

Trail race at Kirkwood, plus kids' run

The 34th annual Kirkwood 5K/10K Adventure Trail Run is Aug. 30.

There are 1 mile and half mile fun runs for kids starting at 9am. The 5K and 10K will start after the fun run.

Tahoe Mountain Milers Running Club and Kirkwood Volunteer Fire Department present the races under special use permit from the U.S. Forest Service.

The 5K runners will loop through the neighborhood on paved road and cross a meadow with a short section of trail. The 10K runners will test their aerobic fitness on the adventure trail run. The course will follow Red Cliffs bike trail up the mountain behind the main lodge, cross under Chair 2 and wind down the mountain on dirt roads and single-track trails. The half mile and one mile Kids Fun Runs will be on paved road.

Race registration forms are available at: CV Sports in Carson City; Kahle Community Park in Stateline; South Lake Tahoe Recreation Center; Eclipse Running and Reno Running Company in Reno; or by calling 775.588.2864, or go online. Pre-registered runners postmarked by Aug. 16 will be guaranteed a T-shirt.