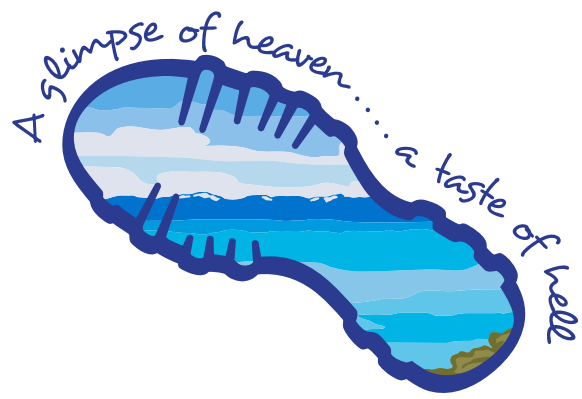
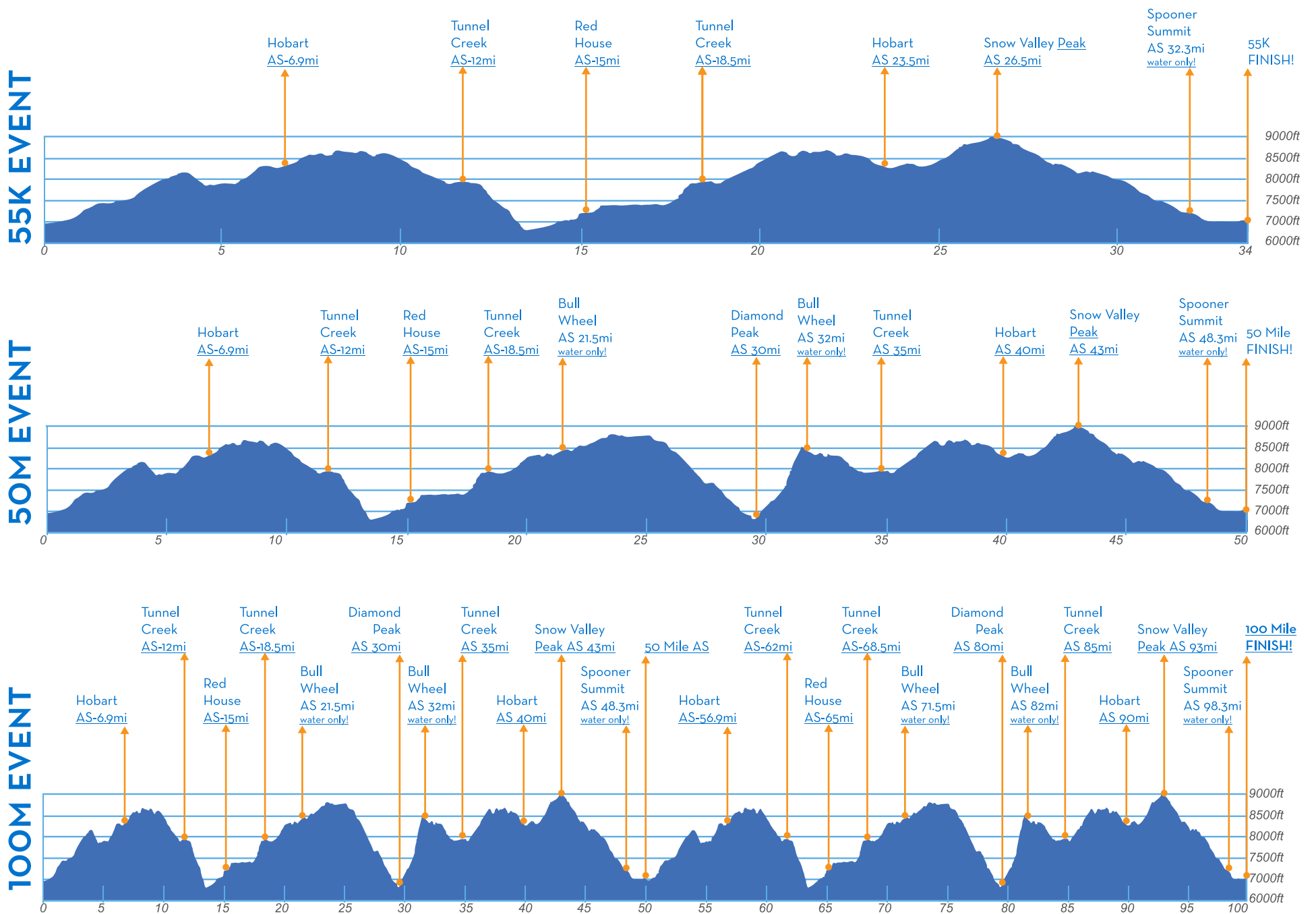


TAHOE RIM TRAIL ENDURANCE RUNS 55K • 50M • 100M



COURSE PROFILES



**TAHOE
MOUNTAIN
MILERS
RUNNING CLUB**
LAKE TAHOE BASIN • NW NEVADA

The Tahoe Mountain Milers running club, a member of the Road Runners Club of America (RRCA), is home to some of the most incredibly scenic trails on earth. Every year since 2001

on the third weekend of July the Tahoe Rim Trail Endurance Runs' 55 kilometer, 50 mile and the 100 mile events take place. Since its inception this event has tested the relentless training and dedication of runners from every state in the Nation and over 20 countries, including New Zealand, Panama, Hong Kong, Japan and more. Both the 55K and 50M events have served more than once as the RRCA's Nevada State Championships. The 100 mile event served for five years as the RRCA's 100 mile National Championship, with three of those years as the joint 100 mile National Championship with USA Track and Field.

At an average elevation of 8,300 ft. the course takes runners to some of the most scenic vistas at Lake Tahoe. With approximately 20,000' of elevation gain (yep, about 4 miles of vertical) and 20,000' of quad busting descent, the event is considered by many to be one of the top ten most difficult endurance runs in the country. As a testament to the course's challenge, the event's motto spawned from the comments of its runners after the very first year:

"A Glimpse of Heaven, a Taste of Hell!"

Another runner was heard to say,

*"This race is like Disneyland,
you made all my dreams come true".*