

North Tahoe to host 2 Ironman events

When Ironman and Ironman 70.3 race on the same day in Lake Tahoe it will be the first time this has happened in the U.S.

The Ironman 70.3 Lake Tahoe is the 25th race in the U.S. Series. Ironman Lake Tahoe returns for the second time after selling out registration last year. The two races will be Sept. 21.

Ironman 70.3 Lake Tahoe leads athletes through a 1.2-mile swim, 56-mile bike and 13.1-mile run on the same terrain as Ironman Lake Tahoe. The race will start with a single loop 1.2-mile swim at King's Beach. Athletes will transition lakeside before starting a one-loop 56-mile bike course that will travel through Tahoe City before following the Truckee River past Squaw Valley and into Truckee. From there, the course turns south past Northstar and climbs to Brockway Summit. Athletes will complete the bike course at Squaw Valley. Runners will proceed back up the Truckee River bike path on a relatively flat course before finishing at the Village at Squaw Valley.

More info is available online.