

Take a Kid Mountain Biking Day

Nevada State Parks in cooperation with the Lake Tahoe Nevada State Park Backcountry Patrol, the Reno Wheelmen, and the Tahoe Area Mountain Biking Association will host young riders, ages 6 to 16, for a youth mountain biking event. The ride is part of a nationwide celebration known as Take a Kid Mountain Biking Day, supported by the International Mountain Bicycling Association.

The event is Oct. 1 beginning at 9:30am at the Spooner Lake entrance of Lake Tahoe Nevada State Park. Participants must bring a bike and helmet and a parent or guardian to sign the participation form. Parents and friends are welcome and encouraged to ride, too. There is no fee for the event, however there is an entrance fee to access the state park.

There will be safe riding information, bike safety checks, riding tips, and informal skill clinics. Groups of kids with similar skills will then be taken on the beginner trail around Spooner Lake by experienced bike patrol members. Goodie bags will be given to the first 50 kids to show up.

IMBA's International Take a Kid Mountain Biking Day celebrates the life of Jack Doub, an avid teenage mountain biker from North Carolina who had a true passion for the sport from an early age to the time when he passed away in 2002.

For additional information, email info@tahoebikepatrol.org

Sierra Cup Mountain Bike Racing Series

The Sierra Cup Mountain Bike Racing Series wraps up the 2011 season on Oct. 2 with the Sawtooth Ridge Challenge at Northstar-at-Tahoe.

The Sierra Cup is a seven race point series to determine the USA Cycling cross-country mountain bike champions for the Northern California/Nevada region.

The Sawtooth Ridge Challenge, like the other Sierra Cup events, is donating event proceeds to bicycle related causes. Benefiting from this race will be the Truckee Trails Foundation and the Northstar/Giant development team. The series events have also partnered with Waste Not in Incline Village to meet or exceed zero-waste standards.

Racers will ride a 7-mile course that was developed by Northstar Resort for last year's Collegiate National Championships. Racers will complete multiple laps of the course depending on their ability category. The course will have a mix of trails that include small features like jumps, berms and technical descents. The climbs are spread out to allow time for riders to recover.

There are age and ability categories for all levels of riders. Custom recycled medals are awarded to the top finishers in each category as well as series points. After the race awards, there will be a podium ceremony for the overall series winners. Besides the regional championship medals from USA Cycling, there is also a \$1,500 series purse for top riders.

Online registration is available.

The Standards at MontBleu

Tahoe Arts Project kicks off its 25th season with the a cappella quintet The Standards on Oct. 7 at 7pm at MontBleu Theater in Stateline.

The human voice, that's how it all started for five brothers who shared a passion for music. Singing together at an early age, they began the makings of this one of a kind vocal group, forging a relationship beyond brotherhood.

Hailed as one of the most sought after harmony vocal groups of today, The Standards have enjoyed success worldwide for their unique approach to vocal entertainment. Their shows offer more than just a typical music concert..

The quintet is made up of Morgan Williams, Nathan Williams, Jordon Williams, Nicholas Williams and Quinn.

The Standards will be performing their "Music with a Message" program for South Lake Tahoe students the week of Oct. 3-7 as part of Tahoe Arts Project's in school performing arts series.

A key element to what makes them appealing to many different age groups is that they primarily sing songs that are known as "Standards." You know and have heard them. Mix that with a new generation sound and unique style, you have an electrifying combination.

Tickets are \$20 for adults, \$10 for youth and \$15 for seniors and can be purchased in advance at the California and Nevada Visitors Centers in South Lake Tahoe. To charge tickets by phone or for more information, call Tahoe Arts Project at (530) 542.3632 or go online.

‘Women’s Journey Through History’

Soroptimist International of South Lake Tahoe and the South Lake Tahoe branch of the American Association for University Women are partnering with Aston Lakeland Village to bring an original play about women’s contribution to U.S. history to the South Tahoe High School theater on Oct. 12 at 7pm.

“We Did It For You! – Women’s Journey Through History” written by Thea Iberall, poet, playwright and neuroscientist, is a musical tour through the journey that women have taken to get rights in the United States, starting with the struggle women had in the 17th century Puritan Revolution through to 21st century empowered women politicians.

The play focuses on the stories of a few bold women throughout history who believe they deserve more than being treated as minors and extensions of men. It features characters who not only struggled to obtain their rights, but made contributions that were overlooked in many history books.

Iberall brings a Southern California-based performing troupe of nine women to South Lake Tahoe for three performances; two assembly performances for South Tahoe High School students during the day Oct. 11 and one public performance the night of Oct. 12. Fifty tickets to the evening performance have been offered to Whittell High School students.

In addition, Iberall will speak to a joint meeting of SISLT and AAUW members and their guests about her experiences writing and producing the work at a lunch presentation at noon on Oct. 12 at Harrah’s.

Tickets for the public performance \$10 and are available online or through Soroptimist and AAUW group members. Proceeds from the performance will benefit S Club, a student community service club sponsored by SISLT.

Foam Fest in Truckee

Foam Fest – the event with more than 40 microbreweries that raises money for the Disabled Sports USA Far West – is Oct. 15 from 7-10:30pm in Truckee. More information is online.

Lecture about breast health

On Oct. 5 from 5:30-6:30pm, Ahrin Koppel, a doctor at Tahoe Forest Cancer Center, will talk about how “Breast Health, Knowledge is Power”.

The free health talk is at the Tahoe Center for Health and Sports Performance building located at 10710 Donner Pass Road, Truckee.

Koppel will discuss the importance of knowing your family breast history and how to best educate yourself if you are a descendant of a relative who had or has breast cancer. Women aged 40 and older are recommended to have a clinical breast exam and mammogram annually.

South Shore chamber lunch

Lake Tahoe South Shore Chamber of Commerce is having a member lunch Oct. 27 from noon-1pm at Straw Hat Pizza Sports Bar & Grill located inside Harve's Casino in Stateline.

Cost is \$10. Reservations are required – (775) 588.1728.

Kokanee Trail Run

Run with the salmon at Taylor Creek on a trail run in the colorful aspen groves at Fallen Leaf Lake.

The half marathon is Oct. 2 at 9am, Tadpole Trot kids run at 9:15am, and the 5K and 10K begin at 10am.

Save \$5 by registering before Sept. 30, at Race360.com or on the Tahoe Mountain Milers website.

All Kokanee Trail Run proceeds are donated to Tahoe Heritage Foundation to support local school environmental programs. The event is put on by the Tahoe Mountain Milers Running club in partnership with the U.S. Forest Service and Camp Richardson Resort.

For more info or to volunteer, contact Renee or Mark Gorevin at (530) 318.0516.

7th annual Mutt Strut

The 7th annual Mutt Strut is Oct. 9 in South Lake Tahoe.

The 1.2 mile walk involves trying to build the best poker hand as you and your four-legged friend meander around the South Shore.

Registration begins at 11am at Lake Tahoe Psychic, 3131 Harrison Ave.

For more information about this fundraiser for Animal Coalition of Tahoe, click on Mutt Strut.

‘Murder in an English Manor’

The Kiwanis Club of Lake Tahoe is hosting “Murder in an English Manor” on Oct. 1 at 6:30pm at the South Tahoe High School theater.

The event is to raise money for Friday Night Lights – aka renovations to the football field.

The dinner, auction and “murder” tickets are \$30.

Call (530) 541.6487 for information or tickets.