Truckee planning world-class skate park

By Dave Zook, Moonshine Ink

To bolster the Truckee's skateboarding offerings and honor a fallen friend, a 16-person committee is organizing the construction and management of what they hope will be the standout skatepark in the region, and one that will rival anything in the state.

The new 25,000 square foot park will be called the Rocker Memorial Skatepark in honor of Steve "Rocker" Anderson, an avid local skateboarder who passed away in 2012 in an avalanche on Donner Summit.

The committee's optimism was buoyed in late May after receiving approval from the Truckee Donner Recreation and Park District to use the space in the overflow lot across Estates Drive near the existing skatepark in Truckee River Regional Park. The approval came during a Rec & Park board meeting that was reportedly the highest attended in the department's history, with an estimated 150 people. The committee is now tasked with meeting town and county regulations, finalizing the design, and raising the estimated $500,000 needed for construction.

Read the whole story

Lifties shut down resort in

Patagonia

By Skiing

Staff members at Cerro Catedral ski resort near San Carlos de Bariloche blocked access to the lifts Wednesday morning in protest. The group of lift operators are demanding a 30-percent wage increase and are burning tires, hanging banners, and beating drums until they get it—no really, they are.

Until the situation is resolved, on-resort operations have been halted. That is, of course, a big problem for locals and foreigners looking to ski the fresh pow of recent storms in the Andes.

Read the whole story

Report: Sage grouse numbers surged in ’14 and ’15

By Phil Taylor, E&E Publishing

Greater sage grouse numbers in the West have grown by nearly two-thirds since 2013, marking what could be a significant rebound to the bird’s previous several years of decline, according to scientists in Western states.

Western state biologists said they spotted 80,284 male sage grouse across the West in 2015, a 40 percent jump over the 57,399 that were spotted in 2014 and 63 percent over the 49,397 that were spotted in 2013, according to yet-to-be-published research compiled by the Western Association of Fish and Wildlife Agencies and shared with Greenwire.

Sage grouse experts caution against drawing conclusions from the two-year spike, noting that sage grouse populations appear to fluctuate on roughly decadelong cycles and are influenced in the short term by precipitation.

Read the whole story

Bobcat trapping to cease in California

The California Fish and Game Commission voted 3-2 this week to ban bobcat trapping statewide.

Commission President Jack Baylis and Commissioners Anthony Williams and Eric Sklar voted in favor of a statewide ban. Commission Vice President Jim Kellogg and Commissioner Jacqueline Hostler-Carmesin voted against it.

The decision completely bans bobcat trapping in California, with the exception of depredation trapping.

The ban will become effective after approval by the state Office of Administrative Law and submission to the Secretary of State. The regulations may be effective before the start of the 2015-16 bobcat trapping season.

– Lake Tahoe News staff report

Evidence of wolf in California

The California Department of Fish and Wildlife has collected evidence that suggests at least one wolf has traveled into Siskiyou County.

Based on compelling information received earlier this year from Californians reporting they saw a large, dark-colored canid, CDFW deployed a number of remote trail cameras within southeastern Siskiyou County.

At one location, in early May, images were captured of a large, dark-colored, lone canid, which is possibly a dispersing gray wolf. Although scat was collected in the area for genetic analysis, they yielded poor-quality DNA and results were inconclusive. Since then, no other images of a large canid have been captured at this location.

In early June, CDFW biologists came across large canid tracks on a dirt road in a separate, remote location of Siskiyou County, while searching for fawns as part of an ongoing deer study. The tracks were fresh and were from a single animal. Some were within the tire tread marks made from a CDFW vehicle the day before. Assumptions based on the track's size, linear nature and distance, compelled CDFW staff to place a trail camera to remotely capture images of subsequent animal activity along the roadway.

On July 24, CDFW downloaded a series of images from that camera taken the previous week, revealing a large, dark-colored canid. Although other wildlife species and a few passing vehicles were also photographed, there were no images of domestic dogs or other human activity.

Based on the photographic images and tracks, CDFW biologists believe that this lone animal is a gray wolf. The animal's

tracks are significantly larger than those of a coyote, and a comparison of the images with photos of an adult coyote captured at the same site indicate the animal is significantly larger than a coyote.

Additional remote cameras have been deployed and CDFW wildlife biologists will return to the location in an attempt to find scat for subsequent DNA analysis to conclusively confirm whether or not this animal is a gray wolf.

Prior to the arrival of the famous wolf OR7 in December 2011, the last confirmed wolf in California was in 1924. This animal is not OR7. OR7 has not been in California for more than a year and is currently the breeding male of the Rogue Pack in southern Oregon.

Gray wolves are listed as endangered under the Federal Endangered Species Act (ESA). In June 2014, the California Fish and Game Commission voted to list gray wolves as endangered under the California Endangered Species Act.

Stargazing event at Washoe Lake Park

The Northern Nevada Astronomical Group will conduct a star party and astronomy program at Washoe Lake State Park on Aug. 15.

There will be a short slide presentation and a variety of telescopes set up for viewing stars and planets. Participants should bring lawn chairs and a jacket. Red flashlights are recommended as they do not affect night vision.

The event starts at 8pm.

This event is free, but it costs $7 to park. Nevada residents receive a $2 discount.

Study: Exercise during teens reaps long-term benefits for women

By Patricia Reaney, Washington Post

Playing team sports and exercising during adolescence can have long-lasting benefits for women and may even reduce their risk of dying from cancer and other causes later in life, a new study showed last week.

Researchers who analyzed how often women exercised while in their teens found that being active for just 1.3 hours a week had a positive impact as they got older.

“The main finding is that exercise during adolescence is associated with a reduced risk of mortality, or death, in middle-aged to older women,” Sarah J. Nechuta, an assistant professor of medicine at Vanderbilt Epidemiology Center and Vanderbilt-Ingram Cancer Center in Nashville, said in an interview.

Read the whole story

Boutique fitness studios gain in popularity

By Rachel Bachman, Wall Street Journal

Alison Dougherty used to pay $30 a month for a health club membership. She’s much happier now that her fitness expenses average $500 a month.

The 27-year-old New York marketing professional exercises at Title Boxing Club NYC. She spends $139 monthly for unlimited classes and $100 for weekly personal-training sessions. She says even though the boxing studio presents fewer options, the workouts are more fun and effective than her treadmill-and-weights sessions were at the gym.

Specialized fitness studios used to be pricey enclaves for a few fanatics. But the ranks of their fans have surged, and now stand-alone cycling studios, boot camps and ballet barre rooms are transforming the fitness industry.

Read the whole story

3-day SUP races in Kings Beach

The Ta-Hoe Nalu Paddle Festival at the Kings Beach State Recreation Area will feature two new races during the Aug 14-16 event.

The event will start that Friday at 2pm with registration and yoga. The day includes a concert featuring Mojo Green from

6:30-8:30pm.

The festival will continue through the weekend with retail and food vendors, demos, contests, prizes and more. A portion of proceeds from Ta-Hoe Nalu will support local organizations.

For more info, go **online**.

Weekly bike rides starting in S. Lake Tahoe

Lake Tahoe Bicycle Coalition this week is starting weekly Wednesday Night Rides in South Lake Tahoe.

Rides will be generally on paved paths and low traffic roads. The first ride is at 6pm Aug.5 and will continue through Sept. 30.

There will be at least one regroup stop to get everyone back together. Riders of all levels and ages (under 18 with parent), and with all types of bikes, are welcome. Helmets are required for all riders.

If it is raining at the start of the ride, the ride will be cancelled.

The ride route will vary week to week, but will generally be easy rides of 10-15 miles.

The meeting place for the August rides will be Grand Central Pizza in the Kings Trading Post Center at 2229 Lake Tahoe Blvd., South Lake Tahoe. The Aug. 5 ride will be a ride to Baldwin Beach and back.

The meeting place for the September rides will be posted on the Lake Tahoe Bicycle Coalition website.