

Iron Girl tri returning to South Shore

It's not too early to start training for the Sept. 18 Athleta Iron Girl Lake Tahoe South Shore. It is a triathlon consisting of a 400-meter swim, 24K bike and 5K run.

It is a women-only event.

Launched in 2004 with two races, the Iron Girl Series has grown to include 13 events nationwide, varying in distance from 5K to duathlon and triathlon. Iron Girl recently introduced its first half-marathon with plans to expand on the distance in 2012.

With the mission of empowering women toward a healthy lifestyle, Iron Girl has celebrated finishers ranging in age from five to 89 years old with an average age of 35. Visit the website for more information.