

TIOGA PASS
2014
RUN
12.4 MILES UP
TO 9943 FEET ABOVE SEA LEVEL
ONLY ONE HILL

August 23, 2014

PRESS RELEASE, Lee Vining, CA

Contact: Alana Levin (760) 717-0176 or Info@HighSierraTri.org

34th Annual Tioga Pass Run

Sunday, September 7, 2014

For the 34th year, a hearty group of runners will gather at the base of Tioga Pass in Lee Vining on Sunday, September 7th, 2014. Their mission: to run 12.4 miles with 3200 feet of elevation gain to Yosemite National Park, Tioga Pass Entrance Gate.

Olympic Marathon runner, Ryan Hall, set the course record of 1:20:57 in 2010. Most racers take 1 ½ to 4 hours to complete the race, including those in the walking division who leave one hour prior the runners.

Proceeds for the Tioga Pass Run go to the [Mono Lake Committee](#), a non-profit citizens' group dedicated to protecting and restoring the Mono Basin ecosystem, educating the public about Mono Lake and the impacts on the environment of excessive water use, and promoting cooperative solutions that protect Mono Lake and meet real water needs without transferring environmental problems to other areas.

For a thoroughly challenging weekend, consider the [Graniteman Challenge](#) sponsored by the [High Sierra Triathlon Club](#):

Friday, September 5th Swim 1-mile at the [Granite to Granite Swim](#)

Saturday, September 6th Bike 100-miles at the [High Sierra Fall Century/ Gran Fondo](#)

Sunday, September 7th Run 12.4-miles at the [Tioga Pass Run](#)

For more information on the Tioga Pass Run:
Web: <http://www.monolake.org/visit/tiogapassrun>
Facebook: [Tioga Pass Run](#)
Email: Info@HighSierraTri.org
Phone: 760.717.0176

THANK YOU TIOGA PASS RUN SPONSORS!

