

Bike parade in South Lake Tahoe

South Lake Tahoe cycling enthusiasts are going after the world record for the largest bicycle parade.

Slow Rollers bike club is sponsoring the May 17 event at 4pm. Riders will go from the Y in South Lake Tahoe to MontBleu in Stateline.

Preregister at Sports Ltd. in the Village Center or call (530) 544.3979.

Come in custom for a chance be named Best of Show.

A party after the ride will be at Mo's Place on Highway 50.

Diabetes 101 class

Join registered dietitian Jen Trew to learn about the basics of healthy eating and diabetic diet planning on March 8 from 6:30-7:30pm.

Discover the important role of macronutrients and blood sugar control. Lab glucose goals, A1C, lipids and blood pressure also will be discussed.

The first class is free.

Other lecture topics include:

- Target glucose levels
- Recommended daily protein

- Healthy and unhealthy dietary fats

Register by contacting Lynn Norton at (530) 543.5824 or email lnorton@bartonhealth.org.

The class is at Barton University, 1113 Emerald Bay Road, No. 1, South Lake Tahoe.

Beer and wine fest in Truckee

Dragonfly's Beer & Food Festival is March 7 from 6 to 8:30pm in Truckee.

Attendees can stop in anytime during the evening and roam the food and beer stations. Each of the six food items are not only paired with a specialty beer from Firestone Brewing Co., but created using the beer as an ingredient. Fireside is based in Paso Robles

Tickets are \$35 per person. Tickets are available at Dragonfly or by calling (530) 587.0557.

Dragonfly is located upstairs at 10118 Donner Pass Road in Truckee.

11th annual Gourmet Ski Tour

Experience the exhilaration of gliding through the forest on cross country ski trails working up a hearty appetite, and then enjoying gourmet grazing right on the trail.

Outdoor enthusiasts and foodies can ski or snowshoe from one food station to the next during the 11th annual Gourmet Ski Tour, a fundraiser for the Tahoe Cross Country Ski Education Association at the Tahoe Cross Country Center on March 11 starting at 1pm.

Dress in your favorite dance costume: this year's theme is "snow dance" with such costume suggestions as disco, hip hop, or ballet. Winner of the costume contest wins a Tahoe XC ski season pass.

Beginners may rent skis or snowshoes at the Tahoe Cross Country Center and move around at their leisure tasting everything from soup to nuts. The afternoon ends with margaritas and live music by The Drunken Neighbors from 2:30-5pm.

Tickets are \$32 for adults (includes a half-day trail pass), \$27 for juniors ages 13-17, children 12 and under can feast on complimentary hot dogs. A limited number of tickets are available. Call (530) 583.5475 or go online for tickets.

Truckee Rotary crab feed

Get your tickets for a fun-filled night of all-you-can-eat Dungeness crab, live auction action and Truckee camaraderie. The 2012 Rotary Crab & Pasta Feed will be at the new Truckee Community Recreation Center on March 24.

All proceeds benefit Sierra Expeditionary Learning School, a public charter school in the Tahoe Truckee Unified School District. SELS board member Erica Stein said the school plans to use the money raised from the auction to start a capital campaign fund to pay for needed additional classroom space.

For the past 18 years, the Rotary Club of Truckee has organized the Crab & Pasta Feed to benefit one worthy local nonprofit. While Rotary provides the venue, the auctioneer and the bidding audience, the selected organization must organize and run the event's live auction in order to receive its proceeds. In previous years, groups have earned up to \$14,000 for their causes.

The bar opens at 5pm, dinner is served at 7pm and the auction will begin at 8pm. Tickets are \$40 for adults and \$20 for children 16 and under. Tickets can be purchased through any Truckee Rotarian or by calling Steve Randall at (530) 582.7720.

KidZone Museum fundraiser

Everyone is invited to Big Night Out – Disco on April 28 at Dragonfly restaurant in Truckee from 5:30-11pm to raise money for KidZone Museum.

Tickets cost \$40 per person in advance and \$45 at the door. They include three complimentary drinks (beer and wine), dinner, dance music by disc jockey Brian Hess, a silent and live auction and raffle.

Go online for tickets.

KidZone Museum is a nationally recognized children's museum that is striving to see some big dreams come true in 2012. One vision is to broaden the museum's reach and extend its programs to more children and their families in the Truckee-Lake Tahoe region.

Meet the League's new ED

League to Save Lake Tahoe Executive Director Darcie Goodman-Collins is having a meet and greet reception on March 6 from 6-8pm at the League's offices in South Lake Tahoe.

The office is at 2608 Lake Tahoe Blvd.

RSVP (530) 541/5388 or events@keeptahoeblue.org.

Talk about the Tahoe Rim Trail

What is the Tahoe Rim Trail?

A free trail talk on Feb. 22 from 11:45am-1pm will explain what this trail around Lake Tahoe is. Meet other trail enthusiasts and learn about trail building, hiking and youth programs, as well as educational opportunities.

Register online for the free event.

Explore Tahoe is at 4114 Lake Tahoe Blvd., South Lake Tahoe, near Embassy Suites.

Movie about Aldo Leopold

“Green Fire: Aldo Leopold and a Land Ethic for Our Time” will be shown at the Duke Theatre at Lake Tahoe Community College in South Lake Tahoe on March 28 at 7pm.

Admission is free.

Doors open at 6:30pm.

A question and answer session will follow the documentary about this legendary conservationist.

Lecture on Angel Flight West

New York Times best-selling author and aviator Dale Brown talks about his life, career and avocations on April 5 at Sierra Nevada College in Incline Village.

Brown volunteers for Angel Flight West, a group that volunteer their time, skills, and aircraft to fly needy medical patients free of charge to receive medical treatment. He is also a mission pilot in the Civil Air Patrol, which performs search and rescue, disaster relief, humanitarian assistance, surveillance, and many other missions in support of the U.S. Air Force and other federal agencies.

He supports a number of organizations to promote law enforcement, education, literacy, and support for military

veterans and their families.

For more information on the 7-9pm event, contact Shelia Leijon at (775) 832.1310 or shelia_leijon@ivgid.org.