

Storm warning canceled, but snow keeps falling

Publisher's note: *Updated 2:10pm.*

More than a foot of snow has fallen at lake level in the last 24 hours.

The winter storm warning that was supposed to last until 4pm has been canceled because the storm has moved east, weather officials said. But that really isn't true.

It's continuing to snow at Squaw Valley. The tram and funitel did not start running until noon. The lines at Red Dog and Exhibition were long this morning.

The best part is not a single obstacle is to be seen. Snow is everywhere. Fat skis are recommended.

This in from Rachael Woods at Alpine Meadows, "As of 9am light snow is still coming down. In the past 24 hours, Alpine Meadows has received 23 inches of snow at the base lodge (elevation 6,835 feet) and 36 inches of snow at the mid-mountain level (elevation 7,500 feet). So far, this storm has brought a total of 49 inches of snow at the base lodge and 99 inches of snow at the mid-mountain level."Avalanche danger is posted as "considerable" today.



Sue Wood makes
shoveling look
like a dance

move Sunday
morning.
Photo/Kathryn
Reed

Most of the highways in and around the Lake Tahoe Basin have controls on them today. Be sure to check ahead of time with Caltrans and NDOT. Or click on the icons at the top of the Home page of *Lake Tahoe News* to know about the road conditions.

Neighborhoods in the basin are the last to be plowed so chains or four-wheel drive may be needed there and not on the highways.

If you are flying out of the Reno-Tahoe airport today, call to make sure your flight is on time and has not been canceled.

Temperatures will hover around freezing today. Expect a break in storms on Monday, with more of that white stuff coming down on Tuesday.

Lake Tahoe ski report, Dec. 13



Snow – it's the word of the day, the word of the hour, the word every minute in Lake Tahoe right now. Here is your daily ski report brought to you by Curtis Fong, the Guy from Lake Tahoe.

Spate of injuries concerns Olympic ski officials

By Christopher Clarey, New York Times

Nine weeks before the Winter Olympics begin in Vancouver, international skiing officials are scrambling to address safety concerns raised by a recent spate of horrific crashes by some of the world's most accomplished skiers.

Two reigning men's world champions and a former women's World Cup overall winner are among those whose Olympic hopes have ended because of major accidents in recent weeks. At least two other medal hopefuls sustained serious injuries in crashes earlier this year, including Daniel Albrecht of Switzerland. Albrecht sustained brain injuries in January and was in an induced coma for three weeks.

[Read the whole story](#)

Tri coach focuses on whole athlete

By Susan Wood

GARDNERVILLE – Work smarter, not harder may well be the mantra for triathlete coach Marc Evans.

The fitness pioneer who has trained two-time Ironman champion Scott Tinley, an early legend in the endurance sport's circle, has dedicated his life to teaching athletes how to live up to their physical and mental conditioning capacity without giving

up other parts of their lives.



Marc Evans

He began doing triathlons at the advent of sport in the early 1980s. But it's through his coaching either in groups or one-on-one that he's found a belief in balance – the kind an athlete practices physically and the type that keeps one's life in order.

"You can do an Ironman training nine hours a week," Evans said, as he gave a tour of his new 1,600-square-foot studio that is steps from his Carson Valley home that he shares with his chocolate Lab, Edge. Even the 14-year-old canine has the right name for his master's sport and livelihood.

Evans, 56, emphasizes being "a coach, not a trainer." He focuses on the big picture, like other Ironman greats Tinley, Dave Scott and Marc Allen. Allen won the event nine times before retiring.

"All these guys had a unique part of them that went beyond their physical talents. But some people become excessive. It becomes too much when it has impact on your life. I tell my people to ski or snowshoe in a prescriptive way," he said. That's defined as a workout mixed in with a flair for fun.

Evans has traveled the globe to share his theories and techniques with others who want to thrive in their sport. These include a 1991 excursion to the Himalayas as the fitness and conditioning director for an American Everest expedition. He recalled a heart-warming moment in Kathmandu, the launching

pad for climbers in Nepal, in which he discovered a 50-meter pool adequate for Olympic training near the popular Monkey Temple. A line of Nepalese kids watched in awe at seeing a man swimming laps.

He also served a stint on an elite performance-testing program at the Olympic Training Center in Colorado Springs. As a two-time head coach for the USA Triathlon Olympic team, his credentials read like a "Who's Who" in the sport. Ironman involves swimming 2.4 miles, cycling 112 miles and running a marathon of 26.2 miles – always in that order.

Now, he's hunkering down in an attempt to bring more athletes to him. One client hails from London.

Evans built the studio, about a \$200,000 investment, on his 2.5 acres. Weight machines are in the loft, on the first floor is a treadmill, a running training platform on rollers, and a swimming flume. The 8-foot-by-14-foot pool allows the swimmer to be in movement without swimming an actual lap.

"The value of these versus a swimming pool is the instant feedback," Evans said. "Most triathletes are not particularly skilled in swimming. Swimming is kind of a nemesis."

He installed a mirror on the bottom of the pool so swimmers can see their movements. There's also a video camera so evaluations can be conducted later. Videotaping is an essential component of Evans' training regimen. The training centers around assessment.

"I don't think people spend enough time on technique," he said.

Evans set up a dorm with a number of bunk beds behind the studio and recently established one-day to one-week training camps. He feeds the athletes what he makes for himself. The menu is organic, leaning toward vegetarian. The cost starts at \$500 for the day.

The participant signs up for a screening under an extensive matrix to evaluate the athlete's status.

"The big reward is having (clients) discover who they are and trust in our relationship," he said.

More than two-thirds of Evans' client base is women.

"I tend to attract busy people who have time limits because of family and work," he said.

Full-time client Kris Kruse-Elliot, 51, fits the bill. The veterinarian, who works with Evans a few times a year, has been doing triathlons as long as Evans has coached – 25 years. The San Francisco Bay Area resident turned to Evans for Ironman training five years ago when her work schedule often topped 60 hours a week.

She admitted to overtraining and found herself prone to injuries from her heel to her shoulder. As a competitive swimmer in high school, none of her coaches worked on technique.

"I was just killing myself," she said.

But being under Evans' wing, even her husband has noticed the difference.

"He's brilliant with his training. My husband said I'm not so tired," she said.

She's healthier and finds her running shoes last longer than four months.

"I used to land on my heel hard," she said. The duo worked on her foot placement and posture in running drills on a track.

As for results, Kruse-Elliot points to Evans' training as the reason for her Ironman personal best of 13 hours, 28 minutes – one hour less than her previous results.

“And I have fun doing it now,” she said.

Evans’ training facility can be reached via phone at (775) 783.9294 or (775) 200.3076. The website, www.evanscoaching.com, spells out the details of his business.

Teter not on podium at Grand Prix



Elijah Teter

Elijah Teter, who lives in Meyers and rides for Sierra-at-Tahoe, did not finish among the top in Saturday’s finals of the Grand Prix half pipe at Copper Mountain in Colorado.

For all the detail in the men’s and women’s competitions, [click here](#).

Lake Tahoe ski report, Dec.

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Can you say snow? It's coming down this morning in Lake Tahoe at a rapid pace. It's light and fluffy – great ski snow. Expect a few feet at lake level by the time you read the next report Sunday morning. Here is today's ski report brought you to you by Curtis Fong, the Guy from Lake Tahoe.

3 missing skiers found near Mt. Rose

This in from KOL0-TV in Reno: "Three skiers missing in the Sheep Flat area off the Mount Rose Highway were found and rescued late Friday. Washoe County sheriff's deputies say the two men and one woman had been missing since 6pm Friday. They say the trio is 'experienced,' and had a fire going that led searchers to them."

Substantial snow expected this weekend



Snow ribbons
in Carson City
on Dec. 11.

Photo/Rob

Bozin

A winter storm warning has been issued for Lake Tahoe starting at 10 tonight and lasting to 4am Sunday.



Sierra-at-
Tahoe base
area -- 7,300
feet, 2pm Dec.
11.

Photo/Provided

The National Weather Service is saying the heaviest snow will be Saturday night when 2 to 3 inches could fall in an hour at Lake Tahoe, with an inch an hour in the valleys of Northern Nevada.

Highs this weekend at the lake are expected to be right around freezing.

While it's been snowing off and on Friday at the lake, the resorts have been accumulating the white stuff.

“It’s been snowing hard all day up here at the resort and we have 3-5 inches on the ground, with another 3 feet possible by the end of the weekend,” Kirstin Cattell of Sierra-at-Tahoe said of conditions at 2pm.

The incoming storm has forced Zephyr Cove to cancel its 10am snowmobile tour on Dec. 12.

Lake Tahoe ski report, Dec. 11



Snow is gently coming down in Lake Tahoe. Expect powder days for the next few days. Here is the ski report from Curtis Fong, the Guy from Lake Tahoe.

Sierra’s Teter injures shoulder

By John Branch, New York Times

COPPER MOUNTAIN, Colo. — Hannah Teter, the defending gold medalist in the women’s halfpipe competition, dropped out of the United State Olympics team qualifying event here because of a shoulder injury she sustained during warmups.



Hannah
Teter

It does not mean that Teter will miss the Olympics, but it will put more pressure on her in the coming weeks. The United States Snowboarding Grand Prix event here this week is the first of five qualifying events for the American team. The United States is expected to send four men and four women to the Olympics halfpipe competition, and they will be determined by which athletes have the two best results in the five qualifying events.

Read the whole story