

Fall 2016/Winter 2017



Communities connected
to nature
through a system
of trails



Photo: Chris Dickerson

Mountain Biking on Carson Valley Trails



Chris Dickerson's first mountain bike ride was Eagle Ridge Trailhead to Genoa Canyon Loop and back to Eagle Ridge. "I was sore—and addicted. I love riding the Carson Valley trails weekly." Chris is out riding two to five days a week.

Photos: Chris Dickerson



Gardnerville resident Jeff Prater started riding mountain bikes as a kid in the California Central Valley. He continued riding in college in Chico, and has ridden extensively in Colorado and Utah. Jeff now rides four or five days a week, usually on CVTA trails.

"The trails are great, close to home and they provide many different types of challenges," Jeff says. "I typically ride alone because most rides are training rides. But I do have a group I ride with every Monday evening."

What does he think about CVTA trails?

"I like that the CVTA trails are well thought out and well planned. I like the Genoa trail system for the challenging climbs and switch-backs and I love the views of Carson Valley. The Clear Creek trail is a good place to get some easier, but never boring miles on the bike. Recently I rode Sierra Canyon and noticed trail workers on my way in, but not on the route I was on. By the time I rode back down, I was on the new trail as they were putting the final touches on it."

Jeff's advice for novice riders: "Ride lots. It gets easier."
Photo: Jeff Prater



In this issue, the Carson Valley Trails Association highlights our mountain biking trails

Biking the Trails

Mountain bikers are a breed unto themselves. If you're a Carson Valley trails hiker, you have undoubtedly at some point encountered a mountain biker on the trail. That's because four of our trails are high on the Singletracks list of Best Mountain Biking Trails in Nevada.

Sierra Canyon Trail (#8 Best Mountain Biking Trail in NV) is a 10-mile moderate trail best ridden downhill. Approach on the Tahoe Rim trail from either Kingsbury or Spooner. The top mile or two has sections of large and loose rock, but is rideable in its entirety. The middle section has some minor loose rock sections and some short uphill. If you keep your speed these are pretty much a non-event. The lower and very bottom sections are where the fun is with some nice flowy sections through the forest. A couple of spring crossings keep it cool. The very bottom is fun with narrow track and some tight turns near drop offs where you don't want to blow it. A full on creek crossing and you are almost down. If you didn't park right at the trailhead, a 3 minute ride takes you to the Genoa Bar for well earned adult refreshments. A highly recommended way to end your ride. The bottom trailhead parking is on the east side of Centennial Drive at Snowshoe Lane. It's a short ride west up Snowshoe Lane to the trail.

Clear Creek Trail (#14 Best Mountain Biking Trail in NV) is 10.5-mile one-way, 21 miles round-trip. This moderately challenging trail starts at Jacks Valley Elementary school on Jacks Valley Road. Riding the first few miles, you'll see high desert sage and bitterbrush. The trail gains elevation gradually, then contours above Jacks Valley as it enters a pine forest. Continue to climb through the forest where eagles, raptors, and deer sightings are common. At about 7 miles in, a popular overlook called Knob Point is a great place to stop for beautiful vistas of the valley below. Many people turn around here and head back down. If you continue on, the remaining 3 miles to Old Clear Creek Road passes through some spectacular forest and more singletrack which can get narrow at points, with moderate drop offs. There is a second overlook between Knob Point and Old Clear Creek Road which makes for a great picnic or rest stop. The trail follows Old Clear Creek Road for 0.8 mi before turning into singletrack again. The end of the trail is about 1,000' from Tahoe Golf Club Drive and the interchange of US Hwy 50.

Genoa Loop (#20 Best Mountain Biking Trail in NV) is 8.2 miles long. The lower 1.4 miles of this loop goes through the town of Genoa, following the roads between the Sierra Canyon and Genoa Canyon access points. Those wanting to shuttle vehicles between the two access points have a 6.8-mile ride. Parking is available just about anywhere on the Genoa streets such as near Genoa Park and Mormon Station State Historic Park. The least strenuous direction to do the loop is likely counterclockwise starting in Sierra Canyon.

Eagle Ridge Loop (#27 Best Mountain Biking Trail in NV) is 6.5 miles long. The lower 2.2 miles of this follows the graveled Centennial Drive down to Jacks Valley Road, then north on Jacks Valley Road and back up Eagle Ridge Road to the Eagle Ridge Trailhead. This loop has the least amount of snow during winter months.

Pinyon Trail trailhead is on Pine Nut Road 2 in the Pine Nut mountains. This singletrack trail climbs gently and circles a large knob with great views in all directions. It can be ridden both clockwise and counterclockwise. A 3-mile loop starts one mile from the trailhead. You can ride the loop more than once if you want to make it a longer ride. This ride features a buff trail that meanders and climbs through typical high desert terrain with sage, pinyon pine, and juniper. Mountain bikers and dirt bikers share this trail at dirt bike crossings.

West Fork Trail If you're not a mountain biker, but you'd love to get off the road and into nature on your bicycle, park your car at the Whit Hall Interpretive Center parking lot at River Fork Ranch on Genoa Lane, and ride the two-mile ranch road/trail along the West Fork of the Carson River, stopping to listen for birds, to spy turtles, or to say hello to Ranch One cattle grazing in the pastures. When you reach the other end of the trail at Muller Lane you may exit and continue on around the valley, or head back to the parking lot the same way you came.



Photo: Anne Thomas

Pinyon Trail



Photo: CVTA

Sierra Canyon Trail



Photo: CVTA

West Fork Trail

For more information on these and other trails, including detailed directions, trail descriptions and maps, visit www.carsonvalleytrails.org

President's Message

Joni Jackson

CVTA welcomed Fall with our annual Hike for Health held on September 17th at River Fork Ranch on Genoa Lane. This year's event attracted over one hundred people of all ages who enjoyed morning hikes. One of my favorites was a combined hike with Norah Gastelum discussing the newly discovered Western Pond Turtle, and Brenda Hunt describing the Carson River Watershed. The event was a huge success thanks to event chair Juan Guzman and his committee Barb Wilson, Norah Gastelum and Carlo Luri. A HUGE thank you to ALL the volunteers who made this event possible. We couldn't do it without you!!



Photo: Juan Guzman

The Board held a Meet and Greet held on October 17th to invite those interested in volunteering for our organization. As an all-volunteer organization we depend solely on the time and expertise of our generous volunteers. To plan, build and maintain trails requires the skill and strength of many people. We need board members with expertise in financial and membership record keeping, leadership skills, publicity capabilities and trail design and building expertise. In addition to the board we need volunteers to help build and maintain trails and work with outreach and fund raising. Most of our trails are multi-use, meaning they are built for hikers, bikers and equestrians. It is our goal to get individuals from all those areas to volunteer and give input to our organization.

In this newsletter, we are reaching out to our mountain biking community, some of the friendliest and athletic people on our trails. We need you! We need your input about our trails and any expertise you have. Without the continued support of our volunteers we, cannot fulfill our mission. Please consider giving of your time, expertise, and energy to the Carson Valley Trails. Contact CVTA at info@carsonvalleytrails.org to find out about current volunteer needs.

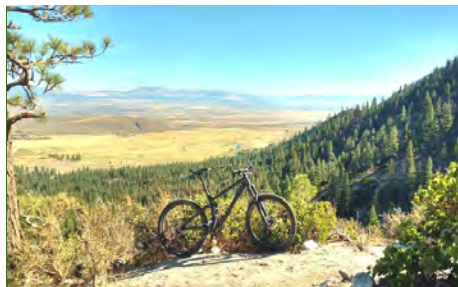
Coming Soon...The 2nd Annual CVTA Year-End Campaign

Sheryl Gonzales, VP Fund Development

Last year, an Annual Year-End Giving Campaign was initiated to raise funds to ensure that CVTA maintains a strong financial position to support our mission: **Providing access to public lands through a recreational trail system for present and future generations to enjoy.** Last year, our members and supporters generously donated over \$7400 and provided support for these projects:

- Bently Heritage Trail: Trail name changed; one-mile trail addition built; trail markers and maps updated; trailhead access road graveled.
- Clear Creek Trail: Four realignments completed; bridge installed.
- Fay Luther/Jobs Peak Ranch Trail System: Realignments completed on Grand View Loop, Interpretive Trail and Lonesome Trail; short bridge was installed; Fay-Luther kiosk touched up and new maps installed.
- Genoa Trail System: Ten realignments completed on the Sierra Canyon and Eagle Ridge Loop Trails.
- Pinyon Trail: General tread maintenance occurred throughout the trail.

All CVTA members will receive a letter with details about current and future trails projects that will be supported by the Year-End Campaign. We invite you make a donation of any amount and help us reach our goal of raising \$10,000 to support future CVTA trails projects.



"Fun trail! Jack's Valley to Hwy 50 today; there were some minor loose areas, mostly great riding!" — Jay Drees



Maybe we're biased, but we think that Carson Valley has some of the best mountain biking trails in the Reno-Tahoe area. On any given day, you'll see bikers out getting exercise, taking in the views, and enjoying the thrills the Carson Range affords. According to SacredRides.com, these are some characteristics of a mountain biker:



"Valley socked in, 40 mph winds and rain.....what do you do???? Go ride Eagle Ridge above Genoa of course!!!" — Chris Dickerson

YOU ARE DETERMINED Mountain biking is very much a mental game. You have the determination to get through those steep climbs, over those big logs and across those rock gardens. On the flip side, if you don't get through those obstacles on the first try – you go back a second, third and fourth time. You understand that improving your skills doesn't happen overnight. Enhancing your skills takes lots of sweat, experience out on the trails and determination.



"Eagle Ridge this morning." — Chris Dickerson

YOU HAVE A SENSE OF ADVENTURE You are always curious about what's around the next bend. You aren't shy to explore a new trail system, climb to a panoramic look-out and plan your vacations around mountain biking. You have become lost on the trails a couple times, but it doesn't faze you, as you usually emerge with a pretty neat story and a better appreciation for the sport.

YOU ARE FOCUSED You understand that skinnies, jumps and log bridges are not suitable for an unfocused mind. When you bike, you enter "the zone" – so focused on the environment around you, the bike becomes an extension of yourself. You notice every sight, sound and smell across the landscape and focus not only on connecting with your bike, but with your surroundings.

YOU CAN LAUGH AT YOURSELF Every great mountain biker has had a few great bails. You accept humility as part of the sport. You can laugh at yourself when you don't clip out soon enough, when you tap your front brake a little too soon or when you fail to see that eye-level branch. You can laugh at yourself, stand back up and try again. At the end of the day, getting back on the saddle is all that matters.

YOU RESPECT THE NATURAL ENVIRONMENT You find yourself biking through breath-taking landscapes and recognize that without our natural world, our mountain biking world wouldn't exist. You protect, conserve and respect the forests, deserts and mountains that have become our awesome playground.



"Nice early morning ride today on Pin-yon trail. With Tim and Wess." — Chris Dickerson

Mountain biking is not for everyone, but fortunately our trails are! Next time you encounter a mountain biker, say hello as you pass each other. We're all out there on Carson Valley trails because we love the outdoors!

TRAIL OPERATIONS REPORT

Jeremy Vican, VP Trails Operations

Trail improvements for bikers have mostly been on the Genoa Trail System. Nearly all of the existing road portions of the trail system now have single-track bypasses that significantly reduce the trail grade while providing a much more interesting route with more enjoyable trail flow.

Several dozen realignments have also been completed that eliminate unnecessary and redundant hill climbs, remove short, steep sections, improve sight lines and provide better turning radiuses. These improvements not only make trail riding more fun, they are designed to make riding safer.

They also benefit hikers by creating better sight lines between hikers and bikers and eliminating steep trail pitches.

MOUNTAIN BIKER GIVES BACK!

Jay Drees is a regular on Carson Valley trails. Here's what he says about our trails, and the importance of maintaining them:

I do trail maintenance when I see it being needed. I love to ride and in order to keep the trails fun they have to be maintained. Taking ownership of the trails I ride allows me to not only have fun on them, but also gives me pride in knowing I did a small part in keeping them safe for others to enjoy. It's about being a useful piece of the puzzle; I choose to be part of the bigger picture for others to enjoy.

Our valley has some of the best scenery and Carson Valley trails allow people to get out there to see it. There isn't a bunch of employees sitting around waiting for work on these networks of paths and trails. As users, we need to keep up what we want to preserve.

Just like the mountain bike; if you clean it, tighten the bolts, air up the tires and lube the chain, it will be there the next time you want to have fun.

Thanks, Jay!



"Did a little trail maintenance on Discovery between the viewpoint corner and the connector to Sierra Canyon. There were a few trees that were in the trail so I moved them off...next trip will be with a rake to remove some of those VW Bug sized pinecones and clean up some of the washed out areas." - Jay Drees



Photos: Jay Drees

We need help to maintain the trails and keep them safe and fun for everyone!
Contact CVTA at info@carsonvalleytrails.org to find out about trail maintenance days.

OUR MISSION

The Carson Valley Trails Association is a nonprofit, volunteer-based organization working with partners to provide access to public lands through a recreational trail system for present and future generations to enjoy.

OUR VISION

Communities connected to nature through a system of trails.

OUR VALUES

- ♦ We honor and celebrate our volunteers.
- ♦ We collaborate and work with many partners in our community.
- ♦ We work efficiently and act with integrity.
- ♦ We are committed to trail stewardship.



Photo: Jay Drees



Photo: Juan Guzman



Photo: CVTA

Please Join Us!

Annual Membership Levels:

- ☐ \$25 Individual
- ☐ \$35 Family
- ☐ \$15 Senior/Student
- ☐ \$45 Business

Annual Sponsorship Levels (Includes Membership):

- ☐ Carson River \$50 or more
- ☐ Pine Nut Mountains \$100 or more
- ☐ Carson Range \$500 or more
- ☐ Jobs Peak \$1000 or more

I want to volunteer! I am interested in:

- ☐ Trail building/maintenance
- ☐ Being a Trail Scout or Trailhead Guardian
- ☐ Fundraising
- ☐ Community outreach
- ☐ Marketing/Publicity
- ☐ Assisting with CVTA events/activities
- ☐ Serving on the CVTA board
- ☐ Other _____

Please print clearly:

Name _____

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*Members receive the CVTA Newsletter and periodic notifications about CVTA events and volunteer opportunities.

We will not sell or share your mailing or email address.

To join, complete and mail this form with check payable to:

Carson Valley Trails Association

P.O. Box 222, Minden NV 89423

Your donation to CVTA, a 501(c)(3) Nevada nonprofit organization, may be tax deductible pursuant to the provisions of section 170.c. of the Internal Revenue Code of 1986, 26 U.S.C. 170.c.

Thank You!

Hike for Health 2016

Juan Guzman, VP Community Outreach

This year's Hike for Health event was held on September 17th at River Fork Ranch in Genoa. Morning and early afternoon short walks or hikes, each with a leader experienced in a subject that enhanced the hiking experience, included birding with Jim Woods of Birding Under Nevada Skies, a Range and Forest Walk with Shane Ryan of the Nevada Division of Forestry, and a history walk in Genoa and Mormon Station with Daniel Wassmund, Mormon Station Park Ranger. All leaders volunteered their services and hiking groups ranged in size from three to fifteen.

The Carson Ranger District's Leave No Trace Program was there, and Smokey the Bear stopped by for lunch. The Nevada Cancer Coalition's Sun Smart Nevada Program provided information about sun protection and handed out free sunscreen for the use of the participants. Muscle Powered, a sister nonprofit organization in Carson City, staffed a booth with trail maps and information on hiking activities available in Carson City. A delicious lunch of Bently Ranch hamburgers and sausages was prepared by volunteers from the Starbucks Roasting Plant. Music, was provided by "Hick'ry Switch," a local bluegrass band that performed during lunch.

Thank you to our partners in this event, The Nature Conservancy and Carson Valley Medical Center, and to the many dedicated volunteers, especially those who helped with set-up and take-down, trash, and many other tasks. A big thank you to everybody!

Photos: Juan Guzman



Summer Family Fun at River Fork Ranch

Norah Gastelum, CVTA Board

Sunny skies, open space, kids, scientists, and turtles ... the perfect recipe for exploration, learning, and fun! On June 17th, the Douglas County Library, The Nature Conservancy's River Fork Ranch, and the Carson Valley Trails Association joined forces to kick off the library's Summer Reading Program activities for children and teens. This year's Get in the Game theme was chosen to promote healthy outdoor recreation, and that includes hiking our Carson Valley trails and learning about the science of conservation.

26 kids and 20+ family members learned about Western Pond Turtles from Mark Enders, a biologist with the Nevada Department of Wildlife (NDOW). Mark and his team have been studying the turtles at River Fork Ranch to give us a better understanding of the population and habits of this native turtle species. They've "transmitted" 15 turtles, which are now being tracked and monitored. Mark showed everyone a Western Pond Turtle and answered all the great questions the amazing, inquisitive kid scientists had.

Following the turtle talk, everyone went on a short hike to explore the area where the East and West Forks of the Carson River converge. The hike emphasized the benefits of having the nature preserve for open space, habitat restoration, and recharge of the precious aquifer. The families there that day now know more than most people about the Western Pond Turtle, and they know how much fun it is to get out for a healthy hike on the West Fork Trail and look for their turtle friends. Photos: Norah Gastelum



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RETURN SERVICE REQUESTED

Your annual membership dues and donations to the Carson Valley Trails Association, a Nevada 501(c)(3) organization, may be tax deductible pursuant to the provisions of section 170.c. of the Internal Revenue Code of 1986, 26 U.S.C. 170.c. All proceeds go toward trail construction and maintenance, project planning, community events and trail access in the Carson Valley.



Jay Drees takes a break on the Eagle Ridge Loop overlooking Carson Valley



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