



# TAHOE LEGENDS

## 10K/5K

**Saturday June 16, 2012**

**RACE STARTS at 8:00am at the  
LAKE TAHOE COMMUNITY COLLEGE MAIN ENTRY  
ELEVATION: 6250'**

**Presented by: TR4CK - Track for Community and Kids**

**The 5 kilometer and 10 kilometer runs snake through rolling hills, forests and meadows on single track trails and bike paths. Competitors start at LTCC and finish on the track at the South Tahoe Community Sports Complex, former home of the 1968 Olympic Trials Track. The Tahoe Legends Challenge also pits local fitness clubs in head to head competition for the Fast and Fit Trophy.**

**DATE/LOCATION:** Saturday, June 16, 2012 starting at LTCC Main Entry and finishing at the South Tahoe Community Sports Complex (South Tahoe Middle School)

**RACE-DAY REGISTRATION:** 7:15 AM – 7:45 AM

**RACE START:** 8:00 AM

**ENTRY FEE:** \$30 **STUDENT FEE:** \$20 (Age 17 and under)

**ENTRY COVERS:** Tee-Shirt, one entry per registrant in post-race raffle and running gear for the top male and female in 10K and 5K.

**PAYMENT:** Make Check to "TR4CK", Mail to checks and form to Carol Haase-Hug, PO Box 16401, South Lake Tahoe, CA 96151

**CONTACT INFO:** Race Director– Brett Long, (530) 541-0255, brett@btlong.com

**SPECIAL TEAMS EVENT:** (5K only) **Entry \$100 for teams of 5** – Team race is a 5K for a 5 person co-ed team consisting of at least 2 female runners. Team members run the course individually, then all 5 members will run an additional lap around the track to finish together for their official "team time". Final lap may include a fitness course, obstacles, and /or fitness stations.

You can make a tax deductible credit card donation to the track restoration by joining the Lake Tahoe Education Foundation at <http://www.ltedf.org>. On the membership form check Haase-Hug-Holmes(Track Restoration).

More mail in registration forms available <http://adsportstahoe.com>

First Name										MI	Last Name													
Date of Birth (mm-dd-yy)										Age	Sex	Mailing Address												
- -											M F													
Zip or Postal Code										City										State				
-																								
Phone Number										Email Address (Please print clearly)														
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T-Shirt Size					Event Distance					<i>Event Info Only:</i> Check #					Amount					Bib #				
S	M	L	X		<input type="checkbox"/> 5k	<input type="checkbox"/> 10k																		

**ALL ENTRANTS MUST SIGN WAIVER (PARENT/GUARDIAN IF UNDER 18)**

**Waiver:** In consideration of accepting this entry into this event, I the undersigned, do hereby for myself, my executors and administrator, waive and release any and all rights and claims for damages I may have or acquire against any beneficiaries, organizers, sponsors, advertisers, employees and Federal, State and local governments or private parties on whose property this event may be run, or any and all injuries suffered by the participant due to participation in the event.

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_