Tri coach focuses on whole athlete

By Susan Wood

GARDNERVILLE – Work smarter, not harder may well be the mantra for triathlete coach Marc Evans.

The fitness pioneer who has trained two-time Ironman champion Scott Tinley, an early legend in the endurance sport's circle, has dedicated his life to teaching athletes how to live up to their physical and mental conditioning capacity without giving up other parts of their lives.



Marc Evans

He began doing triathlons at the advent of sport in the early 1980s. But it's through his coaching either in groups or one-on-one that he's found a belief in balance – the kind an athlete practices physically and the type that keeps one's life in order.

"You can do an Ironman training nine hours a week," Evans said, as he gave a tour of his new 1,600-square-foot studio that is steps from his Carson Valley home that he shares with his chocolate Lab, Edge. Even the 14-year-old canine has the right name for his master's sport and livelihood.

Evans, 56, emphasizes being "a coach, not a trainer." He focuses on the big picture, like other Ironman greats Tinley,

Dave Scott and Marc Allen. Allen won the event nine times before retiring.

“All these guys had a unique part of them that went beyond their physical talents. But some people become excessive. It becomes too much when it has impact on your life. I tell my people to ski or snowshoe in a prescriptive way,” he said. That’s defined as a workout mixed in with a flair for fun.

Evans has traveled the globe to share his theories and techniques with others who want to thrive in their sport. These include a 1991 excursion to the Himalayas as the fitness and conditioning director for an American Everest expedition. He recalled a heart-warming moment in Kathmandu, the launching pad for climbers in Nepal, in which he discovered a 50-meter pool adequate for Olympic training near the popular Monkey Temple. A line of Nepalese kids watched in awe at seeing a man swimming laps.

He also served a stint on an elite performance-testing program at the Olympic Training Center in Colorado Springs. As a two-time head coach for the USA Triathlon Olympic team, his credentials read like a “Who’s Who” in the sport. Ironman involves swimming 2.4 miles, cycling 112 miles and running a marathon of 26.2 miles – always in that order.

Now, he’s hunkering down in an attempt to bring more athletes to him. One client hails from London.

Evans built the studio, about a $200,000 investment, on his 2.5 acres. Weight machines are in the loft, on the first floor is a treadmill, a running training platform on rollers, and a swimming flume. The 8-foot-by-14-foot pool allows the swimmer to be in movement without swimming an actual lap.

“The value of these versus a swimming pool is the instant feedback,” Evans said. “Most triathletes are not particularly skilled in swimming. Swimming is kind of a nemesis.”

He installed a mirror on the bottom of the pool so swimmers can see their movements. There's also a video camera so evaluations can be conducted later. Videotaping is an essential component of Evans' training regimen. The training centers around assessment.

"I don't think people spend enough time on technique," he said.

Evans set up a dorm with a number of bunk beds behind the studio and recently established one-day to one-week training camps. He feeds the athletes what he makes for himself. The menu is organic, leaning toward vegetarian. The cost starts at $500 for the day.

The participant signs up for a screening under an extensive matrix to evaluate the athlete's status.

"The big reward is having (clients) discover who they are and trust in our relationship," he said.

More than two-thirds of Evans' client base is women.

"I tend to attract busy people who have time limits because of family and work," he said.

Full-time client Kris Kruse-Elliot, 51, fits the bill. The veterinarian, who works with Evans a few times a year, has been doing triathlons as long as Evans has coached – 25 years. The San Francisco Bay Area resident turned to Evans for Ironman training five years ago when her work schedule often topped 60 hours a week.

She admitted to overtraining and found herself prone to injuries from her heel to her shoulder. As a competitive swimmer in high school, none of her coaches worked on technique.

"I was just killing myself,"nshe said.

But being under Evans' wing, even her husband has noticed the difference.

"He's brilliant with his training. My husband said I'm not so tired," she said.

She's healthier and finds her running shoes last longer than four months.

"I used to land on my heel hard,"she said. The duo worked on her foot placement and posture in running drills on a track.

As for results, Kruse-Elliot points to Evans' training as the reason for her Ironman personal best of 13 hours, 28 minutes – one hour less than her previous results.

"And I have fun doing it now," she said.

Evans' training facility can be reached via phone at (775) 783.9294 or (775) 200.3076. The website, www.evanscoaching.com, spells out the details of his business.

Decorated fire truck rolling through South Lake



South Lake Tahoe firefighters are rolling through neighborhoods now through Dec. 24 in its decorated truck. Candy canes will be handed out. Santaâ€™s House at fire Station 2, across from South Tahoe Middle School, is open Dec. 13-21 from 6-8pm.

Where is the decorated fire truck?

Dec. 13 Keys Blvd./State Streets

Dec. 14 Tahoe Island

Dec. 15 Stateline/Pioneer Trail

Dec. 16 Gardner Mountain

Dec. 17 Springwood/Bijou Pines

Dec. 18 Glenwood

Dec. 19 Heavenly Valley

Dec. 20 Ski Run

Dec. 21 Al Tahoe

Dec. 22 Sierra Tract

Dec. 23 Stateline/Hotels

Dec. 24 Hwy. 50/Shopping Centers

Teter not on podium at Grand Prix



Elijah Teter

Elijah Teter, who lives in Meyers and rides for Sierra-at-Tahoe, did not finish among the top in Saturday’sÂ finals of the Grand Prix half pipe at Copper Mountain in Colorado.

For all the detail in the men’s and women’s competitions, click here.

Weather cancels some South Shore activities

The Saturday night play at South Tahoe High School has been canceled. Tickets are good for either of the shows on Sunday.

Due to the predicted high winds and heavy snow, the Tahoe Queen will not be cruising this evening. Instead, the Sierra Sunset Dinner dockside from 5:30-8:30pm. Ticket price will be reduced to $40 for adults and $20 for children.

Zephyr Cove Snowmobiling Center will be closed throughout the weekend due to hazardous conditions. This storm cycle will bring us enough snow to have all trails open and ready for the 10am tour Dec. 15.

Idea for helping Coats for

Kids program

From an avid *Lake Tahoe News* reader: “For those who want to help the Coats for Kids program, an ad last night on TV – Old Navy is selling fleece jackets for $5 Saturday only.Â Normally I wouldn’t suggest people go off the hill, but it may boost donations to this program.”

Carson City to infuse $87 million into downtown

By Ray Hagar, Reno Gazette-Journal

Carson City’s Board of Supervisors signed off on a financial plan to fund an $87 million downtown renewal project, which could create hundreds of construction jobs starting next year.

The project, which was approved late Thursday night, would turn eight acres of parking lots into a technology plaza. Proponents said the area will attract entrepreneurial companies to Nevada’s capital city and provide high-paying jobs.

The project would provide an average of 561 annual construction-related jobs for five years, with 820 jobs coming in the first year of the project.

Read the whole story

Lake Tahoe ski report, Dec. 12



Can you say snow? It’s coming down this morning in Lake Tahoe at a rapid pace. It’s light and fluffy – great ski snow. Expect a few feet at lake level by the time you read the next report Sunday morning. Here is today’s ski report brought you to you by Curtis Fong, the Guy from Lake Tahoe.

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3 missing skiers found near Mt. Rose

This in from KOLO-TV in Reno: “Three skiers missing in the Sheep Flat area off the Mount Rose Highway were found and rescued late Friday. Washoe County sheriff’s deputies say the two men and one woman had been missing since 6pm Friday. They say the trio is ‘experienced,’ and had a fire going that led searchers to them.”

Want to talk to students?

Mt. Tallac High School has a speakers forum that invites community members to speak with students at the school. South Tahoe students get an opportunity to learn that by engaging in conversation with these community member, students can impact

positive changes within their school and community.

If you are interested in learning more about this program or would like to volunteer to speak at the school, contact Harry Segal at segalharry@yahoo.com.

Barton Community Clinic to be featured on KTHO



What is the Barton Community Clinic? Find out Saturday at 10am and Monday at 6pm on KTHO AM-590 and FM-96.1 or at www.kthoradio.com. Denise Sloan and Michelle Feeney will provide listeners with all the information about this health care option on the South Shore of Lake Tahoe.