



The VOICE

A Newsletter for the Residents of Teravista

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June 2016

Local Running Group Seeks to Break Top Myths about Marathon Running

USA Fit Austin Launches New Season in Time for National Running Day

With National Running Day just around the corner on June 1, USA Fit Austin seeks to break the top myths about what an actual long distance runner looks like. The local full and half marathon training group program is accepting online registration for its 2016 season now through June 30 at www.AustinFit.com. The season will kick off with two orientation events on June 11 and 18 in the TXDOT Parking Lot at 150 East Riverside Drive.

“Most people don’t believe they can complete a full or half marathon for various reasons,” said USA Fit Austin Organizer and Head Coach Linda Brown. “Our mission at USA Fit is to show people they absolutely can succeed by providing training plans for every fitness level in a fun, non-intimidating and safe environment.”

Brown herself joined USA Fit Austin in 2005. Now, as a coach, she hopes to bring the same motivation and encouragement that her coaches and fellow members gave her to help runners around the Austin area reach their own personal goals.

- According to Brown, the top myths about marathon running include:
- Marathoners must be young.
- Marathoners must be athletes.
- Running long distances is dangerous to one’s health.
- Runners must be a certain weight or size to successfully run a full or half marathon.

She said that members of USA Fit Austin defy all of these myths and have gone on to complete half and full marathons during their very first seasons with the group as well as meet personal health and fitness goals.

“The most rewarding part of our job as coaches is to see members achieve so much more than they thought possible, no matter their fitness level or stage in life,” said Brown. “The only thing we ask our members to show up with is a goal and the passion to meet it. We take care of the rest.”

Registration for USA Fit Austin is \$135 for new members and \$105 for returning members. Runners meet Saturday mornings for ability-

based group trainings, enjoy weekly seminars and social events throughout the season and benefit from the encouragement and expertise of certified coaches. To learn more and to register, visit www.AustinFit.com.



THE VOICE

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Georgetown Municipal Airport	512-930-3666
Georgetown Parks and Recreation	512-930-3595
Teravista Golf and Ranch House	512-651-9850
Teravista Residents Club	512-310-7421

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Cedar Myths Debunked

I am frequently hired to help clients approach development of their raw tract of land they recently purchased. Without exception, I encounter surprise and curiosity when I strongly discourage removal of all the cedar (correctly called Ashe Juniper – it is not in the cedrus family). The most common misconceptions I encounter go as follows:

Cedar isn't a native tree right?

Ashe Juniper is actually a Texas native tree, which was found mostly in mountainous rocky areas (i.e.: the common name Mountain Juniper). Also, it was found in locations where natural fires or fires ignited by the Native Americans did not spread to.

Cedar is a very invasive tree!

Ashe Juniper is a successful native plant that is unchecked in reproduction, when the natural cycle (which includes fire) is significantly altered by human efforts. The reasoning of this argument would also conclude that Live Oaks are also invasive. Due to the lack of fires and the avoidance of removing any oaks during clearing of land, we now have the catastrophic consequence of interconnected roots across the entire hill country and the capacity of the oak wilt fungal virus wiping out the vast majority of our Live Oak trees. Historically, our oak motts were much fewer and mostly separated from one another preventing the devastation we now experience.

Cedar is a water hog and is sucking all the water out of my land.

Ashe Juniper is actually one of the most efficient water users in our entire cadre of native trees. It is usually the last species to die in a drought. It grows very successfully in places like Junction and Rock Springs, where few other species are able to grow. It is true they are evergreen, but the amount of water they require per diameter inch is less than a Live Oak. I say this not to advocate for the removal of all Live Oaks by any means, rather to show the reasoned conclusion of

removal of Live Oaks will also decrease significantly the absorption of water from the ground by a tree species! The fundamental fact behind the shade value of trees to land is this: the Sun exponentially more than any amount or type of plant, causes the desiccation of the soil. Use of a tension-meter in an Ashe Juniper copse and then outside in a neighboring field will substantiate this.

Cedar will turn my land into arid, infertile land.

Ashe Juniper significantly minimizes erosion of topsoil. Watch a slow motion video of the effects of a full-speed rain drop on soil. By contrast, Ashe Juniper slowly drips the rain onto the ground. It is a fact that the topsoil under a cedar is deeper. Not only that, it is nutrient-rich humus. The dead needles condition the soil where beneficial bacteria and mycorrhizal fungi populations thrive; the berries and needles significantly help lower the alkaline soil ph.

All cedars around good trees should be removed though right?

Actually, Ashe Junipers situated around the perimeter of other trees help buffer them from winds minimizing erosion plus cool the micro-environment (soil temperature, cambial tissue in trunk, canopy of tree near Ashe Juniper) significantly around the tree. In addition, it reduces the loss of moisture of that tree as a result of the effects of the sun to its root system outside its own canopy.

Summary

Generally, my initial approach to Ashe Juniper removal on raw land is a 60% removal and 40% retention. With time, more removal is often warranted. Obviously, Ashe Juniper in a field for grazing or for growing coastal hay is a negative value. But even for livestock, a mature Ashe Juniper can offer excellent shade. Also, raising the Ashe Juniper canopy to 3' or 4' can allow for grass to grow underneath it. Furthermore, wildlife absolutely needs Ashe Juniper as well as highly desirable rare natives such as the Texas Madrone.



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Pruning Dilemma, Part One

I am most frequently asked the question: "When is the best time to prune my trees?". If only you all knew what a complicated question that is! Here comes my long-winded response which is almost never explained this thoroughly to a curious client and even here, it will be a cliff notes version.

We will take a seasonal evaluation of pruning's pros and cons. First, let's start with Spring. During spring, the flow of sap and tree growth is at its highest. On the positive side – the tree's response to the pruning wound/injury is the quickest at forming what's called wound-wood; its purpose is to completely grow over the injury and minimize the amount and extent of dieback, rot, etc. to the tree. Also, new growth is invigorated even more by pruning. On the negative side – sap flow is increased and pathogens, insect pests and the like become a higher threat.

During Summer, the increased heat and lack of soil moisture lowers the amount of sap and so pathogen as well as pest dangers are somewhat less than Spring, and the time for the tree to cure its pruning wood is faster than in the Spring. Unfortunately, due to the greater likelihood of drought, which weakens the tree's immune system, it often can't resist even some minor threats (such as hypoxylon canker). New growth also is spurred in other areas of

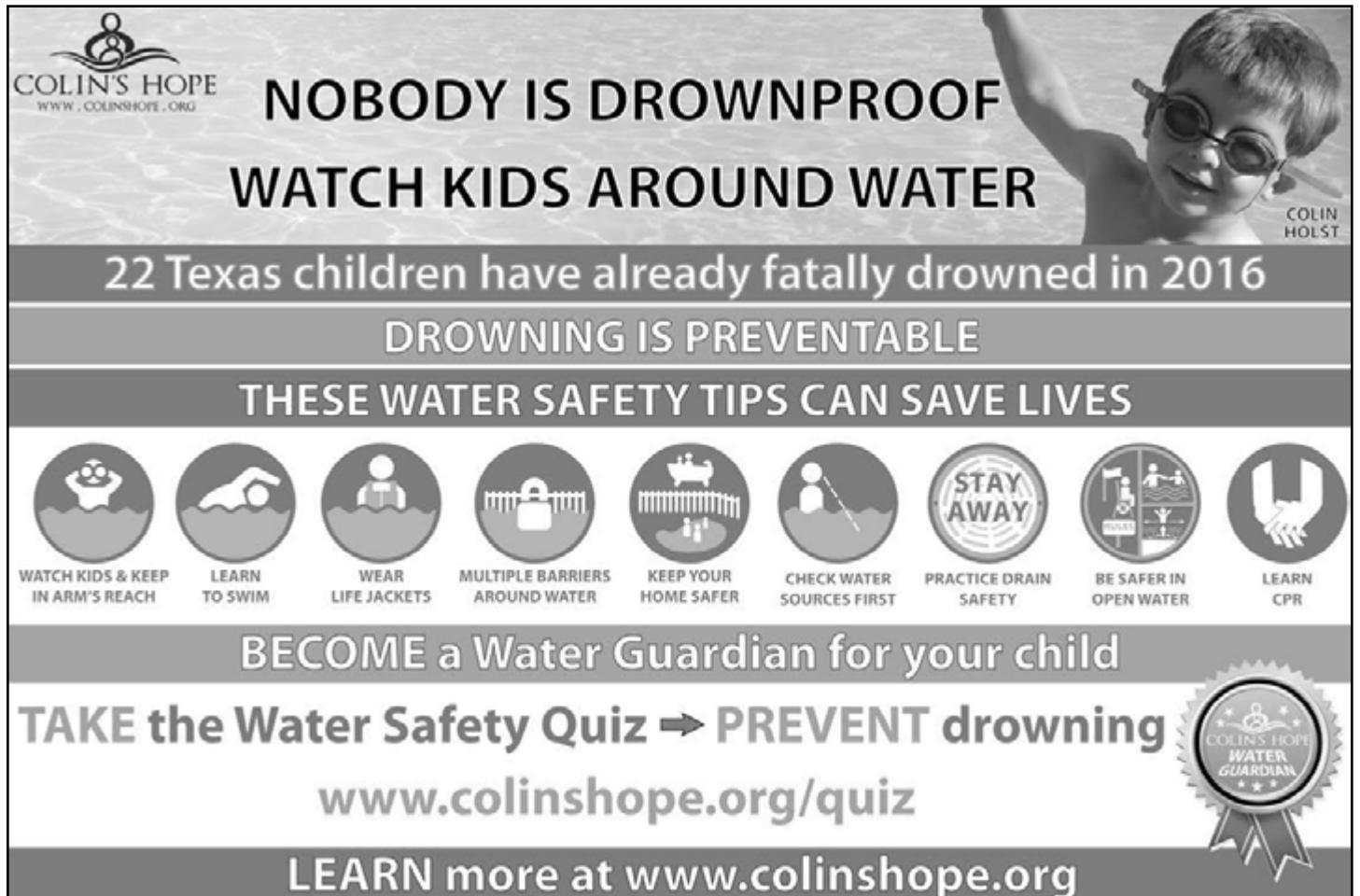
the tree during the Summer – though not as much as in Spring. If adequate moisture is not present it can actually become a stressor on the tree. Furthermore, the formation of wound-wood from callus tissue is not as good as Springtime.

Fall is, for the most part, a balance between the Spring and Summer months – less woundwood formation than Summer, less pathogens/pests than Summer.

Winter has one of the least amount of pathogen or pest threat, yet it is also the worst time for woundwood growth. The benefit of increasing tree growth is practically non-existent. Also, during severe temperature changes and winter storms, the wood can actually expand and contract on larger cuts opening up cracks that greatly increase the extent of the injury into the parent branch or tree trunk.

My final position on the best season to prune is that "when is not the most important question"! The most important question is "Who should I select to do the pruning?". With that said, Spring is the best time to prune your trees from a woundwood standpoint and to increase the growth of your tree. It is the assumption and practice of pruning experts throughout the world who try to perform most pruning operations during Spring.

(Continued on Page 5)



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(Continued from Page 4)

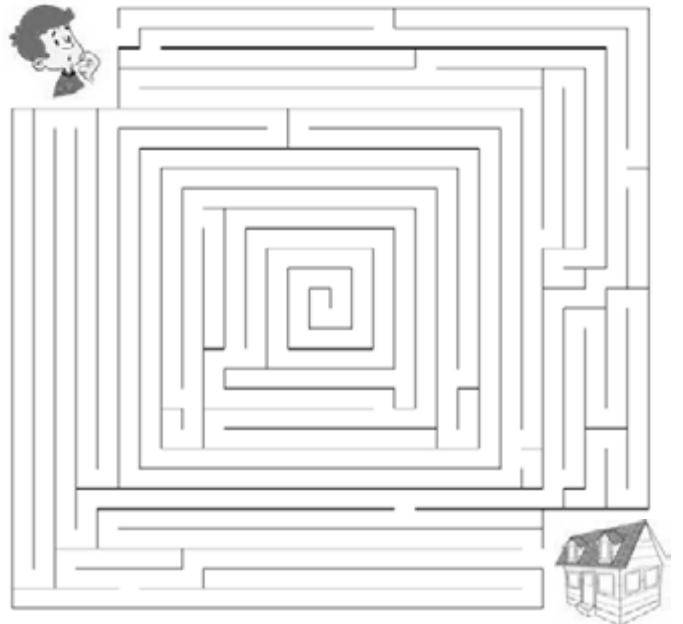
It is too much to cover in this article but my Pruning Dilemma Part Two will scrutinize assumptions leading to the premise to not prune oak trees during the best pruning season of the year! Texas Forest Service as well as others often recommend "no pruning". Again, the vital question is "Who" not "When" from my professional view.

Questions or comments this article or previous articles have generated, may be directed to me at: kevin@arborcareandconsulting.com

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