Golf tourney to aid fallen firefighter’s family

The Wildland Firefighter Foundation golf tournament on Oct. 3 will be a fundraiser for fallen U.S. Forest Service firefighter Michael Hallenbeck’s family as well as the foundation.

Hallenbeck, 21, of Shingle Springs died Aug. 8 after a tree fell on him while fighting a wildfire near Sierra-at-Tahoe.

Registration at Tahoe Paradise Golf Course starts at 9:30am. Cost is $52, which includes lunch and a cart.

For more info and to sign up, call 530.680.3117 or email atchoffman19@yahoo.com.

Snowsports jump on .ski domain for websites

By Jason Blevins, Denver Post

The .ski domain launched onto the Web earlier this month, creating the Internet’s first domain space for snowsports.

The new top-level domain is a fresh start for athletes, ski makers, ski resorts and other snowsports companies seeking to carve their own corner of cyberspace.

Tom Kelly, vice president of communications for the U.S. Ski and Snowboard Association, said .ski soon will become “an essential part of a skier’s digital tool kit.”

Read the whole story

Tahoe boat inspection locations scaling back

Starting Oct. 1, Lake Tahoe boat inspections will move to select launch ramps and winter hours will begin.

Tahoe Resource Conservation District inspectors will be stationed at Cave Rock and Lake Forest boat launches from 6am-4pm seven days a week, weather permitting. All boats without an intact Tahoe inspection seal are required to get an inspection during daylight hours. Decontaminations are available by appointment only. Decontamination fees will apply.

Boats with intact inspection seals are permitted to launch at all open launch facilities; however, inspections are only available at Cave Rock and Lake Forest.

During the 2015 boating season, Tahoe RCD watercraft inspectors performed more than 5,500 inspections. More than 14,000 vessels launched at Lake Tahoe, including newly inspected vessels and those with intact Tahoe-issued inspection seals.

This year 35 of the inspected watercraft were harboring aquatic invasive plants, mussels or snails. TRCD decontaminated approximately 3,200 watercraft with hot water, preventing invasive species from entering Tahoe’s waters.

Truckee Bike Park a passion project for founding couple

By Ben Egel, Sacramento Bee

The Truckee Bike Park was born out of grief.

Co-founder Cortney Knudson was deep in mourning after her father passed away, and to cheer her up, her boyfriend, Brooks McMullin, suggested a vacation away from their North Lake Tahoe routine. They found themselves in Hailey, Idaho in 2011, visiting friends and riding dirt bikes over pump tracks — circuits full of berms to roll up and down.

It was a welcome reprieve, Knudson said, and an organized type of rural biking that didn't exist in Lake Tahoe.

On the nine-hour drive home, Knudson and McMullin kept having the same thought: "Why couldn't we do this back home?" About a week later, they founded a nonprofit called Biking for a Better World, designed to raise funds and awareness for cycling in Northern California.

Read the whole story

Shorter races available for kids during marathon

The Kids Super Hero Pumpkin Fun Run, part of the Lake Tahoe Marathon, is Oct. 10 on the South Shore.

Free fun runs start at 10:30am for ages 1-10. The distance is approximately 50 yards. The Super Hero 5K is for older kids. It starts at 11:15am.

Events will be at the Beach House Grill, 4081 Lakeshore Blvd. below the casinos at Lakeside Beach.

Register **online**.

Hospitals see uptick in cycling injuries



A cyclist gets air at the Bijou Bike Park. Photo/Kathryn Reed

By Kathryn Reed

On opening day of Bijou Bike Park people were calling it the “bone yard” even though no ambulances were needed.

The description had to do with the tricked out features and the potential for injury.

Hospitals in the U.S. saw the number of bike injuries double between 1998 and 2013, according to the American Medical Association. And it’s not just young people who are getting hurt; the biggest increase was for those 45 and older.

When it comes to cycling deaths, fewer children died in the last four decades, while deaths for those between the ages of 35 and 45 tripled, according to Morbidity and Mortality Weekly Report.

Barton Memorial Hospital is not seeing quite the same trend with injuries. In 2012 the South Lake Tahoe facility recorded 63 hurt cyclists where trauma care was activated or the patient was transferred for additional care. That number does not include minor or non-trauma injuries. There were 41 in 2013 and 66 in 2014.

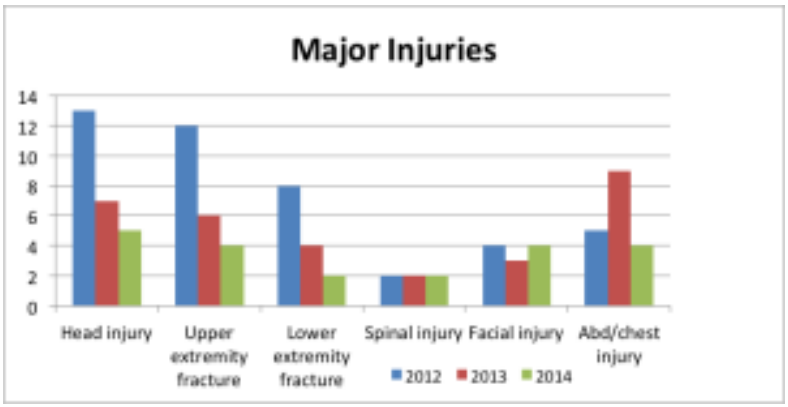
Of those injuries the ages are broken down as follows:

	2012	**2013**	**2014**	
0-10	7	1	6	
11-20	11	4	10	
21-30	6	18	8	
31-40	12	5	8	
41-50	12	3	12	
51-60	9	6	14	
61-70	5	2	7	
71-80	1	2	1	
Total	**63**	**41**	**66**	

“Riding a bike properly fitted to an individual can reduce crash potential as well as musculoskeletal problems. Not having proper conditioning or training relative to the demands of the trail or road ride chosen can certainly increase chances of an accident. For example, if someone is severely taxed by the uphill portion of a mountain bike ride, their agility and reaction time is likely to be affected on the downhill portion where speed increases and quick reactions are important,” Lance Orr, Barton emergency physician and medical director of the Emergency Department, told *Lake Tahoe News*.

In 2012 and 2013 about three-fourths of the injuries were sustained by men. That number grew to 80 percent in 2014.

Barton is seeing fewer head injuries because more people are wearing helmets. Still, they are the predominant injury.



Source: *Barton Health*

“A large percentage of road bike accidents involve vehicles and these accidents can be severe,” Orr said. “From my perspective as an emergency medicine physician, a fair number of bicycle accidents that occur in town involve consumption of alcohol on the part of the rider. That is an uncommon issue for the distance road biker or typical mountain biker.”

Equipment beyond a helmet can be helpful when mountain biking. Even some of the people at the bike park are wearing pads.

“Padded equipment and full face helmets can reduce injuries

even for the average rider provided vision and mobility are not impaired by the equipment," Orr said. "Sometimes using additional equipment can have the opposite effect and lead riders to feel they can tackle a ride they previously felt was beyond their ability level."

Locals had been dominating the Barton ER visits, but that changed in 2014 when 59 percent of the injuries occurred to visitors. In 2012, it was 63 percent locals in the ER with bike injuries, and 68 percent in 2013.

First aid kits are not common among cyclists, so treating wounds immediately doesn't always happen.

"I always carry a roll of white athletic tape. You can tape up cuts with it and, if you know, you can fashion a splint using sticks," Lars Ensign, a Barton ER doc, told *Lake Tahoe News.*

The doctors recommend using clean water to wash out abrasions or lacerations.

When it comes to learning what to do on the trails, the docs recommend a clinic, watching YouTube videos and progressing on courses – like the multi-level Bijou Bike Park.

Fantasy sports and the cost of weird gambling laws

By Neil Irwin, New York Times

Sports leagues in the United States, and the networks that broadcast their games, prefer to pretend that everyone

watching their games does so for the pure love of competition, the occasional nonchalant reference to the gambling point spread by a football announcer notwithstanding.

But as anyone who has turned on a television during sports programming in the last few months knows, there is a boom in “daily fantasy sports”sites. They offer the prospect of six- and seven-figure prizes in contests based on the statistical performance of a roster of athletes the entrant chooses in a wide range of sports, with the NFL the most popular.

DraftKings and FanDuel have quickly become among the biggestadvertisers on TV and the Internet, with scenes of fantasy players celebrating their winnings. The companies have entered partnerships with teams and attained billion-dollar-plus valuations from prominent investors that include pro football franchise owners.

An entire industry has emerged out of a legal loophole for something that looks a whole lot like sports gambling, which is illegal outside of Nevada and a few other states.

Read the whole story

Pro sports venues beckon Tahoe-ites



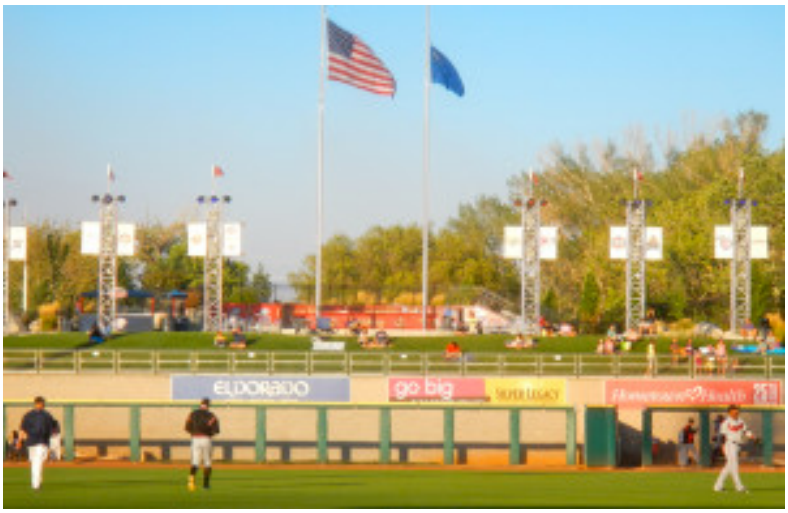
Misaki Doi is ready to crush the ball at the Bank of the West tournament in Stanford. Photo Copyright 2015 Carolyn E. Wright

By Kathryn Reed

Appreciation of athleticism, physique, conditioning, speed, eye-hand coordination, fluid-graceful movement, mental toughness – those are some of the advantages of watching professional sports live compared to sitting in front of the television.

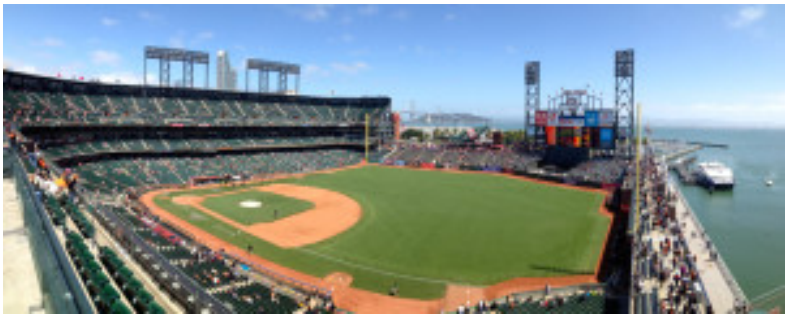
There are things to hear and see, and nuances that TV cameras don't capture.

Watching professional sports does not have to break the bank. There are a plethora of opportunities throughout the year for people in the Lake Tahoe Basin to watch the pros.



Reno Aces seats include an outfield grass area. Photo/LTN file

AAA baseball is east (Reno) and west (Sacramento) of here. An advantage to the minor league ballparks is they are much more intimate than the big leagues'. It's reminiscent of going to spring training in Arizona, only cheaper.



AT&T Park, home of the San Francisco Giants, has views of more than just the field. Photo/LTN file

Still, two Major League Baseball teams are an easy drive – the A's in Oakland and Giants in San Francisco. It's possible to do a down and back without incurring the cost of a hotel room.

A couple years ago the Giants instituted a program where games are valued based on the opponent. This brings the price down when they play a team like the Florida Marlins and up when the LA Dodgers are in town. What it does is make professional baseball affordable.



Stanford is an intimate venue for the Bank of the West tournament. Photo Copyright 2015 Carolyn E. Wright

While pro football is expensive, there are two teams within driving distance to Tahoe – the Raiders in Oakland and 49ers in Santa Clara.

Taking youngsters to see pros can inspire them to excel in their respective sport. There may be a teaching moment about sportsmanship or strategy; it's also a chance to witness idols or up-and-comers in action; it may even be an opportunity to get an autograph.



Forty-niner great Steve Young mixes it up with fans at the ACC celebrity golf tournament. Photo Copyright 2015 Carolyn E. Wright

One of the best places to get a signature is at the American Century Championship. The annual celebrity golf tournament at Edgewood Tahoe in Stateline brings out a mix of retired and active athletes, albeit golf is not what brought them fame. Even so, the play is impressive by the top third of contenders.

To see an entire field of serious golfers, one only needs to head to Reno for the annual Reno Tahoe Open. This is a PGA stop. The U.S. Open has been played in San Francisco. Then there’s always the option to take a little longer road trip to the AT&T Pebble Beach National Pro-Am.



Live sports allows fans to see the intensity of athletes like Madison Keys. Photo Copyright 2015 Carolyn E. Wright

Sticking with Reno, each June it hosts a rodeo. Each October is the Grand National in Daly City. While the whole cowboy thing isn't a big deal in the basin today, there was a time when it was the norm. Getting around on horseback was common and dairy cattle filled the meadows.

Reno also often has professional boxing. There was a time when the South Shore did, too.

The Bank of the West Tennis Classic at Stanford University, which started in 1971, is the longest running all women's tennis tournament in the world. The stadium is intimate. It's easy to see muscles flex and faces contort with exertion.



Andrea Petkovic’s ripped physique is even more evident in person. Photo Copyright 2015 Carolyn E. Wright

Former world No. 1 Lindsay Davenport is on the practice court coaching Madison Keys. They are so close it’s like fans can practically touch them.

It’s ***free*** to watch the doubles being played on the outside court.

World Team Tennis is played in Citrus Heights each summer. It’s fast, loud, and has different rules like playing let serves. Each team has a recognizable pro play for a season. It was the Bryan brothers’ doubles team who played down the road

this summer.

Other opportunities include soccer – San Jose Earthquakes; basketball – Kings in Sacramento, Warriors in Oakland; hockey – San Jose Sharks.

All of these venues are much grander than anything the basin has to offer – except for the ski slopes, which are steeped in history and if others have their way, could see the Winter Olympics in 2026. Each year the resorts bring more competitions to the area, potentially inspiring the next Jaime Anderson or Maddie Bowman.

And while few recreational athletes will turn pro, watching professional sports – especially live – can be invigorating and inspirational.

Squaw to host Reebok Spartan Race World Championship

The 2015 Reebok Spartan Race World Championship is Oct. 3-4 at Squaw Valley.

More than 10,000 athletes from across the globe will scale some of the most challenging mountain terrain to compete for more than $100,000 in cash and prizes.

NBC will televise the Reebok Spartan Race World Championship on Dec. 20 at noon – a culmination of the network's comprehensive seasonlong that began in early July.

The two-day event will include the Reebok Spartan Race World Championship Beast (13-plus miles/30-plus obstacles) on Saturday, in addition to a Spartan Sprint (3-plus miles/20-

plus obstacles), a Spartan Beast, Ultra Beast (26-plus miles/60-plus obstacles), and Charity Challenge (3-plus miles/20-plus obstacles) on Sunday. Spartan Kids races will take place Saturday and Sunday.

The weekend will also feature brand presentations by Reebok, and interactive experiences for fans

For more info, go **online**.

Good and bad to playing sports as a kid



A coach who knows what she is doing is critical to an athlete's physical wellbeing. Lindsay Davenport having been a professional tennis player is able to use her experience to coach Madison Keys. Photo Copyright 2015 Carolyn E. Wright

By Kathryn Reed

Steelers linebacker James Harrison made headlines this summer when he made his sons give back trophies they earned for participation in sports and not for actually winning something.

"Getting a trophy saying you are an all-star when you came in last place is counterproductive," Walter Morris, Lake Tahoe

Community College sports psychologist instructor, told *Lake Tahoe News*. “It is counter productive for kids’ motivations. It contributes to a sense of entitlement.”

He added this could lead to believing because you do the homework or show up for an interview that a good grade and job are automatic.

There are more natural rewards that come with sports at an early age that go beyond being physically fit.

“Between 6 and 12 is when they start motor learning. That period of time carries over for the rest of their lives. Sports promotes balance, body awareness, and flexibility,” Alan Barichievich, physical therapist and director of Barton Rehabilitation and Sports Medicine, told *Lake Tahoe News.*

Sports can teach kids about their body, how to care for it, self-esteem, eye-hand coordination and other benefits.

A growing trend, though, is parents are starting their kids in organized sports at an earlier age. More are specializing in a sport. The era of a three-sport high school athlete is gone.



While pros like Madison Keys get coaching regularly, Barton Health is helping local coaches learn more than the sport. Photo Copyright 2015 Carolyn E. Wright

This leads to young muscles getting overtaxed. Overuse of muscles can lead to injuries, especially in young bodies that are still developing. However, those who play multiple sports are using various muscles in different capacities.

The other thing that limiting oneself to a single sport can do is lead to burnout, which in turn can translate to a sedentary life as one ages.

“I played softball in college at Notre Dame and I played five sports in high school. I’m a huge advocate to try to keep that going,” Caroline Barichievich, a physical therapy supervisor with Barton Health, told *Lake Tahoe News*. She said she feels resistance from the mainstream to have kids not specialize in a sport at an early age.

Plus, with traveling teams there often isn’t an off-season or the opportunity to play another sport.

“There is no sport I would tell a kid not to do if they want to do it, but there needs to be good coaching, and understanding of the inherent risk of potentially getting injured,” Alan Barichievich said.

Through the years the Barichievichs’ clients keep getting younger.

“We are seeing young people more than we used to. In our generation most didn’t start sports until 8, now they start at 4,” Caroline Barichievich said. “The competition is now elevated because you are playing for a greater number of years. With competition you are going to have more injuries.”

Their bodies are being asked to do more than they were designed to do, according to the health professionals.

A bit of an irony is that once injured the athlete – young or old – has to slowdown. Oftentimes therapy will include doing a sport they hadn’t done – like cycling or swimming. Looking at form is part of PT so ideally the injury doesn’t recur.

An injury can also give a kid a break.

With so few people going on to play in college, let alone at the professional level, the drive by parents to have a child excel in one sport confounds many.

It’s not just sports that cause concussions. Falling from the monkey bars can have the same result. What is different today from a generation ago is the awareness of concussions and the potential lifelong impact.

Local coaches are invited to the sports physicals Barton does so they can see and understand the movement analysis. If there are poor mechanics, this might be a precursor to a torn ACL. Prevention is just as critical, if not more so, than rehabilitation.

Like sports psychologists, the physical therapists see sports

as a positive beyond the physical.

“Sports teach life lessons, how to adapt, how to accept failure, how to accept success. That is just going to bode well for any type of life experience or career,” Caroline Barichievich said.