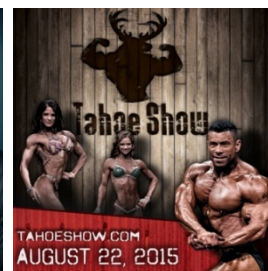


For Immediate Release

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TAHOE SHOW BODYBUILDING, BIKINI AND FITNESS CONTEST RETURNS TO SOUTH SHORE AUG. 22

**Lou Ferrigno, Jr. and Promoter Chris Minnes Host
 Northern California and Nevada's Most Anticipated
 Fitness Event Attracting Athletes From Around The Globe
 Bikini Competition Motivates Women To Meet Fitness Goals**

STATELINE, NV (Aug. 12) --The 5th Annual Bodybuilding.com Tahoe Show Championship will debut Saturday, August 22 at Montbleu Resort, Casino & Spa on Lake Tahoe's South Shore. The NPC/IFBB-sanctioned event hosts 1,500 spectators and 400 athletes competing for cash prizes, trophies and global fitness fame. Website is www.tahoeshow.com.

"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.

The event showcases local and global competitors fitness, bikini, bodybuilding and IFBB pro figure competitors and is a National Qualifier for athletes contending for "Mr. Olympia" qualification.

Highlights with host Lou Ferrigno, Jr. (*NCIS*, *Teen Wolf*) are Meet the Legends, Motivation Seminar with IFBB Pro Kris Dim, new product showcase, red carpet fitness fashion show and Zephyr Cove's "Bring Your Sexy" photo shoot:

- 10:00 am Pre-judging NPC/IFBB divisions
- 6:00 pm NPC/IFBB Stage Show and Competitor Presentations
- 6:30 pm Finals judging, awards and winner interviews
- 10:00 pm After party/Opal Ultra Lounge red carpet fitness show
 Zephyr Cove photo shoot (Sunday)

Sponsors include *Bodybuilding.com*, *Quest Nutrition*, *Cellucor*, *Pro Fight Nutrition* and the *Ferrigno Legacy*. Address is The Montbleu Theatre, 55 US-50, Stateline, NV 89449. Phone is (775) 588-3515. For more information please visit www.tahoeshow.com.

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Editors Note: For local athlete interviews or press credentials email davidjeffrey99@gmail.com. Telephone number is (323) 848-8332.