

Lake Tahoe Marathon week

Coined "A Sunday run you'll never forget," the Lake Tahoe Marathon will bring about 3,000 racers to Lake Tahoe Sept. 22-26 to run the 26.2 miles down the West Shore, along with a host of other events.

In addition to the event's popular marathon (Sept. 26 starting in Tahoe City), runners and walkers may choose from the Tahoe Triple, three marathons in three consecutive days (starting Friday); 20-Mile Power Walk and Run, a non-competitive event (Sunday); 72-Miler (Saturday); 3-Day Triathlon (starting Friday); Marathon Relays for two- and five-person teams (Sunday); Half Marathon (Sunday); 10K, starting at Emerald Bay's Inspiration Point and 99 percent downhill (Sunday); 5K (Sunday); 35- or 72-Mile Bike Races (Saturday); Kayaking and Swimming events (Friday); A La Carte Marathons (Friday and Saturday); free Kids Fun Run (Saturday); Race Directors Fun Run (Wednesday) and Speed Golf, run one of the Lake Tahoe's most scenic golf courses playing with three clubs (Thursday).

New this year is the Tahoe Double Dare, two laps around the lake in opposite directions (a special one-time only event); half mile, 1-mile and 2.5-mile swims and the Triple or A La Carte Marathons, with different finishers medals for each of the three different marathons (Friday, Saturday and Sunday).

For more information or to register (fees vary for events), call (530) 544.7095 or visit the Lake Tahoe Marathon website at www.laketahoemarathon.com. The website is also home to a course map and profile, event descriptions and 2009 race results.