

SUP contest returns to South Lake Tahoe

Last year SUP pro athlete Anthony Vela hailed the Race the Lake of the Sky his top pick for the best standup paddle event of the year.

This year's event kicks off June 28 with race clinics where world renowned hosts Candice Appleby (SurftechSup, FCSSUP, Ocean Minded) and Anthony Vela (Boardworks Surf, FCSSUP, Ocean Minded) will share a few keys to paddling success.

On June 29 there will be a 5-mile race, SUP cross events and a special event for kids.

That Sunday there will be a 14-mile distance race, relays and the best "sweet" move contest.

Music and food will be on shore at El Dorado Beach in South Lake Tahoe.

For more info about the June 28-30 event, go online.