

Varied cycling events part of Adventure Sports Week

The 2nd annual Adventure Sports Week Tahoe (June 15-24) includes a series of mountain biking events.

The Lake Tahoe Mountain Bike Race is June 16. It kicks off at 8am and has a 4- and 8-hour race that participants can engage in solo or on a team of two, three or four people. The Tahoe City course is approximately 12 miles and is a mix of single track and fire roads. It is a fast and smooth course with few technical sections. The rider with the most laps wins. Fast laps are estimated to take approximately 51 minutes.

Triathlon competitions all take place June 23 with three races for competitors to choose from. XTERRA Tahoe City, one of the events that make up the XTERRA U.S. Point Series, has outdoor enthusiasts swimming two 750-meter laps in Lake Tahoe with a 50-meter beach run, mountain biking 22 miles and trail running five miles throughout the North Lake Tahoe region.

The XTERRA Tahoe City Sprint offers shorter distances with one 750-meter swim, 13-mile mountain bike ride and a three-mile trail run. The XTERRA Tahoe City Duathlon is a two-mile run, 22-mile ride, followed up by a 6-mile run.

Tahoe Mountain Guides will offer a free Local's Mountain Bike Tour June 20 at 5:30pm. Participants meet at Blue Agave in Tahoe City and will head up the Tahoe Rim Trail, which offers scenic views of Lake Tahoe and the Truckee River Canyon.

For more information about Adventure Sports Week Tahoe, go online.