

Lake Tahoe to host Ironman triathlon

Ironman is returning to Lake Tahoe next year. It used to be a mainstay on the South Shore.

This time it will be the North Shore hosting the event on Sept. 22, 2013.

California has not had the triathlon since 2001.

“We estimate the total economic impact to the region to be approximately \$8 million to \$15 million over the course of the event,” Andy Chapman with the North Lake Tahoe Chamber/CVB/Resort Association, said in a press release.

More than 2,500 athletes are expected.

Ironman Lake Tahoe will start with a two-loop, 2.4-mile swim at Kings Beach.

Then it's a two-loop, 112-mile bike course from the lake into Tahoe City, before following the Truckee River past Squaw Valley and into Truckee.

From there, the course turns south back toward Lake Tahoe, has a short loop in Martis Camp, continues past Northstar and climbs to Brockway Summit. After a decent back down to Kings Beach, athletes will complete a second loop, and then a final flat 17 miles to finish the bike course at Squaw Valley.

Runners will proceed along the Truckee River bike path into Tahoe City, and continue south along the shores of Lake Tahoe to a turnaround in Homewood.

Register online.