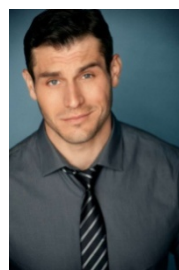


FOR IMMEDIATE RELEASE Lake Tahoe World-Class Sporting Event

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WORLD'S BEST LOCAL BODIES MUSCLE INTO 5TH ANNUAL TAHOE SHOW BODYBUILDING & FITNESS CHAMPIONSHIP AT MONTBLEU RESORT AUG. 22

Fitness Aficionados Flock To South Shore In Pursuit of Perfect Physique

*Promoter Christopher Minnes and Actor Lou Ferrigno, Jr. Host Local
IFBB Pro Figure and IFBB Amateur Bodybuilding Competitions*

STATELINE, NV (Aug 14) -- The 5th Annual [Tahoe Show](http://www.tahoeshow.com) Bodybuilding Championship will be held at Montbleu Resort, Casino & Spa on Lake Tahoe's South Shore on August 22, 2015, it was announced by promoter Christopher Minnes. The NPC/IFBB-sanctioned event has doubled in size from past years to attract some 1,500 spectators and 400 athletes who will compete for cash prizes, championship trophies and fitness stardom. Website is www.tahoeshow.com.

Northern Nevada's largest bodybuilding contest, The Tahoe Show will showcase local and global contestants in figure, fitness, bikini, bodybuilding and IFBB pro figure divisions. The event that sells out each year is a "National Qualifier" for amateur athletes. Professional athletes will be contending for a Mr. Olympia qualification and to win their share of the cash purse.

Hosted by actor Lou Ferrigno, Jr. (*NCIS*, *Agents of S.H.I.E.L.D.*), The Tahoe Show offers world-class men's and women's physiques and legendary athletes both on and off stage. Live-streamed highlights include a Meet The Pros press briefing, Motivational Seminar with IFBB Pro Kris Dim, a Fitness Fashion red carpet and after party, new products showcase and the highly anticipated Lakeside Photo Shoot with "the world's sexiest bodies" on Tahoe's South Shore the following day.

More than a beauty pageant, it is a sport where physique reflects physical training, discipline and self-worth. Some entrants hope to transform bodybuilding's image of a sideshow to showcasing a mainstream look with aesthetic bodies and to change the conversation on what health and fitness should look like. But expect lots of flexing at this visual extravaganza covered by magazines, bloggers and in millions of tweets, photos and social media fan page posts around the globe.

"We are pleased to present a platform for our contestants and sponsors to raise awareness for health, fitness and friendly competition," said Christopher Minnes, bodybuilding champion and producer of The Tahoe Show and Ferrigno Legacy Bodybuilding Show held in Palm Springs, CA in November.

Renowned as one of the industry's best competitions by contestants, judges and spectators alike, the schedule for the Tahoe Show to be held at the Montbleu Resort Theatre on Saturday, Aug. 22 is:

9:30 am	Doors open
10:00 am-6:00 pm	Pre-judging NPC/IFBB Divisions
6:00 pm	NPC/IFBB Stage Presentations
6:30 pm	Finals & Trophy Awards / Competitor Interviews & Photo Sessions
10:00 pm	Opal Ultra Lounge Red Carpet Photo Shoot & After-Party

The show's title sponsor is Bodybuilding.com with presenting sponsors *Quest Nutrition*, *Pro Fight Nutrition*, *Cellucor* and the *Ferrigno Legacy*. The event is being held at Montbleu Resort, Casino & Spa with 1,500 spectators and 400 competitors. Pre-judging will be Aug. 22, 2015 starting at 10:00 am, with finals starting at 6:30 pm. Spectator tickets are \$30.00 to \$85.00.

For information, registration and a full event schedule visit www.tahoeshow.com.

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EDITORS NOTE: To schedule pre-show interviews area competitors or Tahoe Show producer Chris Minnes please contact David Kuff at (323) 848-8332 or davidjeffrey99@gmail.com.

What: 5th Annual Tahoe Show Bodybuilding & Fitness Championship

Press Check-In: Saturday, August 22nd at 9:00 am (TV and media truck parking assigned)

When: Pre-Judging NPC & IFBB Divisions 10:00 am-6:00 pm, Finals at 6:30 pm

Where: The Montbleu Theatre, 55 US-50, Stateline, Nevada 89449. Free on-site public and valet parking.



About Chris Minnes & Tahoe Show, LLC

Christopher Minnes is a body building champion who has produced the NPC/IFBB-sanctioned Tahoe Show since 2011 and The NPC/IFBB Ferrigno Legacy held each year in Palm Springs. He founded Lake Tahoe's first "eco-friendly" 968 Park Hotel, is a former Board Member of the Lake Tahoe South Shore Chamber of Commerce, and past president of the South Lake Tahoe Lodging Association. For information visit www.tahoeshow.com.

About Lou Ferrigno, Jr.

Lou Ferrigno, Jr. is an actor, professional trainer and founder of Santa Monica, CA-based Ferrigno Fit-Core Training. He is also a fine artist and the son of legendary bodybuilding icon "The Incredible Hulk" Lou Ferrigno, who won back-to-back Mr. America and Mr. Universe titles. For information visit www.louferrignojr.com.

About Montbleu Resort, Casino & Spa

Owned by Tropicana Entertainment, Inc. this elegant property offers a 46,000 sq.-ft casino, 401 guest rooms, 36 suites, luxury spa, dining options including a four-star restaurant, two night clubs and the Montbleu Theatre Showroom. For information visit www.montbleuresort.com.

PHOTO CAPTIONS:

Photo #1: Bella Wulfsberg, South Lake Tahoe Bikini Competitor

Photo #2: Val Ledesma, Tahoe Show 2014 Winner

Photo #3: Amateur and Pro Tahoe Show Contestants

Photo #4: Lou Ferrigno Jr., Actor and Host of The Tahoe Show

Photo #5: The Tahoe Show 2015 Poster