot Chocolate Run where participants show their holiday spirit and receive a piping hot commemorative mug of cocoa as they cross the finish line. Hot cocoa will also be available on the run course to help fuel all the Santas, elves and reindeer as they race along. This event will be at Lakeview Commons on Dec. 15 beginning at 10am, with registration starting at 8am.

All three events will offer a 1k (0.6 mi) fun run for kids

ages 3-13, a 5K and a 10K run for all ages and ability levels. Prizes will be awarded for Best Costume and Most Challenging To Run In along with other fun awards like the Hydra category where three or more participants have to be physically connected for the entire race. Additionally, the fastest runners in each age group and category will receive accolades.

Proceeds will help support the Tahoe Kids Triathlon Team and the Development Team of the Tahoe Tri Club. For more information, call (530) 307.3316.