

TEAM TAHOE

ECO-FRIENDLY ACTIONS

News Announcement

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FOR IMMEDIATE RELEASE

New Bike Guide Informs Bicyclists

LAKE TAHOE, CA/NV A newly released bicycle ride guide is now available to assist bicyclists of all ages and abilities for the Lake Tahoe region. The online guide, named Bike Tahoe: Tahoe's Ultimate Bicycling Guide, features sixty five of the most popular bicycle rides in and around the Lake Tahoe Basin, and can be visited at www.BikeTahoe.org. This is a "responsive web site" meaning that it automatically resizes the content format to fit the screen size of the device being used (smart phone, tablet, laptop). A bicyclist can plan their bike ride in advance using their desk top computer at home and then use their mobile device on the location of their chosen ride. They can also locate their position during their ride using a GPS enabled device and the location feature on the map.

The Guide helps a bicyclist select a ride by region. There are five sub-regions in the Guide that include: South Tahoe, North Tahoe, Truckee, Carson Valley and the California Alps. Each sub-region has a ride directory with specific details, descriptions, and Google maps for the three most popular bicycle riding styles: beach cruiser, mountain biking, and road cycling. Bicyclist can narrow their ride selection further by matching their riding skill level with the Guide's Ride Challenge Levels similar to what is found at ski areas: using Green to describe a level, predictable and leisure ride; Blue describing an undulating, variable and athletic ride; and Black as a steep, technical, and endurance ride.

The Tahoe region has a rich cultural history of indigenous peoples, Pony Express, gold and silver mining, and events that have impacted the area that combine to make up a colorful and authentic context for bicycling in Tahoe. As part of each ride's detail is a brief description about the ride's

historical significance. A bicyclist can select a ride on what were once footpaths of the Washoe Tribe, a Pony Express Trail, the route of the first Transcontinental Highway, and even ride up to Nevada's first settlement and saloon for a beverage.

Complementing the Guide are a variety of informative tips alerting bicyclists to Tahoe's climate, best riding practices, and preparatory check lists to help bicyclist get ready for their Tahoe adventure.

The Guide has been in the making for years by local bicycle advocate Ty Polastri, President of Team Tahoe. Polastri rode every ride, in some cases multiple times, and mapped them using a GPS device, took the photographs, and did the historical research that enabled him to write descriptions for others to use and enjoy.

The Bike Tahoe project is administered by Team Tahoe - a 501 3 c nonprofit with the mission of encouraging and developing environmental friendly programs that foster health and sustainability among communities, environments, and economies. According to Polastri, "the Bike Tahoe project invites and encourages people to ride a bicycle and more authentically connect with the Tahoe environment while also reducing traffic congestion; toxic gases emissions, and improving public health."

Bike Tahoe: Tahoe's Ultimate Bicycling Guide is made possible with grants received from the Nevada Commission on Tourism, El Dorado County's Cultural and Community Development Program, and the City of South Lake Tahoe.

Bicyclists interested in contacting Bike Tahoe may do so by emailing info@biketahoe.org. Businesses and organizations interested in participating in the Guide may contact Ty Polastri at TeamTahoeNow@aol.com.

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