

Lake Tahoe Marathon week begins today

The Lake Tahoe Marathon is more than running 26.2 miles. The multi-day event includes a 5K through historic Lake Tahoe estates of yesteryear and an all-downhill 10K that kicks off at Emerald Bay's Inspiration Point " both scheduled for marathon race day, Sept. 27.

For those not ready to swim, bike and run back-to-back, they can take part in the marathon's Three-Day Triathlon, which plays out over the course of three consecutive days (Sept. 25-27).

Water and biking enthusiasts are also covered with kayak races, and 20, 35 and 72-mile rides (Sept. 25-26), and everyone can see Lake Tahoe aboard the region's best vantage point " on board a Mississippi paddle-wheeler at the Sunset Pasta Cruise to Emerald Bay the evening of Sept. 26.

Runners and walkers have a host of events to choose from during the Lake Tahoe Marathon Race Week (Sept. 23-27), including the Marathon, coined "a Sunday morning run you'll never forget," that winds down the West Shore from Tahoe City to South Lake Tahoe for a post-run bash; Tahoe Triple (three marathons in three consecutive days); Marathon Relays; Half Marathon; Three-Day Triathlon; 20-Mile Run, Jog and Walk; Biking events; Kayaking events; free Kids Fun Run and Speed Golf.

For more information or to register (fees vary for events), call (530) 544-7095 or visit www.laketahomarathon.com.