

Biathlon course open in Tahoe City

Tahoe Cross Country Ski Area and Tahoe Peak Endurance will be hosting a free Laser Biathlon “do-it-yourself” mountain biking and/or running course Jan. 14 from 10:30am-2:30pm.

Six biathlon stations, a penalty lap and a main lap will be set up between these hours to give people the opportunity to try your hand at biathlon. Bring your bike and/or running shoes to test your endurance.

Some biathlon facts:

It is the most popular winter sport watched on European TV.

Skiers average about 4 minutes per mile when racing.

Heart rates on the ski course reach 180 beats per minute.

Missing the correct wax and improper ski base preparation will cost a racer more time lost than missing a target.

The best nations in biathlon are Germany, Norway and Russia.

The rifle weighs about 8 pounds but feels much heavier when one skis uphill.

Volunteers needed or for more information, call (530) 583.5475 or email ski@tahoexc.org.