

# LIFETIME<sup>®</sup> TAHOE TRAIL

MOUNTAIN BIKE RACE

2024  
ATHLETE  
GUIDE



[tahoetrailmtb.com](http://tahoetrailmtb.com)

LIFETIME<sup>®</sup>





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## Welcome to 14 Years in Tahoe!

Life Time Events and the Leadville Race Series are excited to welcome you to Northstar Resort for the 14th annual Life Time Tahoe Trail MTB. This challenging race features a 50-kilometer course filled with beautiful views of Lake Tahoe, rocky summits and breathtaking pine forests in every direction.

With high altitude climbs and sweeping descents, racing in Tahoe truly prepares you for the high-altitude racing of the mighty Life Time Leadville Trail 100 MTB presented by Kenetik. Riders on the 100k course have the opportunity to qualify for the big dance in Colorado High Country. More on that later.

We are proud to be racing at Northstar Resort, a world-class recreation destination with an abundance of activities for the whole family. We invite you to stay for the weekend and enjoy this once in a lifetime race experience with your loved ones.

“The Lake Tahoe area and this course are simply spectacular. Sweeping views (that incidentally you may never have a chance to look at!) and a fun and challenging course. There’s a good bit of fast, fun and flowy trail riding and plenty of hills to let you know where you stand with your training. The elevation will give you a taste of thinner air and begin your acclimatization process for the Leadville Trail 100 MTB.”

—Dave Wiens, 6-time LT100 MTB champion

Thank you for racing with us, it’s time to DIG DEEP!

## THE TAHOE TRAIL AND LEADVILLE RACE SERIES TEAM

# Schedule OF EVENTS

**\*\*ALL EVENTS TAKE PLACE AT  
NORTHSTAR CALIFORNIA RESORT\*\***

Northstar California Resort  
5001 Northstar Dr Truckee, CA 96161

## FRIDAY, July 19<sup>th</sup>, 2024

### **PACKET PICKUP, REGISTRATION & DROP BAG COLLECTION**

12:00pm-5:00pm

### **LOCATION**

The Village at  
Northstar Overlook

- Get your participant shirt, race plate, plate attachers and answers to your questions.
- Photo ID is required. Packets must be picked up in person. They will not be given to others. Athlete drop bags (100K) will be accepted at this time (see the Course section for details).
- All riders will receive race plates at packet pickup, and they must be worn and visible at all times on race day. Race plates attach to your handlebars and must not be cut or folded.
- Failure to ride with the plate clearly visible on the handlebars may not be officially timed and eligible for finish times, awards and LT100 slots. **DO NOT BEND YOUR RACE PLATE.**

### **ATHLETE MEETING**

3:45pm

### **LOCATION**

The Village at  
Northstar Overlook

- Event staff will run through final details, last-minute changes, course descriptions and other important race information.



# Schedule OF EVENTS

## SATURDAY, July 20th, 2024 - RACE DAY!

### PACKET PICKUP, REGISTRATION & DROP BAG COLLECTION

5:30am-6:45am

### LOCATION

The Village at  
Northstar Overlook

- Get your participant shirt, race plate and answers to your questions.
- Photo ID is required. Packets must be picked up in person. They will not be given to others. Athlete drop bags (100K) will be accepted at this time (see the Course section for details).
- All riders will receive race plates at packet pickup, and they must be worn and visible at all times on race day. Race plates attach to your handlebars and must not be cut or folded.
- Failure to ride with the plate clearly visible on the handlebars may not be officially timed and eligible for finish times, awards and LT100 slots. DO NOT BEND YOUR RACE PLATE.

### RACE START

7:00am

### LOCATION

Bottom of Northstar Drive  
150 Northstar Dr, Truckee, CA 96161

### PARKING

- Village View Parking Lot A
- Note: if coming from the village, be sure to give yourself time to get to the race start.

### START PROTOCOL

**Each athlete will self-seed at the start line based on ability, with elite/pros up front. This is a mass start and all riders will go off together.**

- Please be honest with your start position in order to make the start as safe as possible. Please do not leave your bike unattended in the start corral.

### FINISH FESTIVAL BEGINS

11:30am

All athletes are treated to  
cold beer, great food, live  
music and good times!

# Schedule OF EVENTS

## SATURDAY, July 20th, 2024

### 50K AWARDS CEREMONY

2:00pm

We'll call up overall and age group winners for their place on the podium.

### OFFICIAL 100K CUTOFF TIME

3:15pm

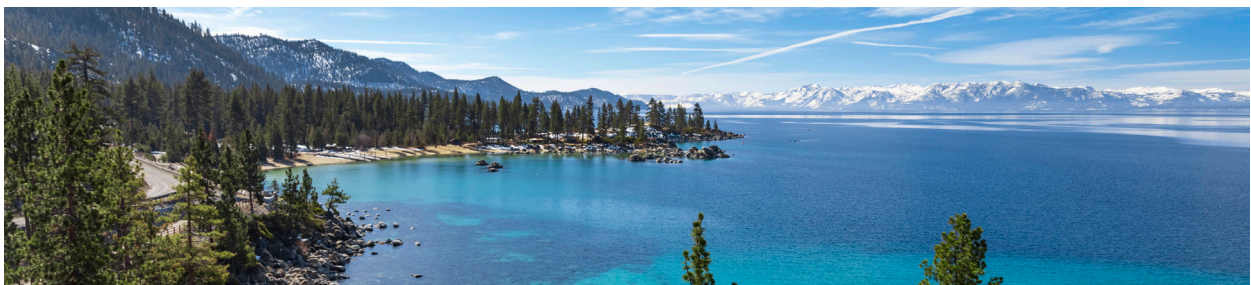
100K riders must finish by this time to be scored and eligible for the LT100 MTB lottery.

### 100K AWARDS CEREMONY & LT100 MTB LOTTERY

3:30pm

We'll call up overall and age group winners for their place on the podium

- We will award LT100 MTB qualifier coins based on performance (see below on page 16)
- Stick around after awards for an announcement to enter your ticket (the tear-off tab on your race plate) into the random drawing for your chance to win a coveted LT100 MTB slot.
- Winners must be present to claim their spot, which they can utilize in 2024 or defer to 2025.
- More info on LT100 MTB coin lottery and qualifier info on page 16.



# Course OVERVIEW

This challenging course begins with a ride through Northstar California Village and onto the ski area trails, featuring flowing singletrack, mountain Jeep roads and exciting descents through the sculpted and bermed Northstar Bike Park. With nearly 4,000 ft in elevation gain per lap, this will test your mettle in the high altitude Sierras!

**100K RIDERS**  
Complete 2 Laps

**50K RIDERS**  
Complete 1 Lap

## COURSE INFORMATION

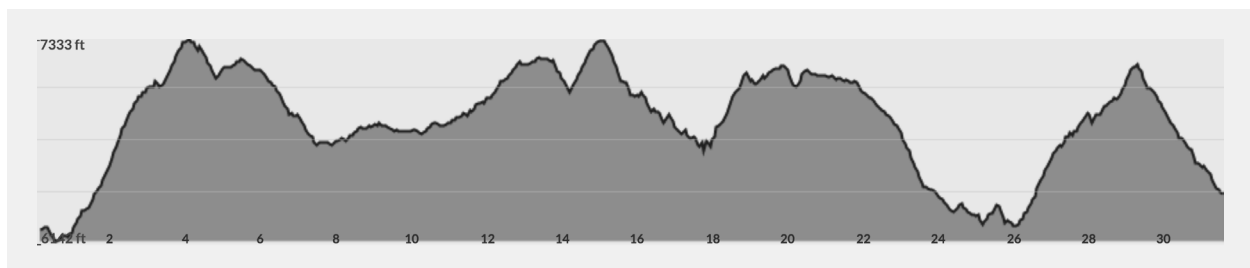
- 31.6 miles per lap
- 4,491' Elevation Gain per lap
- Lap 2 will have about 500' less gain as you will not return to the start line
- 6,141' Lowest Point at mile 0.4
- 7,329' Highest Point at mile 4



## MAP LINK

<https://ridewithgps.com/events/316380-2024-tahoe-trail>

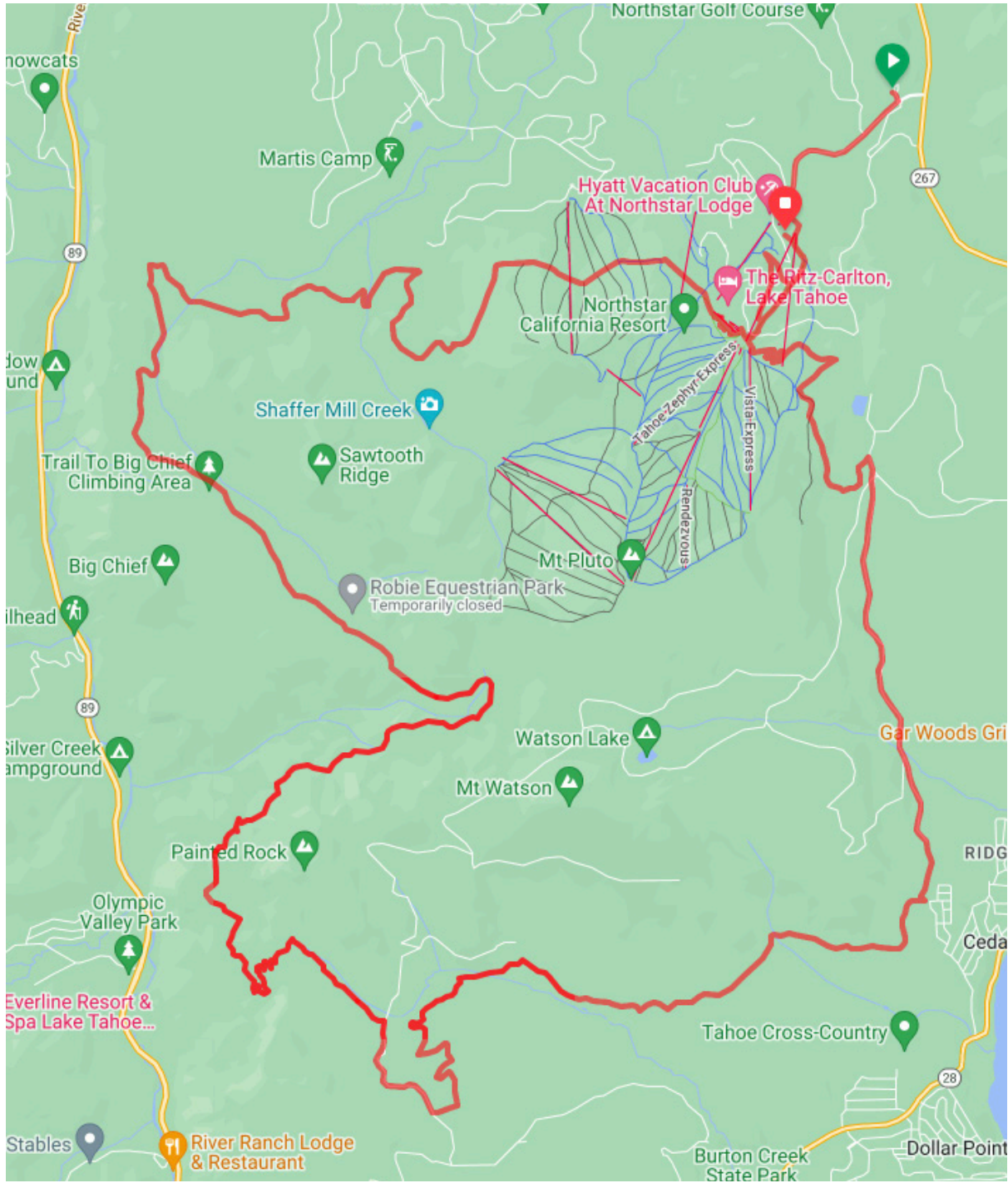
## ELEVATION PROFILE





# Course OVERVIEW CONTINUED

## COURSE MAP



# Course CUT-OFFS & AID STATIONS

## Course Cut-Offs

### Cut-Off #1

**19.2 miles**  
**9:30am**

### Cut-Off #2

**31.9 miles**  
**11:00am**

### Cut-Off #3

**53 miles**  
**2:00pm**

### Official Finish Cutoff Time

**62 miles**  
**3:15pm**

You must complete the 100K race in less than eight hours and 15 minutes to be eligible to qualify an entry spot in the Leadville Trail 100 MTB. Our desire is to see everyone finish, and we will support you the best we can. However, if we do need to remove someone for missing the cutoff, the decision of the race director is final.

Racers who are registered for the 100K distance will NOT be allowed to change and compete in the 50K distance once the race begins. If you are registered for the 100K and wish to change to the 50K, please see us at packet pickup to switch the day prior to the race.





# Course CUT-OFFS & AID STATIONS CONTINUED

## Aid Stations

Each aid station offers Hoist electrolyte replacement, water, Honey Stinger waffles and energy gels, fruit and snacks with volunteer assistance.

Aid station locations are as follows:

- |                                |   |
|--------------------------------|---|
| ① 13.3 miles / 21.24 km        | ① (Lap 2) 44.6 miles / 70.84 km           |
| ② 24.3 miles / 38.84 km        | ② (Lap 2) 55.4 miles / 88.6 km            |
| ③ (Mini) 27.8 miles / 44.44 km | ③ (Lap 2) 58.9 miles / 94.2 km            |
| ④ (Village) 31.9 miles / 51 km | F FINISH (Village) 63.1 miles / 100.92 km |



## Drop Bags (100K only)

All 100K participants are welcome to assemble one (1) **12"W x 10"D x 14"H** drop bag, **which we'll collect at both packet pickups** (see the Schedule for times). **PARTICIPANTS ARE RESPONSIBLE FOR SUPPLYING THEIR OWN DROP BAGS** and we recommend writing your name and bib number on the tag that we will provide. We'll transport bags to the mid-point of the course near Aid Station #3. Bags will be available at the finish line after the race **at 5PM**.

**Please remember to claim your items!**

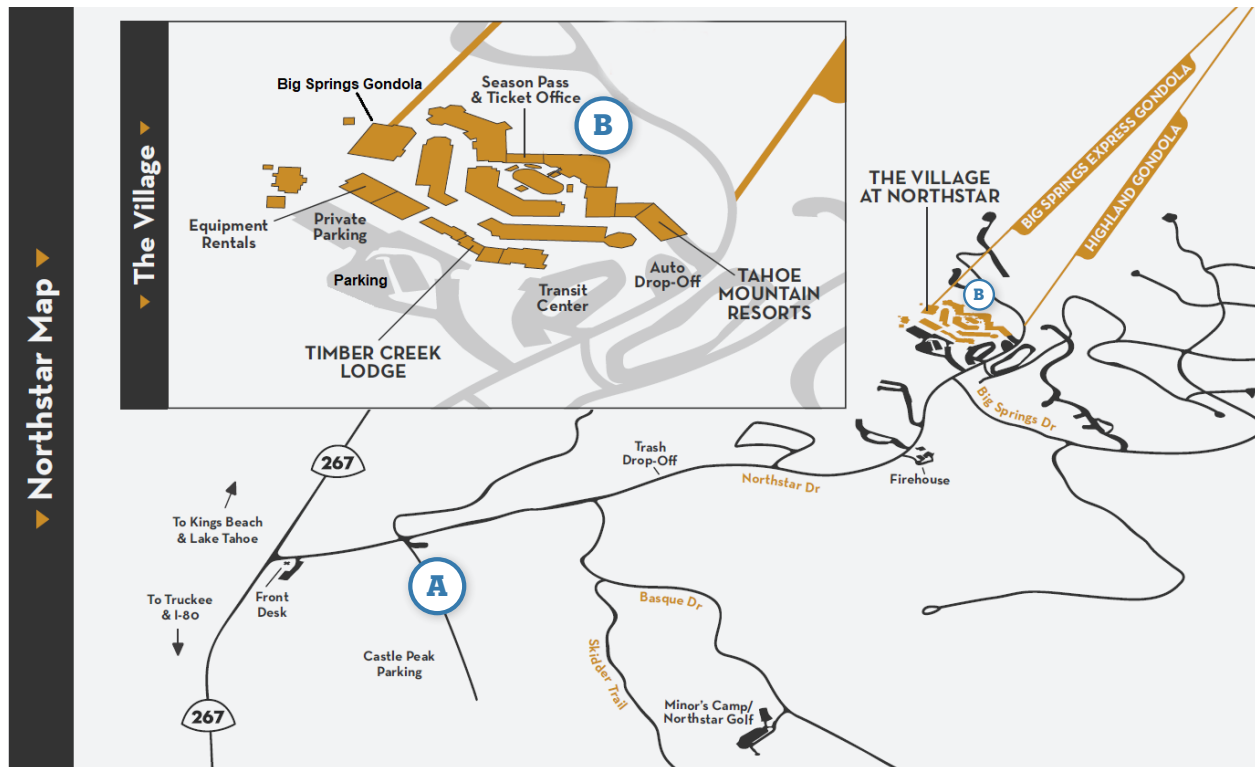


# Parking INFORMATION

Parking is free, and all athletes/spectators can park in Village View Lot A. From Highway 267, proceed up Northstar Drive through the roundabout and toward the Village. Continue past the Fire Station and go straight at the stop sign at Big Springs Drive. Take your next right and look for signs directing you to Lot A.

**A** Race Start

**B** Packet Pickup & Race Finish



# // **Trash** & RECYCLING

## **Trash & Recycling**

There will be trash bins and recycling containers at all aid stations and at the start/finish line. Please discard any trash in the appropriate container or within 100 yards of an aid station. We will be recycling all plastic and aluminum during each of our events. Intentional littering on the course will be grounds for disqualification. The course travels through areas of exceptional beauty. Help us keep them pristine!





# Trash & RECYCLING CONTINUED

## Leave No Trace

The Tahoe Trail and Leadville Race Series will directly hold and mirror the 7 principles already established and in place via the US Forest Service. Below is a direct excerpt from USFS Leave No Trace web page which can be found at: <https://www.fs.usda.gov/detail/cleveland/learning/?cid=stelprdb5294000>

## The Leave No Trace Seven Principles

### 1 Plan Ahead and Prepare

- Know the regulations and special concerns for the area you'll visit.
- Prepare for extreme weather, hazards, and emergencies.
- Schedule your trip to avoid times of high use.
- Visit in small groups when possible. Consider splitting larger groups into smaller groups.
- Repackage food to minimize waste.
- Use a map and compass to eliminate the use of marking paint, rock cairns or flagging.

### 2 Travel and Camp on Durable Surfaces

- Durable surfaces include established trails and campsites, rock, gravel, dry grasses or snow.
- Protect riparian areas by camping at least 200 feet from lakes and streams.
- Good campsites are found, not made. Altering a site is not necessary.

In popular areas:

- Concentrate use on existing trails and campsites.
- Walk single file in the middle of the trail, even when wet or muddy.
- Keep campsites small. Focus activity in areas where vegetation is absent.

In pristine areas:

- Disperse use to prevent the creation of campsites and trails.
- Avoid places where impacts are just beginning.





# Trash & RECYCLING CONTINUED

## Dispose of Waste Properly

- 3 • Pack it in, pack it out. Inspect your campsite and rest areas for trash or spilled foods. Pack out all trash, leftover food and litter.
- Deposit solid human waste in catholes dug 6 to 8 inches deep, at least 200 feet from water, camp and trails. Cover and disguise the cathole when finished.
- Pack out toilet paper and hygiene products.
- To wash yourself or your dishes, carry water 200 feet away from streams or lakes and use small amounts of biodegradable soap. Scatter strained dishwater.

## 4 Leave What You Find

- Preserve the past: examine, but do not touch cultural or historic structures and artifacts.
- Leave rocks, plants and other natural objects as you find them.
- Avoid introducing or transporting non-native species.
- Do not build structures, furniture, or dig trenches.

## Minimize Campfire Impacts



- 5 • Campfires can cause lasting impacts to the backcountry. Use a lightweight stove for cooking and enjoy a candle lantern for light.
- Where fires are permitted, use established fire rings, fire pans, or mound fires.
- Keep fires small. Only use sticks from the ground that can be broken by hand.
- Burn all wood and coals to ash, put out campfires completely, then scatter cool ashes.
- KNOW AND FOLLOW ALL CURRENT FIRE RESTRICTIONS

## 6 Respect Wildlife

- Observe wildlife from a distance. Do not follow or approach them.
- Never feed animals. Feeding wildlife damages their health, alters natural behaviors, and exposes them to predators and other dangers.
- Protect wildlife and your food by storing rations and trash securely.
- Control pets at all times, or leave them at home.
- Avoid wildlife during sensitive times: mating, nesting, raising young, or winter.

## 7 Be Considerate of Other Visitors

- Respect other visitors and protect the quality of their experience.
- Be courteous. Yield to other users on the trail.
- Step to the downhill side of the trail when encountering pack stock.
- Take breaks and camp away from trails and other visitors.
- Let nature's sounds prevail. Avoid loud voices and noises.

# Important INFO & RULES

- 1 You MUST HAVE your ID to pick up your packet. You CANNOT pick up a packet for your friends.
- 2 You MUST HAVE your race plate visible on the handlebars of your bike. Please DO NOT FOLD OR CUT YOUR PLATE – Be mindful of the electronic timing tag affixed to the plate!
- 3 To qualify and be eligible for the LT100 MTB lottery, 100K racers must complete the race in 8 hours and 15 minutes or less.
- 4 Awards are three-deep per age category/division. 50K awards will be distributed at 2 p.m., while 100K awards take place at 3:30 p.m.
- 5 Unsportsmanlike conduct and littering are grounds for disqualification.
- 6 Abandonment: no garbage, clothing, etc., shall be thrown on the course or surrounding areas.
- 7 DNFs must be reported to timing, preferably at the finish line or nearest aid station.
- 8 Pets are allowed and must remain **ON LEASH** at all times.
- 9 Please pick up your trash!
- 10 No earphones during the race.



## Thank You, Volunteers!

Please take time along the way to thank our amazing volunteers. We couldn't put this race on without them! If your friends or family members would like to volunteer, please visit [tahoetrailmtb.com](http://tahoetrailmtb.com).

# Awards & LT100 QUALIFIER INFO

## Awards

Age group and overall awards will be distributed to the top competitors at the awards ceremony.

Awards will be distributed in the following categories:

Solo 100K Categories	Solo 50K Categories	Tandem Categories
Overall Male	Overall Male	Overall Male Duo 100K
Overall Female	Overall Female	Overall Female Duo 100K
Overall Nonbinary	Overall Nonbinary	Overall Co-Ed Duo 100K
Single Speed Male	Single Speed Male	
Single Speed Female	Single Speed Female	
Para Overall Male	Para Overall Male	
Para Overall Female	Para Overall Female	
Female 19 & Under	Female 19 & Under	
Female 20-29	Female 20-29	
Female 30-39	Female 30-39	
Female 40-49	Female 40-49	
Female 50-59	Female 50-59	
Female 60-69	Female 60-69	
Female 70+	Female 70+	
Male 19 & Under	Male 19 & Under	
Male 20-29	Male 20-29	
Male 30-39	Male 30-39	
Male 40-49	Male 40-49	
Male 50-59	Male 50-59	
Male 60-69	Male 60-69	
Male 70+	Male 70+	

# Awards & LT100 QUALIFIER INFO

## LT100 Qualifier

The Life Time Tahoe Trail 100 MTB distance race is a qualifier for the Life Time Leadville Trail 100 MTB presented by Kenetik. There are a total of 50 LT100 qualifier coins up for grabs at this year's race.

Half of the total LT100 coins will be distributed based on performance and half of the coins will be given away in the Event Lottery at the conclusion of the awards ceremony.

### 25 slots will be distributed based on performance:

- Slots will be distributed to each gender and age group (20-29, 30-39, etc.) based on the percentage of total athletes in those age groups, with a minimum of one slot for every age group. The 19 and Under categories will offer a slot to riders who will be 18 years old as of LT100 race day.
- The top finishing athletes in each age group will be offered the allocated slots.
- In the event a top athlete elects not to accept a slot, the slot will roll down to the next athlete in the results within the age group.
- In the event slots are not claimed after the roll down in each age group, those slots will be allocated to the Event Lottery, as described below.

### 25 slots will be distributed through the Event Lottery:

All finishers under the predetermined maximum finish time who have indicated their desire to participate in the lottery will be entered in the lottery. Be sure to drop your numbered plate tag into the lottery tub at the announcer table prior to the lottery process to indicate your desire.

- Names will be drawn from the eligible lottery athletes and slots will be given out.
- In the event an athlete opts not to accept a slot, the slots will roll down to the next athlete that is drawn until ALL slots have been distributed.
- Qualification slots must be claimed in person immediately. A LT100 commemorative coin and a certificate with the required registration process details will be awarded.

- Registration for the Leadville Trail 100 MTB must be completed and paid for during the designated time offered.
- Only solo riders completing the required 100K distance under the allotted cutoff time will be considered as potential qualifiers
- All registration fees for the LT100 MTB are non-transferable and non-refundable.





# Northstar CALIFORNIA RESORT AMENITIES

## About the Resort

Host venue Northstar California Resort combines a laid-back attitude with luxury accommodations. With everything from shopping and golfing to star tours and kid-friendly activities, Northstar creates a fun, relaxed experience for the entire family. Plus, it's home to the West Coast's largest lift-served bike park.

## Food & Drink

There are numerous dining spots in The Village at Northstar, including Rubicon Pizza Company and Starbucks. Earthly Delights offers fine deli-style food and light grocery items. Martis Valley Grille, located at the Northstar Golf Course, serves excellent breakfast and lunch options.

Check out all the dining options here:

<https://www.northstarcalifornia.com/explore-the-resort/the-village/dining.aspx?pcg=167ef1a3-2391-4ad2-b6a1-db07c0a7c45c>



## Family Activities

The Village at Northstar is always full of fun stuff to do for the whole family, from mini golf to bungee trampolines to roller skating and strider bike rentals. On Friday evenings from 5 – 8 p.m. the scene gets elevated with live music, face painting, yard games, shopping deals, and food and drink specials.

## Gondola Passes

Athletes and spectators can purchase gondola passes for \$20 at the Season Pass office located in the Village. Participants can also purchase one-a-day lift tickets if they want to ride the park for \$95 per day.

More info can be found here:

<https://www.northstarcalifornia.com/>

# RACE SERIES Sponsors



## Race Sponsors

We thank the following sponsors for making the Life Time Tahoe Trail 100 MTB possible. Whether local or national, we ask our participants and fans to look to these sponsors first for the services or products they provide. We truly could not host these amazing events without all of them.

Our most sincere thanks to you all!

**LIFE TIME**<sup>®</sup>

**PROUD SOURCE**  
SPRING WATER

**THULE**<sup>®</sup>  
SWEDEN

**HOIST**<sup>®</sup>  
IV-LEVEL HYDRATION

**HONEY STINGER**<sup>®</sup>

**STELLAR**  
PRETZELS