

Tahoe Ironman looking for volunteers

The North Lake Tahoe Ironman is in need of 3,500 volunteers to help during a five-day period.

While the race is Sept. 20, volunteers are needed Sept. 16-21.

The triathlon begins with a 2.4-mile swim at Kings Beach, then a 112-mile bike ride over Brockway Summit to Squaw Valley, and ending with a marathon that loops through Lake Tahoe and returns to Squaw Valley.

Go online to volunteer.