Canoeist sets records on Lake Tahoe



Grant Korgan and Adam Freeman as they complete their circumnavigation of Lake Tahoe on July 30. Photo/Provided

World records were set when 38-year-old Grant Korgan paddled completely around the shoreline of Lake Tahoe in a one-man outrigger canoe.

The 14 hour, 15 minute journey began at 5:40pm on July 29 and ended this morning at 7:55 back at Waterman's Landing in Carnelian Bay. Korgan was accompanied throughout the entire circumnavigation by stand-up paddler Adam Freeman.

The goal of Full Circle, as the campaign is titled, was to raise money and awareness for Truckee-based High Fives Foundation. High Fives provides support and inspiration to mountain action sports athletes who have suffered life-altering injuries. So far Full Circle has raised more than $21,000.

Korgan is in recovery from a spinal cord injury he sustained

in a snowmobiling accident in 2010. He has received numerous grants from the High Fives Foundation to empower his recovery goals.

The entire Full Circle campaign was documented for the Oofficial Guinness World Records.

Circumnavigating Lake Tahoe set official Guinness World Records in the following categories:

- Fastest time for a spinal cord injured athlete to circumnavigate Lake Tahoe in a one-man outrigger canoe.
- Fastest time to circumnavigate Lake Tahoe in a one-man outrigger canoe.
- Fastest time to circumnavigate Lake Tahoe with human power.

Calif. landscapers making a mint off drought

By Steve Hargreaves, CNN Money

The drought's been rough for a lot of people in California. Farmers, gardeners, restaurant diners who just want a glass of water.

But there's one subset that's doing quite well: landscapers who specialize in ripping out water-guzzling lawns and replacing them with lush, native plants that require a fraction of the moisture.

"I'm falling behind on my design work because I'm fielding so many calls and emails," said Rob Moore, owner of California Native Landscape Design in Orange County.

Moore said he’s on track to make over $100,000 this year – double what he made last year – as people adopt native landscapes.

Read the whole story

Regan Beach options narrowed to 3

By Terra Breeden

Expand the beach, build a jetty, put in adult swing sets; these were a few of the options presented to the public by the Regan Beach Committee on Tuesday night during a meeting at the South Lake Tahoe’s recreation center.

After months of considering possibilities and listening to public opinion, conceptual plans that included many drastic changes to the popular beach were shown to the nearly 50 who gathered July 28.

“What we don’t want to do is recreate Lakeview Commons,” Parks and Recreation Commissioner Steve Noll said. “This is a restoration project.”

Three options were presented, each containing many of the changes discussed at previous meetings. All three options included a new concession stand and restroom facility, improved play area for children, and focused on shoreline stabilization and rebuilding the decrepit retaining wall.

Although all of the plans presented at the meeting included these changes, each had a different focus on what the future of Regan Beach should be.

Attendees were directed to choose their three favorite features from each option. The park features that are favored the most by the community will be included in a completed plan of Regan Beach due to be presented at a meeting later this summer.

Homeowners from the Al Tahoe neighborhood and other South Lake Tahoe residents who frequent the beach examined the plans, trying to visualize what this “new” park would actually look like. Contrasting opinions circulated wildly as each option was presented to the audience.

Option 1 was called “The Hub” and was geared toward creating a more park-like setting at the beach. Changes to the beach that “The Hub” include creating a larger lakefront plaza and picnic space, building separated parking lots with two-way traffic, and placing a gazebo with terraced seating on the event lawn. “The Hub” plan was also drawn to include a non-motorized boat launch for water sport enthusiasts and separated the dog beach area from the main park.

Option 2 was called “Play” and as the title suggests, this option concentrated on providing more outdoor activities at Regan Beach. Option 2 extended the beach area and implemented a large adventure play area with terraces that extended from the lawn to the beach. This conceptual plan also contained a direct walkway connection to the dog beach from Lakeview Avenue and a handicap-friendly ramp that extended from the parking lot to the beach.

Option 3 was named “Restoration” and this plan focused on renovating the park to be in tune with the Lake Tahoe environment. This option aggressively tackled shoreline restoration and concentrated on wildlife habitat creation. With this plan, a jetty would be built to the east of the park. This structure would be a physical barrier between the park and dog area and would also create an aquatic habitat for fish. The “Restoration” plan also included a large promenade

walkway with a picnic area and moved the restrooms and concession stand closer to the beach with views directed toward the west for watching sunsets.

“These are not finalized plans,” Noll stressed. “We want to know what the community thinks about these ideas.”

The beach and recreation area are in need of a serious makeover after decades of neglect. The concession stand is not up to health code standards, the retaining wall around the park is collapsing, and the steep stairs that descend to the beach are not handicap or kayak and paddleboard friendly. The latter is a feature that has become increasingly problematic as the watersports grow in popularity.

Separating the dog beach area from the main park is a big concern as well.

“These days the whole beach is a dog park,” one man said at the meeting.

The preferred alternative will be decided based on input gathered at the community meetings and survey. It will be presented to the public in late August. The **survey is online**. The three options are also **online.**

Collaboration keeps beaver habitat intact



Beaver dams at Taylor Creek are no longer being destroyed by the U.S. Forest Service. Photos/Kathryn Reed

By Kathryn Reed

CAMP RICHARDSON – It depends on who one talks to whether beavers are destructive or one of nature's best engineers.

At 40 to 50 pounds, these mammals are no slouches in the animal kingdom. Being nocturnal, they are not often seen. However, their "work" is very evident. Usually it's in the form of dams or felling of trees.

This "work" that is done near civilization is what has the Sierra Wildlife Coalition and U.S. Forest Service partnering to maintain the animal's habitat and protect manmade structures.



Pipes carry water through the beaver dam and wire keeps them from plugging up.

Beaver dams were causing the $1 million stream profile center at Taylor Creek on the South Shore to flood. Removing the dams was futile. Killing this native species wasn't an ideal option.

Sierra Wildlife Coalition proposed painting some of the aspen trees in the area with a sand-latex mixture that would prevent the beavers from gnawing at them. It's worked. And unless one looks closely it is difficult to know the tree has been treated with anything.

The painting goes 5 feet up from the ground because beavers will cross the snow in the winter. It is winter when most trees are chewed.



Beavers leave behind

evidence of their work.

Levelers have been placed in the dams to allow water to keep flowing down stream while keeping the beaver structure in place. It almost looks like a rudimentary science project with the plastic pipes and wire-mesh cages.

Advocates are working to prevent the kokanee salmon from getting caught up in the diversion devices. However, with the fish not being native to the Tahoe, their survival is less of a concern to the federal agency.

While the devices are not working perfectly, it is a better scenario than repeatedly removing the dams – which is a costly and time consuming endeavor. It would cost about $40,000 to raise the trail, so the leveler method is the economically cheaper route.



Trees are painted to deter beavers from chewing them.

Beavers are good for the environment. The problem is people are living or recreating so close to their habitat so the good aspects get overshadowed.

According to the Sierra Wildlife Coalition, beaver ponds create wetlands, reduce erosion, decrease flood damage downstream, control soil erosion and help filter out sediment before it reaches Lake Tahoe.

The nonprofit, which is based in Tahoe City, has about seven volunteers who help with the installations and tree protection. Another 200 people are on the group's email list and keep the core group informed about beaver activity in the basin and Truckee area.

Beavers are in almost every creek in the region. This is why the Sierra Wildlife Coalition is working with agencies, homeowners and others wherever possible to have beavers and people coexist.

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Notes:

· Sherry Guzzi with the Sierra Wildlife Coalition will give a presentation about beavers July 31 at 8:30pm at Taylor Creek, Lake of the Sky Amphitheater on the South Shore. Cost is $5.

LTWC to show off array of animals at open house



Lake Tahoe Wildlife Care must feed the three baby chipmunks 11 times a day. Photo/Provided

Lake Tahoe Wildlife Care, which has been serving the South Shore community for 38 summers, will once again open its doors to the public with its annual open house.

The Aug. 2 event (10am-4pm) will have a different twist. Each cage will have a monitor outside so people will be able to see the wildlife better. It will be like a virtual tour.

This is the one time of the year people other than volunteers are permitted on the grounds where the wild birds and animals are rehabilitated.

There are two bear cubs, two red-tailed hawks, 15 raccoons, seven great-horned owls, a gray fox, river otter and more.

Volunteers will guide people through the grounds and describe the reasons the various wildlife are at LTWC, and the prognosis for their eventual release back to the wild. Plus, information about the new facility that will break ground in August will be available.

Retail items may be purchased, including Lake Tahoe Wildlife

Care T-shirts and hats, posters, LTWC license plate holders and magnets.

LTWC is at 1485 Cherry Hills Circle off of Elks Club Drive in the unincorporated area of El Dorado County.

Pro soccer may be headed to Reno

By Anjeanette Damon, Reno Gazette-Journal

Professional soccer could be coming to Reno if negotiations between the United Soccer League and Aces Baseball owner Herb Simon continue to go well, the president of the Reno Aces confirmed Monday night.

Aces President Eric Edelstein said a franchise deal with the United Soccer League has not been finalized, despite what unnamed sources told a national pro soccer blogger.

“We don’t have a franchise at this moment,” Edelstein said. “We have been in talks for some time and we are actively pursuing a franchise that, if awarded, would play at Aces Ballpark and would be owned by Herb Simon.”

Read the whole story

Calif. officials tracking deer near Truckee

The California Department of Fish and Wildlife has deemed its deer capture project involving the Loyalton-Truckee mule deer herd a success.

This purpose of the capture and study is to help researchers better understand deer migration patterns and reduce the high number of automobile/deer collisions on a busy 25-mile stretch of Highway 89 outside the Lake Tahoe Basin.

Using tranquilizer darts, CDFW wildlife biologists captured 13 does and fitted them with global positioning satellite collars. Blood and hair samples were taken, length and weight measurements were recorded and general health inspections were conducted on each animal.

The GPS collars will record the location and send the information to researchers through a satellite. This will allow scientists to track the deer as they move from summer to winter ranges throughout the year often crossing Highway 89. Caltrans carcass data have confirmed that more than 1,000 deer have been killed along this busy road in the last 30 years.

The Loyalton-Truckee mule deer are a migratory herd inside the Tahoe National Forest. It is estimated that more than 2,000 deer occupy this area.

Stiff competition expected at Tennis Classic

Nearly 200 tennis players will be competing in 11 divisions of doubles during the Tahoe Tennis Classic, July 30-Aug. 2.

This is the first year the 32-year-old event has been four days. Action begins at 7:45am Thursday at Zephyr Cove Tennis Club.

Bring a lawn chair or sit in the new bleachers – for free – to watch the most competitive tennis on the South Shore. Food and beverages will be sold for a nominal fee.

Mark Peterson and Randy Houston are the top seed in the Men's Century. This event requires the combined ages of the team add up to at least 100 years. South Lake Tahoe's Ryan Johnston and Tad Yukawa of Palm Desert will team together to defend Johnston's title in this category.

Tournament officials say the best team in this division is likely Dick Johnson, recently named to the National 70 team, and Terry Ward of St. Louis, Mo. However, locals Zeke Straw, director of tennis at Northstar, and Chris Beye will be a factor.



Mitch Rittiman goes for a volley in the 2014 Tahoe Tennis Classic against brothers Jim and Dennis Thorne. Photo/Carolyn E. Wright/Copyright

The Mixed B division has Stateline's Ray Fugitt and Tricia Ward as the top seed, with the Zephyr Cove mother-son team of Holly and Mitch Rittiman as another strong team.

Fugitt also will team with Darryl Whittaker, who splits his time between Park City, Utah, and Lake Tahoe, in the men's b as a top seed. Reno's Dennis Diehl and Jim Kumpel also will be contenders for the title in that contest.

The Mixed C division will field several competitive teams. Past champions Judy and Marc Spellman, who are from Florida but spend their summers on the South Shore, are back. Zephyr Cove Tennis Club Foundation President Carolyn Wright and her partner R.J. Gardner fill the top seed; they won the event in 2013.

Ernie's Coffee Shop owner Paul Bruso and his partner from Carson City, Carel James, will be formidable opponents. Pinewild's Melissa Jester and Reno resident Heck Meta, along with Grant Thompson and Lorraine Segala of the South Shore, also will be playing in the Mixed C division.

Some of the most competitive play comes in the Men's A division. Tahoe Donner Tennis Club tennis Director Ian Mindell returns with Ryan Johnston, while Reno's Kevin Strawn and Tony Matkulak are the top seed.

Partnered with Julie Chan, Sacramento's Nancy Bui-Thompson will celebrate her birthday by playing in the Women's A division. Defending champs and the mother-daughter team of Carol and Holly Tretten will again be the favorites in this division.

The Mixed A division will feature Kim Iliffe of Mill Valley with Ty Yarbrough of Texas. Iliffe's partner last year, Blake Beavers, also of Texas, is partnering with Reno's Holly Tretten. Andrew and Ann Stanley return after a long absence to try to dominate the Mixed A. ZCTC member John Wlcek teams with Sacramento's Cynthia Reddick to be likely title contenders.

In the Women's B division, South Shore's Joyce Youngs and Reno's Carol Tretten are the top seed. The tandem of local Sally Huttenmayer and Becky Smothermon from San Jose will be competitive. Denise Hallerbach from Reno will team with newcomer and Las Vegas resident Laurie Sabol.

The Women's C division could be interesting. Former champion Carolyn Wright and last year's consolation round winner Becky LeBuhn are the top seed. They will be hard pressed by Sheryl Herschman and Carel James. Melissa Jester and Judy Spellman will be a strong factor.

The Men's C will be competitive with returning champions Bart Tretheway from Chicago and his brother, Ray Tretheway, from Sacramento. Last year's consolation round winners Heck Mata and Frank Blankenship are anticipated to give the Tretheways a good fight. Long-time participant Rich Brown and partner Bill Gephart, both from Vallejo, merit strong attention in this division.

There also is the spirited Super Century event, in which the

combined ages of the team must equal a minimum of 130 years. Founder of the Tahoe Classic, Hersh Herschman, will pair with Tournament Director Bob Beutenmiller to vie for the No. 1 spot this year. David Lee of Rancho Mirage will team with Dick Johnson of Ballwin, Mo. Jim Bilicki of Rancho Mirage will partner with Ron Moore of Seal Beach, who was a semi-finalist in the Super Century Division last year. Bob Valdez and Lee Ruch represent the Reno-Carson area and are long-time Classic participants.

Zephyr Cove Tennis Club Foundation runs the tournament. Complete info about the Classic is **online**. The club is on Warrior Way off Highway 50 in Zephyr Cove.

Fire closes section of Tahoe National Forest

An emergency closure order has been issued for roads and trails in the Tahoe National Forest because of the Lowell Fire.

This order provides for fire suppression and support personnel safety, as well as public safety and resource protection.

The closure is on the south side of the Yuba River Ranger District and generally includes Tahoe National Forest lands, roads, and trails between Highway 20 and Interstate 80.

A detailed map of the closure area and more information, including the closure order is **online**.

5 ways to become a better athlete

By Bradley Stulberg, Outside

When it comes to performance enhancement in endurance sports, we've all but exhausted traditional methods of physical training. That's why an increasing number of experts believe that unlocking any remaining gains will come from innovation focused not on the body, but on the brain.

One of the foremost authorities in endurance sports, Matt Fitzgerald, doesn't disagree. His most recent book, "How Bad Do You Want It? Mastering the Psychology of Mind over Muscle", explores the emerging science on the psychological underpinnings of great performance.

We caught up with Fitzgerald to discuss his forthcoming book and how athletes can push their bodies further by mastering their minds.

Read the whole story