# Eldorado National Forest gears up for busy weekend



The Eldorado National Forest is preparing for one of the biggest recreation weekends of the year. Other than the Wrights Lake, Woods Lake and Blue Lakes campgrounds, all recreation facilities in the forest will be open.

“It is important that we all take responsibility to keep wildfire out of the forest,” Fire Prevention Officer Barbara Rebiskie said in a statement. “Visitors need to know that all types of fireworks are illegal in a National Forest. Citations will be issued to violators that have any fireworks.”

Wood, charcoal, and propane fires are allowed in the Eldorado National Forest with a 2010 California Campfire permit at this time. These permits are free and can be obtained at any U.S. Forest Service, CalFire, or Bureau of Land Management office. Visitors must completely extinguish their campfire if they are not in camp. They can also help by educating others about fire danger and reporting abandoned or illegal fires to 911 or to the nearest ranger.

The Eldorado will be staffing extra patrols and patrolling after dark this weekend.

Motor vehicle use on the Eldorado National Forest is allowed only on the designated routes displayed on the free Motor Vehicle Use Map that is available at all Eldorado National Forest offices. Visitors planning to camp outside of developed campgrounds must park their vehicle on or within ne vehicle length of a system route.

More information on recreation opportunities and fire restrictions is available on the Eldorado National Forest

website: www.fs.fed.us/r5/eldorado.

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# Annual fundraising run/walk in Incline on July 10

The 26th Annual I-CAN Run/Walk kicks off at 8:15am on July 10 in Incline Village. Proceeds benefit two nonprofits; the Children's Cabinet at Incline Village and Incline High School Athletics Program.

This fun family tradition offers a 5K and 10K Run with chip timing, a 5K Walk, and a 1K Kids Run on a combination of flat forest trails and safe scenic roads starting and ending at Aspen Grove Park. Strollers and dogs welcome. This early morning event begins with registration at 7am. Opening ceremonies begin at 8am and the kids race starts at 8:30am sharp.

Cost for the race is $35 adult pre-registration, $40 race day registration, and $10 for all participants through grade 12. Registration fee includes before race snacks and lunch, the 26th Annual I-Can Run/Walk T-shirt, and the opportunity to support two nonprofits.

Prizes will be presented to the first, second, and third place male/female winners in the 5K -10K as well as medals to the top three male and female runners in each age category. Ribbons for all kids and medals for the top three finishers in each age category.

For more information and to register online for the race, log onto www.i-canrun.org or email info@i-canrun.com or call (775) 842.9890.

# Fight scene experiencing resurgence in Reno

**By Jim Krajewski, Reno Gazette-Journal**

Jon and Dorie Starich try to attend all the fight cards in Northern Nevada. They like to get dressed up and spring for the high-priced tickets.

“We make a night of it,” Jon Starich, 34, said. “We get to pretend we’re rich. It’s definitely a lot of fun.”

Starich became a boxing fan when his father would take him to see cards in the mid-1980s. Boxing in Reno was in its heyday back then. Starich remembers watching the world-title fight between Livingstone Bramble and Ray Mancini in 1985 at Lawlor Events Center.

Even before that, Reno was home to big fights. Jack Johnson, Jess Willard, Jack Dempsey, Max Baer and Sonny Liston all fought here.

**Read the whole story**

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# Tahoe City woman attempting to make swimming history

**By Patricia Yollin**

Karen Rogers is one of the few females in the world who covets the physique of a well-blubbered walrus. That's because she'll be in the ocean at least 15 hours, if all goes well, when she tries on Friday to become the first woman to swim from the Farallon Islands to San Francisco's Aquatic Park – a distance of more than 30 miles in treacherous, bone-chilling water.

"This is something I've thought about for many, many years," said the 43-year-old Rogers, who has lived in Tahoe City 20 years. "It's just a feeling I get when I'm in the water. I don't really believe I belong on land. I don't feel very evolved."



Karen Rogers of Tahoe City is going to swim from the Farallon Islands to San Francisco on July 2. Photos provided by Karen Rogers

Over the decades, at least eight people have attempted to swim from the Farallones to the California mainland. Only Stuart Evans and Ted Erikson succeeded. A six-person relay ended on June 19 when one member of the Night Train Swimmers got hypothermia.

It took Evans 13 hours and 46 minutes to swim from the

Farallon Islands to Bolinas Point in August 1967. The following month Erikson spent 14 hours and 38 minutes in the water, ending his swim below the center span of the Golden Gate Bridge. His two previous efforts had failed.

He said water temperatures dropped as he approached the bay during his first aborted attempt. He became disoriented and was pulled out of the water.

“The nurse on board could not find a pulse, so I was reported dead. I was deep into hypothermia and really not in contact with the world,” recalled Erikson, 82, of Chicago. “And we had two shark encounters, driven off or killed with a very serious .357 Magnum. My second attempt was halted by long, high swells that made me so seasick that I threw up feedings and became too weak to continue.”

Rogers said her coldest swim so far occurred in 41-degree Lake Tahoe water on Inauguration Day 2009. The duration of a later 21.5-mile effort traversing the length of the lake: 10 hours and 50 minutes.

“I decided it was time to wash away everything and start new, so I went down to the lake,” said Rogers, who has two sons, 16 and 18. She grew up in the Bay Area, in Orinda, and belongs to the South End Rowing Club in San Francisco. She is self-employed, specializing in restaurant accounting. Soon, she’d like to start a program to get teenage girls into the open water.

In May, Rogers swam 23 miles from the Golden Gate Bridge to the San Mateo Bridge in seven hours and 21 minutes. The Farallones swim, however, is the most ambitious she’s attempted. She’ll start around 2 or 3am, touch the island if the waves don’t knock her around – “it’s not really a great place to be bleeding” – and contend with water in the low 50s for much of her journey.

“This is probably the most challenging swim that’s ever been

done," said Chris "El Sharko" Blakeslee, 60, who crossed the English Channel in 2004 and, as Rogers' team leader, is the only person authorized to end her attempt. "But she has a body type conducive to cold-water swimming, she's older – you need to have that mental ability to gauge yourself – she has stamina, and she's very focused. All those things together make her an ideal candidate."

He conceded the undertaking would seem deranged to most people. Even at the South End Rowing Club, he said, some members consider it a little extreme.

"But I think it's a noble goal," said Blakeslee, who will keep a close eye on Rogers' stroke count and look for sudden drops that could signal trouble.

The challenges, as Rogers sees it, include cold water, the sheer duration of the swim, strong winds, high waves, fog, tides, the seasickness that's plagued her recently in the ocean and various forms of sea life.

"The great white sharks are still on vacation in Hawaii, or are on their way back," she said. "But there may be a couple renegade ones. I've been rammed by sea lions before, and they've given me a pretty good charley horse. And if I were to swim into a jellyfish bloom, it wreaks havoc on your nervous system."

But Rogers is ready. To get in shape physically, she has relied on running, mountain biking, Pilates, yoga, stretching and swimming in pools and San Francisco Bay. She also has tried to add an extra layer of insulation to her 5-foot-7 frame, eating everything from avocados to coconut ice cream with guava syrup. She currently weighs 172 pounds.

To prepare mentally, she uses visualization techniques. Once she stared at a painting of Bolinas Ridge all day. And she frequently gazes at a wall full of maps.

“Every day I sit next to the creek by my house,” Rogers said. “I just think about my swim and all the things that could happen and how I’m going to remedy those situations when I’m in the water. But my favorite part of marathon swimming, really, is not thinking about anything: the disassociation in the water for many hours. You just hear the water going past your head.”

Rogers compared the experience to a working meditation – and one that’s crucial in the ocean.

“You can get a lot of wind and chop in the bay, but you can always see land,” she said. “Out in the open ocean, you don’t have that. You have to work through it within yourself. I really like that. I just think sometimes I’m missing a dorsal fin to guide me a little bit.”

She’ll wear only a bathing suit, cap, goggles and earplugs, according to English Channel federation rules, and be accompanied by a large fishing boat, a 62-foot-sailboat and a crew of 17, including five kayakers – they’ll take turns navigating and providing liquid feedings every half-hour from the end of a line. She is paying for the $10,000 Farallones venture with her savings and private donations.

Bob Roper, the 71-year-old head of logistics for the team, has belonged to the South End Rowing Club for 42 years and still holds the record for the fastest swim from San Francisco to Marin County under the Golden Gate Bridge. He knows, better than most, what Rogers is facing.

“This is a huge, huge attempt,” he said. “It’s not going to be a walk in the park. It’s much better to go in warmer water a little later in the year, but by then the men in the gray flannel suits will be back. But even when the sharks return, it doesn’t mean a swimmer will be on their menu.”

Walt Schneebeli, 84-year-old historian of the Dolphin Club, the South End’s longtime rival, said, “It’s a very difficult

thing to do. Our best swimmer has never tried to do this. The hardest part will be the last part. You get swept here and there."

Frequently, Rogers is asked if she's planning to tackle the English Channel. The answer is always no.

"I can't quite get my head out of California," she said. "I'm just a hometown girl who doesn't really want to travel too far to have a challenging experience. There's so much great open-water swimming right here. I really can't even think past that."

*Patricia Yollin is a freelance writer based in the Bay Area.*

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# Charity bike ride to pass through South Tahoe

**By Sam McManis, Sacraemento Bee**

Summer is the season for charity cross-country bike rides, and one of the nation's longest ones will be passing through Sacramento on Thursday.

The Texas 4000 for Cancer, a 4,687-mile journey that began on June 5 in Austin, Texas, and is scheduled to finish in August in Anchorage, Alaska, will stop at the state Capitol sometime Thursday afternoon after completing a 105-mile stage from South Lake Tahoe. The riders average 80 to 100 miles on their bikes daily.

The riders are all students from Texas who are raising money

for cancer research. On their stops, the students meet with cancer patients and promote cancer awareness.

**Read the whole story**

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# Weather delays whitewater rafting season

**By Queenie Wong, Sacramento Bee**

Rafting companies are counting on higher-than-normal snowmelt to rescue their season after a chilly spring kept customers on shore.

Gregg Armstrong, owner of the Lotus-based All-Outdoors California Whitewater Rafting, said his company's spring reservations fell about 20 percent from last year, which was already slower than 2008, when he saw record sales.

Yet Armstrong is hopeful this year's higher water flows will reverse his fortunes. His company does 80 percent of its business in the summer, when calmer waters attract a less extreme crowd than the rougher rapids of spring.

**Read the whole story**

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# Youth take Advantage of

# traveling basketball camp

**By Stephen Ward**

STATELINE – Advantage Basketball Camps, a national traveling camp that aims to teach children effective methods on the basketball court and beyond, is captivating the attention and spirit of Northern Nevada's youth.

The camp emphasizes teaching kids to handle the ball, along with proper shooting techniques. Looking around Kahle Community Center, the 27 kids in attendance Tuesday were all engaged in some sort of activity, whether it was a scrimmage with others or a shooting exercise supervised by one of the coaches. Despite the substantial size of the center's basketball area, the boys and girls were utilizing six hoops, with two additional 7-foot basketball hoops for the younger kids.



Youth learn basketball skills at Kahle on June 29. Photo/Stephen Ward

Gil Llewellyn, the main trainer of the camp and a seven-year member of the organization, described his take on the focus of the camp and the lessons he hopes participants walk away with.

“For me, it’s about the bigger picture,” Llewellyn said. “We’re using basketball to teach these kids about the game of life, and how to push through things that are hard to learn … it’s really about persistence.”

Llewellyn also detailed the methods he and his associate use to cater to the needs of the kids.

“There are definitely levels to our teaching,” Llewellyn said as he began to weave the basketball through his legs. “For the more advanced players, we work on speed and endurance. For those who can’t quite get the motion down, we have them dribble the ball through their legs and catch it. For the younger kids or those just getting acquainted with the sport, we just have them roll the ball between their legs.”

Llewellyn ends his demonstration by using his foot to put a stop to the ball that was revolving around his legs seconds earlier.

Two days into the camp, the youth are already professing their approval of the program.

“I love the scrimmages and shooting games,” said Cole Snyder, an 11-year-old from the North Shore.

Alex Tessmann, a 13-year-old who plays for Carson Valley Middle School’s basketball team, favors the more technical lessons he’s learning from Llewellyn.

“I’m learning a lot about hustle and finding openings,” Tessmann said. “Coach Gil has taught me a lot of useful moves for driving the hole.”

Overall, the camp is receiving great reviews from Tahoe’s youth, primarily for its consideration of everyone’s ability level, and the attention given to each participant during the eight-hour day.

The Advantage Basketball Camp is available to ages 6-18, and

will be at Kahle Community Center in Stateline until July 1. The walk-in rate is $40 per day. Sign-ups start at 9am in the lobby of the community center.

Advantage Basketball Camps are nationally recognized, with programs in most states. The next closest camp to Lake Tahoe is in late July in Rocklin. For more information about these camps, click here.

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# Clock ticking on residential burning in El Dorado, Amador

**By Cathy Locke, Sacramento Bee**

Amador and El Dorado county residents planning to burn piles of vegetation to prepare their property for the wildfire season have less than a week left.

All burn permits in areas of Amador County's and El Dorado County's western slope served by the California Department of Forestry and Fire Protection's Amador-El Dorado-Sacramento-Alpine Unit will be suspended at 8am Thursday.

**Read the whole story**

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# Tahoe's Special Olympians

# score big at weekend event

Team Tahoe sent a group of swimmers and track athletes to the Northern California State Special Olympics this past weekend.

Several medals were brought home by the local contingent.

Events were on the campus of UC Davis.



Carla McCloed helps her Team Tahoe members win the gold medal. DanThriftPhotography.com

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# Bears looking for easy backyard food

Bears are finding bird feeders to be a tempting treat this year.

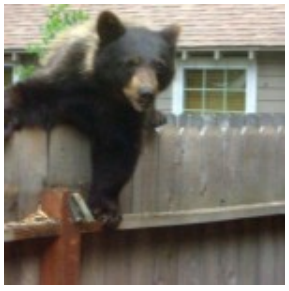
A bear on Margaret Avenue in South Lake Tahoe hopped the fence in hopes of finding some easy pickings with the bird feeder on top of the fence.



A hungry bear eyes a bird feeder in South Lake Tahoe. Photos/Judy Brown

The owner is taking the feeder down.

With bears easily scampering over fences, this could be a problem for small children and family pets playing in the yard, not to mention destruction of fences and other personal property.



A bear comes into the backyard of a South Tahoe home.