2 holiday weekend running events in Tahoe

Ready to run?

The Tahoe Firecracker Trail Trek is July 4 starting at 8am.

There will be a 5K run-walk and kids’ race at Incline Middle School, 931 Southwood Blvd., Incline Village.

The race benefits the Incline High School boys and girls cross country teams. The Race is part of the Red White and Tahoe Blue activities.

With separate races for kids and adults, this event is for the entire family.

More info is online.

The Ponderosa Ridge Run is July 6 starting at 1am.

No preregistration necessary. A donation of $5 is being requested.

Runners will start at the Spooner Summit maintenance station near highways 50 and 28. Finish at Rim Trail parking lot off Kingsbury Grade.

This is a 9.5-mile trek across the mountain tops from Spooner Summit to Tahoe Rim Trail near Kingsbury Grade.

Tahoe basin under severe weather watch



Sprinkles were falling at Emerald Bay about 5pm July 3. Photo/Kathryn Reed

The National Weather Service in Reno has issued a flash flood warning for eastern El Dorado and Placer counties until 8:45 tonight. This includes South Lake Tahoe, Tahoe City, and Squaw Valley and all of the communities in the basin on Highway 89.

Severe thunderstorm warnings have been issued for areas east of Reno, and both ends of Lake Tahoe. Quarter-size hail is possible

Authorities are warning people to not cross low-lying areas in a vehicle that have a foot or more of water.

Get to higher ground is the general rule.

Afternoon thunderstorms are expected to continue through Thursday. This could impact Fourth of July festivities.

The National Weather Service just began issuing mobile emergency message alerts through select phone carriers. For more info, go online.

– Lake Tahoe News staff report

Gardening classes for Nevadans

Nevadans can learn to grow safe, fresh, organic produce at home and in school and community gardens without spending a lot of money.

University of Nevada Cooperative Extension will help show residents how during eight “Grow Your Own, Nevada!” gardening classes featuring “back-to-basics” best practices for producing bountiful harvests. Classes will be presented July 8-Aug. 26 from 2:30-4:30pm live in Reno and video-conferenced to extension offices throughout the state.

This summer session is focused on getting Nevadans of all ages away from sedentary lifestyles and outside into the garden. All students are welcome.

For those attending the classes in Reno, the July 8 class is free; each additional class is $15; or participants can preregister to take all eight classes for a flat fee of $50. Local K-12 teachers may attend for free with proper identification.

To register, fill out the online form.

SUP racers tear it up in

Tahoe

By Peggy Bourland-Madison

With last Friday's fierce thunder and hailstorm, the Race the Lake of the Sky's 8:30am start on Saturday was in question. Happily, by 6am the June 29 the sun was peeking over Heavenly's ridge, glinting light on the calm shores of El Dorado Beach under clear blue skies. The SUP gods had delivered the perfect day.

For centuries the Washoe natives inhabited these waters and called Lake Tahoe the lake of the sky because the blue sky was mirrored in the lake's waters. Last Saturday and Sunday these waters belonged to the SUP riders.

From 30,000 feet the world may appear blue and green, but up close on June 29, Lake Tahoe's South Shore was a montage of color, as more than 300 paddleboards and their riders assembled to test their skills on the 5-mile course.



Hundreds gather at El Dorado Beach for last weekend's stand up paddleboard races. Photo/By Peggy Bourland-Madison

For the uninitiated, SUP (standup paddling) is a relatively new sport that requires an upright human standing on a board

to self-propel him or herself through water using a single paddle.

The pros make it look effortless. In fact, it is a high level workout that engages most of the body's muscles with intense cardio demands.

SUP has its roots in the Hawaiian Islands and the surf world, where rivalries exist between SUP surfers and traditional surfers. With its rebel cache, it is reminiscent of the 1980's clash between boarders and traditional downhill skiers.

Saturday's events included the Five Mile Race, where the fastest board and rider finished in less than one hour, the SUP Cross (a sprint event with heats), the Grom (surfer slang for child) Race and the awards ceremony, where etched glass trophies designed by local craftsman and SUP competitor John Thomaselli were presented.

The event categories are timed by length of board, type of board, age, gender, prone style, elite competitor. It is a little confusing. Throngs of volunteer board caddies in neon yellow shirts lined the finish area to move the boards out of the way as the finishers came roaring onto shore before a foot race to the finish on the sand. The accurate timing is accomplished with computer chips attached to the riders' race number and the professional services of event timer Jim Kline.

Adding to the weekend's family vibe, world-renown surf artist Drew Brophy was set up in a tent on the beach to teach kids to draw. Lots of "grom" hands were busy making art with Brophy.

Adding to the Tahoe vibe was local photographer, Jon Paul's signature Tahoe image on the race poster and all the race numbers worn by the competitors.

Dreu Murin of Wake Up Tahoe was on hand as the official announcer. Alpine County resident and race board innovator and builder Mike Day was there to compete both days. This is a

homegrown event that Chris Brackett (CEO of South Tahoe Stand Up Paddle) asked many of his friends to be part of. Brackett's eldest son, Jared, worked tirelessly as the events co-director.

By Sunday the event was finding its groove as the 14.4-mile race to Emerald Bay and back was queuing up for the 8:30 start. More than 100 male and female adventurers from all age groups set out across the water under clear skies and light wind. The boat wakes across the lake would prove to be the big challenge. Spectators on shore watched as the riders disappeared into the distance.

Just 2 hours, 23 minutes later Thomas Maximus from San Clemente arrived at the finish line on an unlimited class board (no length restrictions). Maximus rides for co-event sponsor Riviera Paddlesurf.

For some the race will last more than four hours.

Sunday's other activities included "Best Sweet Move" contest sponsored by Sean Sweet of Sweet Water Wear of Hawaii and the Team Relays. After the awards ceremony a live band entertained everyone on the beach while Danny Chavez from Lake Taco served his famous shrimp tacos.

With participants from as far away as Hawaii and South Carolina, Race the Lake of the Sky is fast becoming the darling of the SUP circuit.

Elite rider E.J. Johnson from San Diego summed up the event for *Lake Tahoe News* in two words – "friggin awesome."

Teens can spend 3 days improving golf game

South Lake Tahoe’s STAR Teen Camp on July 22-24 is Golf Camp.

Preregistration is require. Space is limited.

Campers will experience Bijou Golf Course, Lake Tahoe Golf & Country Club, and Edgewood with putting and chipping. Bring golf clubs, polo shirt, appropriate footwear, water, hat, sunscreen, sunglasses, and lunch.

Cost of event is $200.

For more info, email Jen Menzel at jmenzel@cityofslt.us.

Teen paddleboard camp in South Lake Tahoe

STAR Teen Camp’s stand up paddleboarding is July 8-10.

Preregistration is required.

The camp will leave kids with skills and confidence needed to continue paddling all summer.

Bring swim-beach gear, sunscreen, water bottle, lunch. Personal floatation devices will be provided.

Cost is $175.

For more info, email Jen Menzel at jmenzel@cityofslt.us.

Slew of programs at Taylor Creek Visitor Center

The Lake of the Sky Amphitheater programs at the Taylor Creek Visitor Center begin July 5 and continue every Friday evening through August.

The series kicks off July 5 with “Wild Things” featuring an educational look at Sierra Nevada native animals live on stage at 7pm.

“Snowshoe Thompson” will be July 12 at 7pm; “Winged flight at Night” on July 19 at 8:30pm ; and “Fly Fishing in the Lake Tahoe Basin” on July 26 at 6:30pm.

Programs in August include “Stargazing on the Beach” on Aug. 2 at 8pm (meet at Tallac Point); an encore presentation of “Winged flight at Night” on Aug. 9 at 8pm; an encore presentation of “Wild Things” on Aug. 16 at 7pm; “An Evening with Mark Twain” on Aug. 23 at 7pm; and “Geology Rocks!” on Aug. 30 at 8pm.

These programs are sponsored by the U.S. Forest Service and the Tahoe Heritage Foundation. The Tahoe Heritage Foundation encourages a $5 donation, per person for these programs.

The Taylor Creek Visitor Center is located approximately three miles north of South Lake Tahoe on Highway 89. For more information, call (530) 543.2674.

Air show returning to Lake Tahoe Airport

The 24th annual Lake in the Sky Air Show at Lake Tahoe Airport is Aug. 24 from 8am-3:30pm.

The Lake in the Sky Air Show has been described as “the best in the west” by one of the Navy’s participants.

This year’s show will include aerobatic performances by several top performers including Bill Cornick, Jon Melby and Spencer Suderman.

A “Pre Flight” Party featuring WWII Triple Ace Bud Anderson and Mig Killers Pete “Viper” Pettigrew and Mike “Wizzard” McCabe will be at the Flight Deck at Lake Tahoe Airport.

The airshow starts with an 8am pancake breakfast offered by the Kiwanis Club, with the opening ceremonies at 9am. Sky divers will open the show. Vintage Warbirds, military static display aircraft, and many more other aircraft will be on display. Home built, experimental, Highway Patrol, Calstar, Civil Air Patrol and other aircraft are also invited to participate.

Admission is $10 for adults and $8 for kids. Free transportation will be provided from the South Y transit center to Lake Tahoe Airport.

On Aug. 25, those 8 to 18 can fly at no cost through the Young Eagles Program. Those interested in participating must sign up with a parent at the air show the day before.

Tahoe gardeners set up series of workshops

The Lake Tahoe Master Gardeners are offering a series of Green Thumb Gardening Workshops. Each workshop is from 5:30–6:30pm.

Here is the schedule:

July 8, 9, 10: Right Plant, Right Place – Trees and Shrubs in High Elevation Settings

July 15, 16, 17: Pest Management: What's Bugging You?

July 22, 23, 24: Composting: From Garbage to Garden

July 29, 30, 31: Get Wild in Your Garden! Native Plants and Beneficial Insects

Aug. 5, 6, 7: Sprinkle or Shower? Efficient Irrigation

Aug. 12, 13, 14: BMPs for Single Family Homes and Landscaping Ideas

Aug. 19, 20: The Dirt on Your Garden Soil

Aug. 21: Maintaining Your BMPs.

Monday sessions are that Lake Tahoe Community College Demonstration Garden in South Lake Tahoe.

The Tuesday meetings are at the TERC Demo Garden, 2400 Lake Forest Road in Tahoe City.

Wednesday gatherings will be at North Lake Tahoe Demo Garden, Sierra Nevada College, 999 Tahoe Blvd., Incline Village.

USFS sets rules for July 4th in Tahoe

Possession of fireworks of any kind, including sparklers, is illegal in the Lake Tahoe Basin and campfires are not permitted on National Forest beaches or in the general forest.

For those planning to barbecue on the beach, the Forest Service requires the use of portable gas stoves.

The annual alcohol ban will be in effect on Nevada Beach and within Zephyr Cove Resort and Zephyr Shoals (the former Dreyfus Estate) from 6am to midnight on July 4. In addition, county and state laws ban the possession or consumption of alcohol on the Truckee River from Tahoe City to Alpine Meadows and Chamber's Landing Beach on the West Shore, beginning July 1 and continuing through July 6. These areas will be patrolled by law enforcement personnel from the Forest Service, Douglas and Placer counties, Carson City sheriff's departments, and private security staff.

If parking on the side of the road to access National Forest facilities, make sure to park completely on gravel or dirt, not on vegetation. Parking on vegetation may result in a citation for resource damage, plus there's a chance the car's catalytic converter could spark a fire. Consider public transportation if going to the beach that day. The Nifty Fifty Trolley stops at National Forest beaches along the South and West Shores. I

n developed recreation sites, such as Kiva, Tallac and the Taylor Creek Visitor Center, parking is allowed only in designated parking spaces inside the parking lots, not along the roadway. When parking, do not block road access or narrow lanes, which could impede response in an emergency.

Day-use fees for the Fourth of July at Pope, Baldwin, and

Nevada beaches will be $20 and at Zephyr Cove Beach $25 to cover increased security and facility maintenance costs of the holiday.

Pets are not allowed at National Forest designated swim beaches, including Nevada, Pope, Baldwin, Meeks and William Kent. If looking for a place to take a leashed pet, try Kiva Picnic Area from Valhalla Boathouse/Pier to Tallac Point in South Lake Tahoe, Echo Lakes on Echo Summit, Zephyr Shoals on the East Shore, Hidden and Chimney beaches on the East Shore, Coon Street Beach (at the boat launch) in Kings Beach, Kaspian and 64 Acres in Tahoe City.

For more information, go online or call (530) 543.2694.