Fishing derby for youngsters on South Shore

The South Lake Tahoe Moose Lodge is hosting the 12th annual Kid’s Fishing Derby on Sept. 22 at Tahoe Paradise’s Lake Baron.

The derby is free to all children under the age of 16.

Registration begins at 7am at Lake Baron near the main entrance. Hot dogs, chips, sodas, and water will be provided free to all registered children. The event wraps up at 3pm.

Prizes will be given for the largest fish caught.

For more information, contact the South Lake Tahoe Moose Lodge after 2 pm at (530) 541.1632.

Variety of ages compete in races at Kirkwood

Kirkwood was full of runners young and old on Aug. 31. Eight children participated in the two Kid’s Fun Runs. Alexander Slezak, 6, won the half mile race in 4:46, Madeleine Walbrun, 6, was second in a close 4:49, while 3-year-old Kipton Walbrun ran his heart out to a cheering crowd at the finish line in 5:43.

In the 1-mile event, Ethan Mulhair, 10, edged out his competition by a second in 9:26. Caitlyn Clark, 9, was second

in 9:27. Third place went to Aaron Wiebe, 10, in 9:59.

The 5K was won by 12-year-old Cody Proctor in 25:39. Second place went to 70-year-old Duane Baker in 26:01. H e also was the first master's runner. Third place went to Cody's father, Jason Proctor, 50, in 26:28.

Women's honors went to Hailey Brown, 27, in first place, 28:07. Second was Logan Bigley, 12, in 28:26 and third place went to Christine Fabi, 42, in 28:30. Fabi was also the first master's runner.

The older guys showed up again this year. Cy Ryan, 81, was the oldest competitor in all the races. Christine Powell-Millar, 67, was the oldest female. Duane Baker, 70, and Glenn Millar, 74, also participated in the 5K.

The 10K Adventure Run also went to the young and the old and the women. Andie VonEschen, 17, blazed through the challenging mountain course in 52:32 followed by second place finisher Chloe Glare, 32, in 55:49. Third place went to Jeff Williams, 34, in 56:37. Third place in the women's division was Kristin VonEschen, 48, in 58:07. She was also the master's winner. Men's master's winner was Michael Sharp, 55, in 56:57.

The Kirkwood runs were sponsored by the Tahoe Mountain Milers Running Club and the Kirkwood Volunteer Fire Department.

The next running club event is the Kokanee Trail Runs on Oct. 6 at the snow park on Taylor Creek.

Hike to bring awareness about

ovarian cancer

Zephyr Cove resident Susan Henson, an ovarian cancer survivor and cancer awareness advocate, was selected this summer to attend the Ovarian Cancer National Alliance conference in Washington, D.C.

She had the opportunity to learn about the latest advances in treatment with the expectation that she would help raise the level of awareness of ovarian cancer among her family, friends and within her community.

On Sept. 7, Henson is organizing a free hike to fulfill her pledge to bring awareness to ovarian cancer and create an opportunity for others that have been touched by this disease.

The hike will be on the Incline Flume Trail also known as the Northern Flume. The hike is 9 miles point-to-point starting from the Mt. Rose Highway trailhead and ending at the the Tunnel Creek Cafe in Incline. Meet at the Tunnel Creek Café at 8am to carpool to the starting poing.

An alternative out and back hike is possible for those who want to shorten the distance.

For questions, contact Sue Henson at (775) 588.5368 or Sjhensu@aol.com.

Since 1999, September has been proclaimed National Ovarian Cancer Awareness month. Teal is the color for ovarian cancer.

Memorial run-walk for soldiers shot in Carson City

Soldiers and airmen of the Nevada Guard are set to participate in an informal memorial run-walk to commemorate the victims of the International House of Pancakes shooting on Sept. 6, 2011.

The run/walk will start at the Carson City IHOP at 3883 S. Carson St. at 6am Friday.

Shooting survivor Sgt. 1st Class Jeremy Mock will lead a pack of Guard runners and walkers on a 5-kilometer route from the restaurant to the Office of the Adjutant General complex at 2460 Fairview Drive in Carson City. Tracy Kelly, widow of Lt. Col. Heath Kelly, is set to greet the runners at the finish of the route.

For information, call Staff Sgt. Mike Getten at (775) 544.8539.

Free fishing day Saturday in California

The California Department of Fish and Wildlife is waving the fishing license requirement on Sept. 7.

This is one of two free fishing days the department sponsors each year.

Size and number limits remain, thought.

Angler must have an appropriate report card if they are

fishing for abalone, steelhead or sturgeon anywhere in the state, or for salmon in the Smith and Klamath-Trinity river systems.

Controversy surrounds Sierra stream poisoning

By Louis Sahagun, Los Angeles Times

WALKER – State fisheries biologist Dave Lentz poured poison into a remote High Sierra stream and watched quietly as every rainbow and golden trout in the water turned belly up.

After the rotenone spread along 11 miles of Silver King Creek last Wednesday, other biologists poured in a neutralizing agent, making the river again habitable – and a suitable home for the rarest trout in the world.

Kneeling beside a small brass spigot that dripped the milky white toxin into a pool edged with alders, Lentz, a conservation coordinator for native trout with the California Department of Fish and Wildlife, smiled and said, “Looks like everything is working as intended. The Paiute cutthroat trout belongs in this stream, not the nonnatives in here now.”

The Paiute trout is native to the Alpine County stream in the Eastern Sierra’s Carson-Iceberg Wilderness of the Humboldt-Toiyabe National Forest. But it had been squeezed out by rainbow and golden trout, which are not native to this portion of Silver King Creek.

The plan to restore the Paiute trout had been held up in

federal court for more than a decade by opponents who believe that poisoning a stream is about the worst thing that could happen in a designated wilderness. They also question the safety of rotenone and worry about its possible long-term effects on wildlife and regional water supplies.

Read the whole story

Volunteer to work on Tahoe Paradise Park

The League to Save Lake Tahoe is spending the 16th annual Tahoe Forest Stewardship Day at Tahoe Paradise Park.

On Sept. 28 from 9am-2pm volunteers will work on trail restoration, stream bank stabilization and native garden planting.

Contact info@keeptahoeblue.org to register.

League looking for help to clean Zephyr Cove

The League to Save Lake Tahoe will be participating in the Great Sierra River Cleanup on Sept. 21and will be hosting a cleanup site at Zephyr Cove Beach.

During the first four years of the Great Sierra River Cleanup

more than 14,700 volunteers have joined together to remove more than 550 tons of trash and recyclables from watersheds throughout the Sierra Nevada.

This effort, in partnership with the California Coastal Cleanup Day, serves to promote good stewardship on all of our waterways, from the source to the sea.

Preregistration online is requested, but not required.

The cleanup is from 9am-noon.

A summer of hard labor 30 years ago led to Tahoe's revered Flume mountain bike trail



After 30 years of being associated with the Flume Trail, Max Jones still has fun on it and likes getting first-timers to ride it. Photos/Jessie Marchesseau

By Jessie Marchesseau

INCLINE VILLAGE – Every time Max Jones rides the Flume Trail, he can't help but take notice of a certain overhanging boulder that once caught the bar of a chain saw he was carrying on his back that sent him, his bicycle and the chain saw tumbling down the steep granite hillside "headed for Sand Harbor."

"It could have been bad, but ended up just being really dusty," he said.

That was 1983, just days before Jones finished clearing the Flume Trail. This year marks the 30th anniversary of the summer Jones spent making the trail passable on a mountain bike. Today the 13.2-mile Flume ride with its sweeping views of Lake Tahoe is one of the most well known bike rides in Tahoe and is consistently ranked as one of the top mountain biking trails in the country. It goes from Spooner Lake to

Incline Village.

Jones did not create the Flume Trail; it has been in existence since the 1870s when water flumes, or elevated wooden channels, transported water from Marlette Lake to nearby lumber operations and into an underground pipeline that took it all the way to Virginia City. The entire system was a true engineering feat in its day. Eventually replaced by a more modern pipeline in the mid-1900s, the wooden flumes were abandoned and mostly removed, but the flume route remained on many maps. This was how Jones learned of it soon after moving to Incline Village with his wife, Patti McMullen, in 1982.



A mountain biker heads out on the Flume Trail.

At the time, Jones was just breaking into the world of professional mountain biking, and was riding every local trail he could find. In the summer of 1983, he decided to check out the blue line labeled “Flume Trail” on his maps. Having recently picked up his very first mountain bike sponsor, Ritchey bicycles, Jones took out his brand new Ritchey to test out the trail. What he found was an overgrown mess.

Though the entire ride is more than 13 miles, technically, the Flume Trail is only the 4.5-mile stretch of trail that connects Marlette Dam to Tunnel Creek Road. The first time Jones rode it, that 4.5-mile section took him nearly five

hours. In some parts willow bushes were so thick he had to throw his brand new bike as far as he could into the bush then crawl through, grab and throw it again. Other sections had been completely wiped out by landslides.

After such an experience, most riders would have just written the trail off as unrideable and moved on, but for some reason Jones kept going back. He took tools with him, either on his back or strapped to his bicycle and worked on clearing the trail, little by little.

“Some days I’d work all day and get maybe a hundred feet,” Jones told *Lake Tahoe News*.

He worked all summer that year, clearing brush and boulders and hacking through abandoned aluminum pipes entirely by himself with nothing more than hand tools. Only during the final few days did he convince the local forest ranger to let him bring help and a chain saw to finish it.

“I wanted a place to ride. It’s as simple as that,” Jones said of the efforts he put into clearing the trail.

Jones spent 13 years – from 1983-96 – as a professional mountain biker. He has ridden all over the world, from Switzerland to Japan. He is a two-time national mountain bike champion, has had four top five finishes at the World Championships and has been inducted into the Mountain Bike Hall of Fame. He still thinks the Flume is one of the best rides out there.

“It’s not technically the most difficult trail around, but I have yet to come across a trail that’s more scenic,” he said.

Now 55, Jones estimates he’s ridden the Flume Trail 300 or 400 times. As owner and operator of Flume Trail Bikes, which rents mountain bikes and shuttles riders between the start and finish points of the trail, he still has the opportunity to ride the Flume on a regular basis.

One of his favorite things is taking first-timers on the trail, especially ones who have never seen Lake Tahoe. The views from the narrow trail winding along the steep granite hillside are so spectacular riders have to be careful not to ride right off the edge.

“They are the best views of Tahoe at Tahoe,” Jones said, “and you have to work to get them. You can’t just step out of your car, which I think makes them better, actually.”

Tahoe Area Mountain Biking Association President Kevin Joell also cites riding with first-time Flumers as one of his favorite things about the trail. He calls the views “absolutely spectacular” and said the consistent reaction he gets from other riders is just “wow.”

“It’s one of the top 10 most iconic trails in the world,” Joell said, pointing out that the Flume Trail graces the cover of the International Mountain Bicycling Association’s book on how to build great trails.

Joell has not ridden the trail as many times as Jones, but said it is still way more times than he can count. And he keeps going back, noticing something new every time.

Jones estimates somewhere between 20,000 and 50,000 people ride the Flume Trail every year, with 4,000 to 5,000 of those using his shuttle service.

Though he has only been running Flume Trail Bikes since about 2000, Jones has been involved with the trail in one way or another since he first cleared it. He and his wife ran a pro bike race on the trail for many years, and he helps with trail maintenance annually. The couple also spent 27 years running the cross country ski center at Spooner Lake as concessionaire for the Nevada Division of State Parks. They ran the ski center from the park in the winter and the bike business in the summer. In 2012, the couple stopped running the ski center and this summer moved Flume Trail Bikes to Tunnel Creek

Station just south of Incline Village. This is their first year in the new location, and business is better than ever.

Though Jones may not have invented the Flume Trail, he did re-invent it. His vision and persistence paid off in the form of a world-class mountain bike trail which has since been enjoyed by hundreds of thousands of locals and visitors to Lake Tahoe.

Flume Trail tips from the experts:

• On the initial climb, be patient and allow your breathing to acclimate to the altitude change.

• Bring plenty of water and food. It’s going to take longer than you expect because you’re going to want to stop and take pictures and admire the views.

• Be cautious around blind corners, ring a bell or call out when approaching.

• Avoid riding through sand. Look ahead to spot how other riders have been navigating the area.

• If you’re afraid of heights, don’t look down. Focus on the trail ahead.

• Take your time and enjoy it.

Color Blast run to raise money for TY&FS

South Lake Tahoe’s first Color Blast 5K Fun Run is Sept. 14 from 8am-1pm.

Runners wear white and are doused in color at different

stations throughout the run. Colors are corn starch based, non-toxic and biodegradable.

The race is followed by food, drinks and live music. Register online.

The run will be at Lake Tahoe Community College.

Cost is $50 for adults prior to event and $60 the day of event. Kids younger than 10 pay $10. Proceeds benefit Tahoe Youth & Family Services.