

ZIONS BANK[®]

BOULDER MOUNTAIN TOUR

SUN VALLEY, ID



**FESTIVAL:
Feb 1-4, 2018**

**BMT:
SAT • FEB 3**

The Best Race in the Greatest Place!

NordicTown USA Sprints • BMT Expo • 43rd Boulder Mountain Tour • Nordic Demo Day

bouldermountaintour.com





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Pursue your cross country ambitions at our exceptional ski academy for day and boarding student-athletes while preparing for college and beyond.

Please contact Jonna Mendes, Program Director, at 208.720.0512 or jmendes@sunvalleyskiacademy.org | www.sunvalleyskiacademy.org

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Program design by Judy Stoltzfus of
Judy's Design House

Photography courtesy of Nils Ribbi, Glen Allison
Maps courtesy of Evelyn Phillips

To advertise in the 2019 Sun Valley Nordic Festival program, or if
you have a story idea, please contact bouldermountaintour@gmail.com



NordicTown USA Welcomes You!

The Zions Bank Boulder Mountain Tour and Sun Valley Nordic Festival welcome you to NordicTown USA in beautiful Sun Valley, Idaho.

The 'BMT', now in its 43rd running, represents something a little different to everyone. For locals, it's the annual proving ground for who's been doing their homework; for our loyal repeat racers, it's the annual quest for a personal best, and for the BMT virgin, it's the achievement of a seemingly unattainable goal.

Whether you're taking the starting line or ringing cowbells at the finish, it is a wonderful time to be in Sun Valley. There is truly something for everyone!

With over 200 kilometers of impeccably groomed Nordic trails, the hospitality of Galena Lodge, and the fantastic restaurants and spirited nightlife of downtown Ketchum, boredom will not be on your itinerary.

Independent groups, organizations and a slew of generous dedicated individuals have come together to give you the best Nordic experience on the planet. It all begins on Thursday night, Feb.1 at the Boulder Mountain Tour welcoming and not-to-be-missed Nordic-Town USA Sprints. See details in program.

We extend a special thank you to our Title Sponsor, Zions Bank, for their continued support

Best of Luck to Everyone!

Kelly and Glen Allison
Boulder Mountain Tour
Co-Race Directors



The Sun Valley Nordic Festival is a non-profit organization.
Our mission is to promote Wood River Valley skiing and
lifestyle to benefit the sport and community.

The of Nordic Skiing



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Glide through snow covered pines, discover **Yellowstone National Park**, take a day to go to nearby **downhill resorts** or relax with **friends & family**.

DON'T MISS THESE EVENTS:

Rendezvous Ski Race
March 3, 2018

Yellowstone Ski Festival
November, 20-24, 2018

For a complete list of this season's events visit: www.SkiRunBikeMT.com



For lodging & activities:
www.DestinationYellowstone.com

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MOUNTAIN TOUR
 SUN VALLEY, ID



2018
Zions Bank Boulder Mountain Tour
WINTER EVENTS SCHEDULE
January 26 - February 11

bouldermountaintour.com

Check website for up-to-date information and times. See the Boulder Mountain Tour Facebook page.

Date	Event	Venue	Time	Hosted by
Friday 1/26	6th Annual Sawtooth Outdoor Bonspiel (SOB)	Stanley Outdoor Ice Rink - Stanley, ID	5:00 PM	Boise Curling Club visit sobidaho.com for details
Saturday 1/27	6th Annual Sawtooth Outdoor Bonspiel (SOB)	Stanley Outdoor Ice Rink - Stanley, ID	AM & PM	Boise Curling Club
	Galena and the Trails Winter Benefit	Sun Valley Inn, Limelight Room	5:30 PM	Blaine County Rec District (BCRD)
Sunday 1/28	6th Annual Sawtooth Outdoor Bonspiel (SOB)	Stanley Outdoor Ice Rink - Stanley, ID	AM	Boise Curling Club
Wednesday 1/31	BMT Registration closes tonight		9:00 PM	BMT Race Directors
Thursday 2/1	BMT racers, pick up your Boulder Pass! Exchange your BMT race receipt for 4 free days of skiing. Details in program.	Pick-up locations: Backwoods Mountain Sports, The Elephant's Perch, Sturtevant's, and Galena Lodge	Valid Feb 1-4	BMT organizers & BCRD
	NordicTown USA Town Sprints Boulder Mountain Tour Opening Ceremony	Downtown Ketchum, across from the Post Office	3:30-5:30PM 4:15PM	Sun Valley Ski Education Foundation BMT organizers
Friday 2/2	Boulder Mountain Tour Race Packet Pick-up and BMT Expo	Ketchum Innovation Center (KIC) 311 1st Ave N in downtown Ketchum	10:00AM-8:00PM	BMT organizers & KIC
	BMT Race Course Inspection	Harriman Trail - Galena Lodge to SNRA	All day till 4:00PM	BMT organizers & BCRD
	Banff Mountain Film Festival	Limelight Hotel - S Main St, Ketchum	6:00-10:00PM	Friends of the Sawtooth Avalanche Center
Saturday 2/3	43rd Zions Bank Boulder Mountain Tour	Harriman Trail - Galena to SNRA	10:00AM	BMT organizers
	Half Boulder Mountain Tour	Harriman Trail - Baker Creek to SNRA	approx 11:30AM	BMT organizers
	Awards Ceremony	Sun Valley Inn, Sun Valley	5:30-7:00PM	BMT organizers
	Banff Mountain Film Festival	Limelight Hotel - S Main St, Ketchum	6:00-10:00PM	Friends of the Sawtooth Avalanche Center
Sunday 2/4	Nordic Demo Day	Sun Valley Nordic Center	10:00AM-2:00PM	Sun Valley Nordic Center
Monday 2/5	Banff Mountain Film Festival	Limelight Hotel - S Main St, Ketchum	6:00-10:00PM	Friends of the Sawtooth Avalanche Center
Friday 2/9 - 2/11	9th Annual Stanley-Sawtooth Winterfest	Multiple locations around Stanley, ID	see website	Stanley Chamber of Commerce visit stanleycc.org for details
Saturday 2/10	Ski the Rails	Wood River Trail from Ketchum to Hailey	10:00 AM	Blaine County Rec District (BCRD)



Galena Shuttle

Ride and Glide Shuttle – Ketchum to Galena Lodge

Dates of service: Dec 15, 2017 – Feb 25, 2018 Friday – Sunday ONLY

Fares: \$5 one-way • \$7 roundtrip • \$65 season pass

Friday - Sunday ONLY

NORTHBOUND - Ketchum to Galena Lodge	Dep #1	Dep #2	Dep #3	Dep #4	Dep #5
Ketchum-Visitor Center, Sturtevant's, 6th St (across from Backwoods and Knob Hill Inn)	9:30 AM	10:45 AM	12:30 PM	X	2:45 PM
YMCA (shelter in front; long-term parking available in parking lot on south side of the Y)	9:32 AM	10:47 AM	12:32 PM	X	2:47 PM
SNRA parking lot	9:45 AM	11:00 AM	12:45 PM	1:35 PM	3:00 PM
Baker Creek parking lot - south end near bathrooms	9:55 AM	11:10 AM	12:55 PM	1:45 PM	3:10 PM
Prairie Creek Trailhead	10:00 AM	11:15 AM	1:00 PM	1:50 PM	3:15 PM
Galena Lodge	10:05 AM	11:20 AM	1:05 PM	1:55 PM	3:20 PM
SOUTHBOUND - Galena Lodge to Ketchum	Dep #1	Dep #2	Dep #3	Dep #4	Dep #5
Galena Lodge	10:10 AM	11:30 AM	1:10 PM	2:00 PM	3:25 PM
Prairie Creek Trailhead	10:15 AM	11:35 AM	1:15 PM	2:05 PM	3:30 PM
Baker Creek parking lot - south end near bathrooms	10:20 AM	11:40 AM	1:20 PM	2:10 PM	3:35 PM
SNRA parking lot	10:30 AM	11:50 AM	1:30 PM	2:20 PM	3:45 PM
YMCA (drop off at shelter across from Y)	X	12:05 PM	X	2:35 PM	4:00 PM
Downtown Ketchum - 10th St (across from Knob Hill), Backwoods, Wells Fargo and Elephant's Perch	10:45 AM	12:07 PM to SNRA only		2:37 PM	4:02 PM

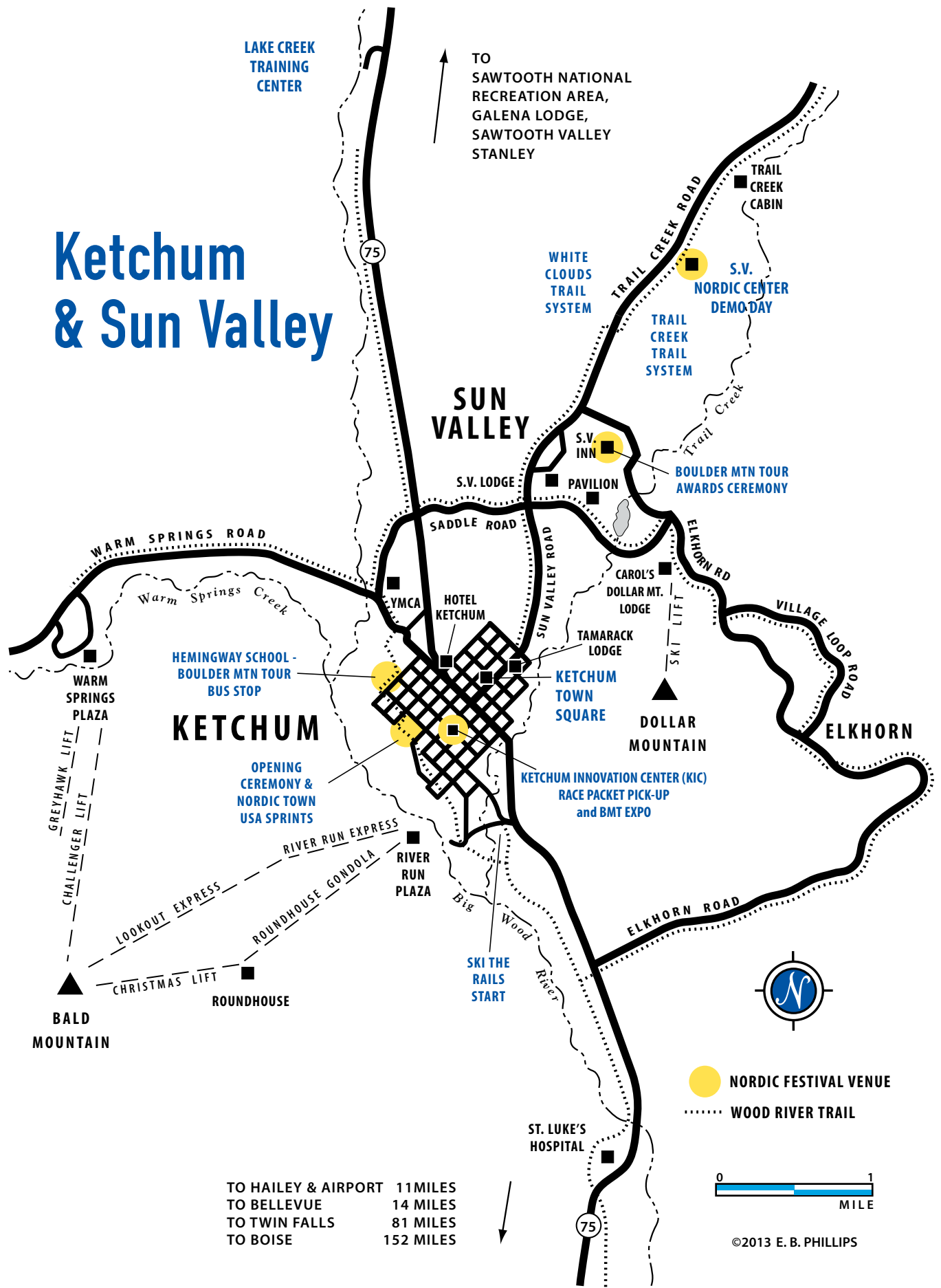
X = stop not served on this trip



FIRE & SECURITY

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Ketchum & Sun Valley



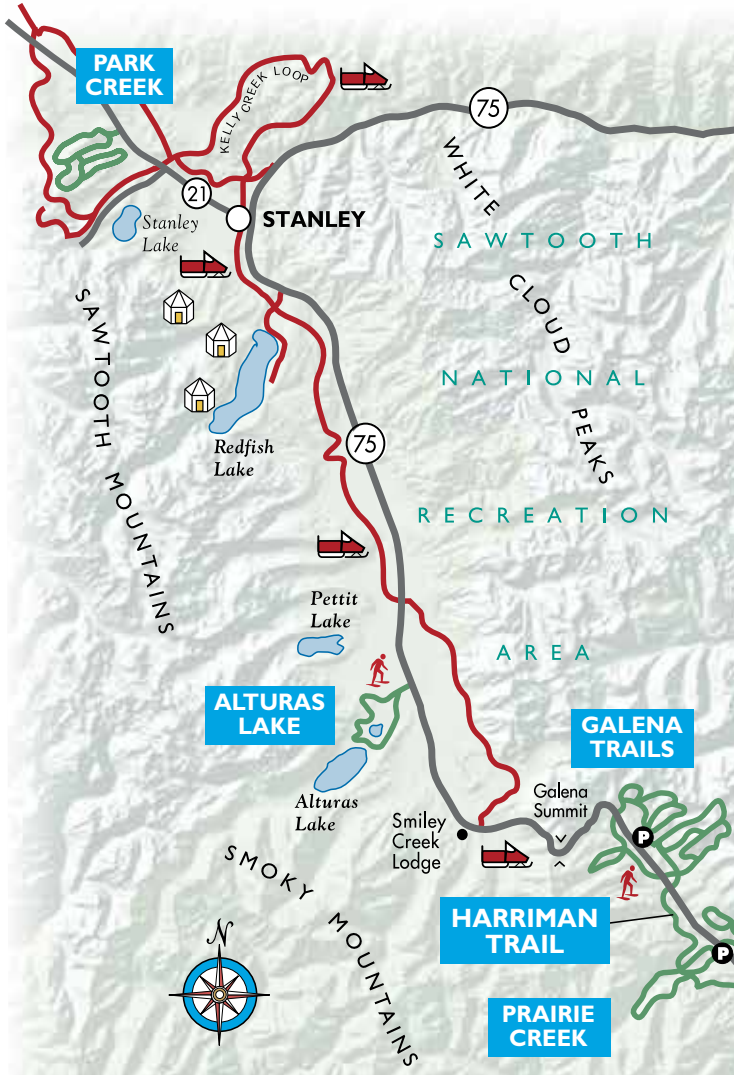
TO HAILEY & AIRPORT 11 MILES
 TO BELLEVUE 14 MILES
 TO TWIN FALLS 81 MILES
 TO BOISE 152 MILES



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NORDIC SKI TRAILS

In the Wood River & Sawtooth Valleys



- Groomed Ski Trail
- Snowshoe Area
- Groomed Snowmobile Trail
- Snowmobile Area
- Parking Area
- Yurt

GROOMING HOTLINE
208-578-XSKI (9754)
www.bcrd.org

North Valley Trails, The Harriman Trail and Galena Lodge are projects of the Blaine County Recreation District in partnership with the Sawtooth National Forest.

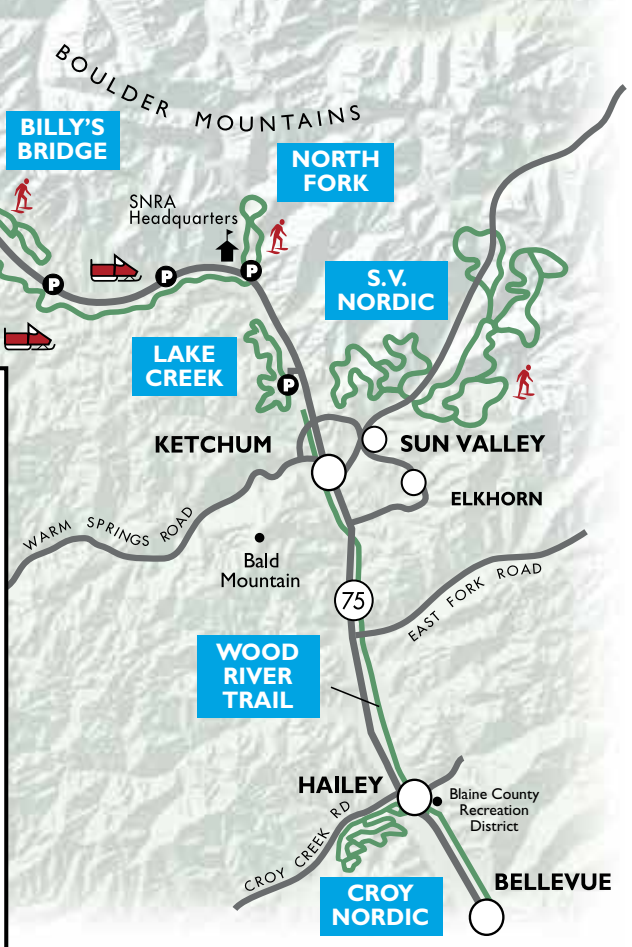
©2013 E.B. PHILLIPS.

SUN VALLEY NORDIC FESTIVAL

Friends and Family of BMT racers may purchase a 3-day, non consecutive, trail pass for \$45. The pass includes the entire trail system from Bellevue to Galena Lodge and the Sawtooth Valley trails.

Passes available at Backwoods, Elephant's Perch, Sturtevant's and Galena Lodge.

North Valley Trails are user FEE Trails. DAY Passes available at: Backwoods Mt. Sports, Elephant's Perch, Sturtevant's, SNRA Headquarters and Galena Lodge. SEASON Passes available online at www.bcrd.org or by calling BCRD at 208-578-BCRD (208-578-2273).		Miles from Ketchum	Trail Distance - Kilometers	T=Traditional / S=Skating	F=Fee Trail / D=Donation	Dogs Allowed	Level of Difficulty
NORTH VALLEY TRAILS							
Blaine County Recreation District Grooming Hotline: 578-XSKI (9754)							
GALENA		24	50	T/S	F	8K	All
PRAIRIE CREEK		18	8	T/S	F	No	■
BILLY'S BRIDGE		18	8	T/S	F	Yes	●
HARRIMAN TRAIL	Galena to Easley Easley to SNRA	22	14	T/S	F	No	■
NORTH FORK		7	4	T/S	F	Yes	●
LAKE CREEK		3	15.5	T/S	F	No	All
CROY NORDIC		12	9	T/S	F	1K	●
SAWTOOTH VALLEY TRAILS							
Sawtooth National Recreation Area. 727-5000							
PARK CREEK		65	16	T/S	D	Yes	●
ALTURAS LAKE		34	14	T/S	D	Yes	●
WOOD RIVER TRAIL							
Blaine County Recreation District. 578-2273							
WOOD RIVER TRAIL		0	30	T/S	D	Yes	●
OTHER AREA SKI TRAILS							
SUN VALLEY NORDIC	622-2250	1	41	T/S	F	4K	All



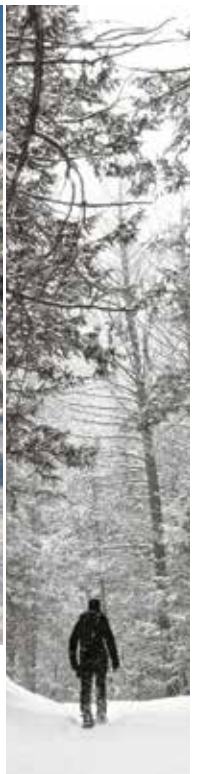


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www.bcrd.org



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208-726-4010 • www.galenalodge.com



Photo: Rachaelle Grimsrud

Sawtooth Outdoor Bonspiel (SOB)

Friday, January 26: 5:00 pm

Saturday, January 27: morning and evening games

Sunday, January 28: morning games

Stanley Outdoor Ice Rink – Stanley, ID

The Boise Curling Club will be hosting the sixth annual Sawtooth Outdoor Bonspiel (SOB). The 2018 S.O.B. will be a 16-team, three-day open bonspiel (curling tournament) beginning at 5pm on Friday and ending at noon on Sunday. Curling teams from Wisconsin, Michigan, California, Arizona, Washington, Montana, and Utah will be competing.

Up to five curling games will be played simultaneously in a series of 2-hour “draws”, which start at 5pm on Friday. Spectators are welcome to come and watch the Bonspiel for free. Each of the sixteen teams plays at least three games during the weekend. There will be a free “Learn to Curl” class on Saturday at noon (weather permitting) for those who want to learn how to curl.

CONTACT Jared Belsher jared@boisecurlingclub.org

208 310-1207

Or visit sobidaho.com for more information.



WINTER MENU INCLUDES:

3 hot soups daily • baked pizza • indian curry bowl
pressed juices • matcha lattes • herbal elixir lattes
superfood smoothies • lizzy's coffee energy shots



Monday-Friday 9-5 • Saturday 10-5

380 Washington Ave. #105, Ketchum, Idaho • 208-725-0314 • glowlivefood.com



Galena and the Trails Winter Benefit

Saturday, January 27, 2018

5:30 - 10:00 pm

Sun Valley Inn, Limelight Room

A gala event held in support of Galena Lodge and the Trails. The celebration includes a three-course dinner with wine, an extensive and fabulous silent and live auction, Stand for Galena paddle raise and live music and dancing with the High Street Band. Join the BCRD and Nordic community for this wonderful event and help raise crucial funds to support the maintenance, and future of Galena Lodge and the Trails. A great kick-off to the Boulder Mountain Tour race week!

To reserve your seat go to bcrd.org/galena-winter-benefit
Questions? Contact Jenna Vaglas at 208 578-5455
or jvaglas@bcrd.org

Boulder Mountain Tour 2018 Registration Closes at 9:00 pm tonight!



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Boulder Pass available

For ALL registered Boulder Mountain Tour and Half Boulder racers.

Valid February 1 – 4, 2018

Present your 2018 BMT or Half BMT race entry at any of the following local merchants and receive a BOULDER PASS good for 4 FREE days of skiing (includes day of race).

- Backwoods Mountain Sports
- The Elephant's Perch
- Sturtevant's
- Galena Lodge
- Paper and electronic receipts accepted.

The BOULDER PASS will also be available at the BMT Expo and Race Bag pick-up. Look for the Blaine County Rec District (BCRD) table.

Enjoy access to over 200 kilometers of Nordic trails in and around the valley. Our meticulously groomed trails are managed and maintained by the Blaine County Recreation District.

THE BOULDER PASS IS FOR REGISTERED 2018 RACERS ONLY!

Family and Friends may purchase a 1 or 3-day trail pass at any of the local merchants listed above or any Fee box at trailheads.

For information on current trail conditions,
Visit wintertrailink.bcrd.org





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CENTER

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**Friends of the Sawtooth
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Banff Mountain Film Festival!

Limelight Hotel • Feb 2, 3, & 5, 2018



BANFF
CENTRE
MOUNTAIN
FILM FESTIVAL
WORLD TOUR



NordicTown USA Sprints & Boulder Mountain Tour Opening Ceremony

Thursday, February 1, 2018

3:30 - 5:30 pm

On the corner of 4th St and 2nd Ave,
across from the Post Office.

Downtown Ketchum

The NordicTown USA Sprints provide skiers a chance to go head-to-head in a two-person sprint relay format. The event features top racers from across the US, Paralympic athletes and Sun Valley Ski Education Foundation junior racers.

An exciting spectator event not to be missed.
Come cheer on the Teams!

Main Event Format: Skate technique, Two-person co-ed teams.
Race Length = 8 legs. (1 leg = 2 laps). Each skier completes 4 legs.
Course: Multiple laps on a 400-meter oval.
Seeding: Teams will be seeded by adding overall USSA points of both team members or by using past BMT results.
Registration: Near the start line 3:30 pm – 4:00 pm.

Main Event entry fee to compete for Prize Money: \$20/team.
Para and Youth: FREE.

SCHEDULE:

- 3:30 PM Registration & Bib pick-up
- 4:15 PM Welcome to the 2018 Boulder Mountain Tour!
- 4:30 PM Youth Mass start: 1-lap
- 4:45 PM Youth Mass start: 2-laps
- 5:00 PM Paralympic Race: 2-laps
- 5:15 PM **Main Event: Team Relays**

PRIZES:

- 1st Place \$300
- 2nd Place \$200
- 3rd Place \$100

For more information, contact Rick at 208 726-3899
or rick@svsef.org

Thanks to the City of Ketchum, BCRD and Sun Valley Ski Education Foundation for the support.





ERIN ZELL & DON SHEPLER

Pretty Lucky

Interviewed by Ellen Gillespie

If your only experience of Galena Lodge is warming up there before the Boulder Mountain Tour, it is time to do some exploring. Sitting on the north end of 50 kilometers of groomed skiing trails and 27 kilometers of snowshoe trails, Galena Lodge is the jewel in the crown of Nordic Town USA. Locals will tell you that there is nothing better than a warm bowl of soup in the lodge after a morning of skiing perfection. And it is Galena Lodge's proprietors, Don and Erin, who help make it possible.

As health majors at James Madison University in Virginia, Erin and Don probably could never have imagined that they would end up in the Idaho mountains 23 miles from the nearest town, but their path here prepared them well. After graduation they moved to Slaty Fork, West Virginia to work at a ski lodge. Don, who had lived in both Colorado and Utah growing up, taught Erin how to ski. From there they moved to Portland, where Don attended culinary school and then took a job at

Timberline Lodge as a banquet chef while Erin worked for the Forest Service. In 2000 they moved to Ketchum. Don cooked for CKs, Big Wood Bread, and il Naso while Erin worked for the Elephant's Perch and waited tables at night. With their combined restaurant, retail and Forest Service experience, they were a natural fit to take over the Galena Lodge proprietorship when it became available in 2006.

Galena Lodge sits on Forest Service land and is owned by the Blaine County Recreation District. As proprietors, Erin and Don are responsible for the day to day operations on the property. They live there year-round, in a cabin across the highway from the Lodge, running the restaurant, yurts, and shop, maintaining the snowshoe trails in winter and operating a kids' camp in summer. "After eleven years we've finally got it where we want it as far as the customers' experience with service, trails, food and the yurts," said Don. They've replaced the old yurts and built a new one, and recently helped oversee a massive summer trails project undertaken by the BCRD, something they had pursued for many years, which has made Galena Lodge a mountain-biking mecca. And then there's the food. The much-beloved soups, different every day, are made with their own stock and served with homemade bread. All their food is made from scratch, and they try to use local products whenever they can. Lunch options range from grown-up grilled cheese to salads to the "Euro lunch," a meat, cheese, hummus, bread and fruit platter, and, of course, the legendary Don Bar, a homemade protein bar that has sustained many a skier and mountain biker on the Galena trails.

As much as Don and Erin love their lives at Galena, it is not without its challenges. "The remoteness hits us when we run out of stuff,

or need to get something repaired,” said Erin, “and we’re 50 miles round-trip from town.” It was particularly acute last winter when the heavy snowfalls made the roads difficult. “Every day has a surprise,” Don said, then gave an example of what awaited them one Christmas morning. “We had a power outage in the night and the generator kicked on,” Don recalled. “But by morning the generator had stopped working, and when we opened up the Lodge there was generator coolant all over the floor. We found the leak, pulled anti-freeze out of everyone’s car, and got the generator going again in time to open for Christmas. We were slinging food with headlamps and hand washing the dishes, but we pulled it off.” But for the most part, the remoteness is a blessing, not a curse. “The worst day of skiing here is a good day in most places,” said Erin, pointing out that Galena has pretty reliable snow conditions, and many skiers elsewhere ski on trails that are snow-mobile packed, if they are groomed at all. “I appreciate the commute,” said Don. Erin agreed, and added, “Living in a place where every day is beautiful, and there are so many opportunities to enjoy the outdoors, makes us feel pretty lucky.”

This is a sentiment that is shared by visitors to Galena Lodge year-round.

Galena Lodge is located 23 miles north of Ketchum on Highway 75. It is open every day in winter and summer from 9:00-5:00. Lunch is served from 11:00-3:30, and dinners are served on select dates. Visit www.galenalodge.com for more information.

DON AND ERIN’S TIPS FOR BOULDER MOUNTAIN TOUR RACERS

- Come to Ketchum early and stay late. Make sure you ski something other than the Harriman. There are so many beautiful trails around Galena Lodge and on the rest of the BCRD trail system.
- When coming up to Galena to ski, get on the early end of things. Be prepared to be flexible. Depending on the weather, you might have a better day snowshoeing than skiing, especially if you’ve never tried snowshoeing.
- Allow plenty of time to enjoy everything that Galena has to offer.
- Take out a loaner dog.
- Don’s favorite trails are North Cherry Ridge and Cherry Creek for their remoteness. Erin’s favorite is Titus. “I love turning around and seeing the Boulders.” Added bonus for dog owners: it’s a dog trail.
- For those who have never skied the Boulder Mountain Tour: it’s a fun group event, and you don’t have to be a racer. Unless you’re going to win it, there’s no pressure. It’s one of the easier marathon races – so just try it – even if only just to support a great event.



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ERIC RECTOR

Interviewed by Ellen Gillespie

Cat Operator — A unique skill

Nothing is sweeter than waking up to a bluebird Sun Valley day, clicking into your skis, and setting off on freshly groomed corduroy snow. The man responsible for those gorgeous tracks every morning is like the tooth fairy; he comes out at night, leaves us all a treat, and is gone by morning. To be fair, it is a team of people who make this happen, but the team leader and quality-control guy is Eric Rector, the Director of Trails, Operations and Facilities for the Blaine County Recreation District.

Grooming is a more complicated undertaking than you might expect. In order to make perfect tracks, Eric watches the weather constantly and adjusts the grooming window accordingly. If it's cold, or if it's snowing, the grooming takes place as late in the early hours of the morning as possible. In the spring, grooming happens as soon as dusk falls. During melt/freeze cycles, timing is adjusted on the fly. On occasions when it is snowing really hard, grooming might be pushed into the daylight hours at places where it is difficult to see in bad weather, such as Billy's Bridge.

The cat itself has sophisticated hydraulic, computer and electronic systems, and once the cat is in motion, there are a further forty different adjustments that can be made depending on the temperature, whether the trail is in shade or sunlight during the day, and the kind of snow that is getting groomed. The cat changes the molecular structure of the snow as it moves over it, warming it, compacting it, and then laying it out as a different surface. Driving the cat too fast or too slow can result in gentle rolls over course of the track, or grouser marks that look like tank treads in the snow. It is a unique skill to make the perfect track, and Eric describes his team of cat



operators as “amazing.”

To keep the quality of the grooming at it's best, Eric often tests the trails on his skis. Some of the drivers aren't skiers, and all of them appreciate the feedback, which often involves adjustments to the classic tracks. Tracks that aren't straight or that transition through intersections are brought to the operators' attention. It's no wonder, then, that we classic skiers rarely, if ever, encounter those situations once morning has dawned.

In addition to grooming, Eric and his team maintain signage and bridges and remove downed trees. Eric monitors the avalanche conditions during snow cycles, a skill he learned when he worked on ski patrol in North Lake Tahoe before coming to the Wood River valley twenty years ago. Eric's team grooms daily all winter, including Christmas and New Year's, and every night brings a new experience. They occasionally get stuck in weird spots, which requires “creative recovery,” as Eric puts it. If the wind blows hard they may be dealing with six or seven downed trees in one night, operating the chainsaws in the cold and dark. Sometimes they break down and walk out to the highway to try to catch a ride, so if you're ever driving on Hwy 75 in the middle of a winter night and see a guy thumbing a ride, it might be a cat operator in need. “You'd be surprised how many people pass us by,” said Eric. “We almost need a little sign that says ‘Cold, Hungry Groomer. Not Dangerous,’” he laughs. Mechanic Jay Rath, whom Eric calls a “hero,” deals with

breakdowns in the field. While the groomers are out in the wilderness they see all kinds of wildlife; deer, elk, badgers, pine martens, and even wolves and mountain lions.

Last year's Boulder Mountain Tour was particularly challenging for Eric and his team. There were four cats going all night on the course, but it was snowing hard, the snow was wet, and it accumulated very fast. “We barely kept up with it,” Eric remembers. “At one point it was snowing so hard that I got vertigo. The snowflakes were huge and the wind was blowing it against the windshield, so I thought I was moving, but I had slowed nearly to a standstill.” With the temperature hovering above freezing, running the cat right before the race would have warmed the snow too much and left the racers skiing in mush.

Eric and his team groomed as long as they could, packing the snow down, and then had to back off the course to let it freeze while the snow kept coming.

On most days, however, skiers get the perfect conditions that they have learned to expect. “We have great snow, and great ambient temperatures that keeps it from transitioning,” says Eric. “We try really hard to give the skiers here the best conditions possible. This is a super passionate Nordic community and I think we have one of the most amazing spots to ski in North America.” And, in the author's humble opinion, the best grooming as well.

TIPS FROM THE GROOMERS

- Clean up after your dog. We have the most dog terrain in the country; let's keep it that way. Never take your dog on a non-dog trail.
- If you see a cat operator out on the trails, say hi and be friendly. Make sure you make eye contact with the driver to avoid a dangerous situation.
- Don't ski right behind a cat — give the snow a chance to settle and freeze without your ski tracks in it.

For daily trail and grooming reports, go to www.bcrd.org.

Whether you are battling your way through the first 5 K,
climbing Hawk Hill, or crossing Frostbite Flats...

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7 Old Dollar Rd, Sun Valley
4 Bedrooms, 4.5 Bathrooms, Offered at \$4,795,000



101 Red Fox Lane Unit B, Ketchum
4 Bedrooms, 3.5 Bathrooms, Offered at \$1,785,000



271 N Washington Ave Unit 3, Ketchum
3 Bedrooms, 3.5 Bathrooms, Offered at \$1,945,000



119 Picabo St Unit D-7, Warm Springs
1 Bedroom, 1 Bathroom, Offered at \$461,500



409 S Main St Unit 2A, Ketchum
3 Bedrooms, 3.5 Bathrooms, Offered at \$1,195,000

Sun Valley

Sotheby's
INTERNATIONAL REALTY



For More information
Call Sue Engelmann
208-720-0680

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Race Day Warm-Up

By Mary Rose



The quality of your warm-up can make or break your race performance. In almost all race scenarios you want to be ready to rip from the gun and in order to do that, your body needs to be ready. It is crucial that you hit all your heart rate zones during warm-up so when it comes time to race, your body is prepared to work hard.

The BMT tends to have a fast start, so a good warm-up is crucial. The first 2-3km of the course has a mix of terrain, which is perfect for warming your body up to race!

The night before a race it is important to plan your warm-up so you know exactly when you need to start skiing. This ensures that you have enough time to accomplish everything in the warm-up and get to the start zone with a few minutes to spare.

For the Boulder Mountain Tour a total of 35-45 minutes of warm-up works well. Here is the breakdown:

- 10-15 minutes of very easy skiing (level 1), heart rate should be around 115-130 beats per minute (BPM). I make sure to continue drinking fluids- water and/or electrolyte mix.
- 3 minutes of skiing technically well, while keeping your heart rate between 125-140 bpm (level 2). Focus on proper technique while still being able to talk to ensure a low heart rate.

- 3 minutes of level 1 skiing. Make sure to bring your heart rate back down to 115-130 bpm.
- 3 minutes of anaerobic threshold (level 3) skiing. A threshold interval in your warm-up helps get your muscles firing and releases enzymes to regulate your lactic acid build up.
- 3 minutes of level 1 skiing. Make sure to bring your heart rate back down to help flush any lactic acid that may have built up in your threshold interval.
- 2 x 1 minute at race pace (level 4), with 1-2 minutes of recovery between intervals. This is the finishing touch on your warm-up and will ensure your body is ready to go from the gun.
- In the remaining minutes before your start time, ski easy, strip down to your race suit, hydrate, and head to the start line!

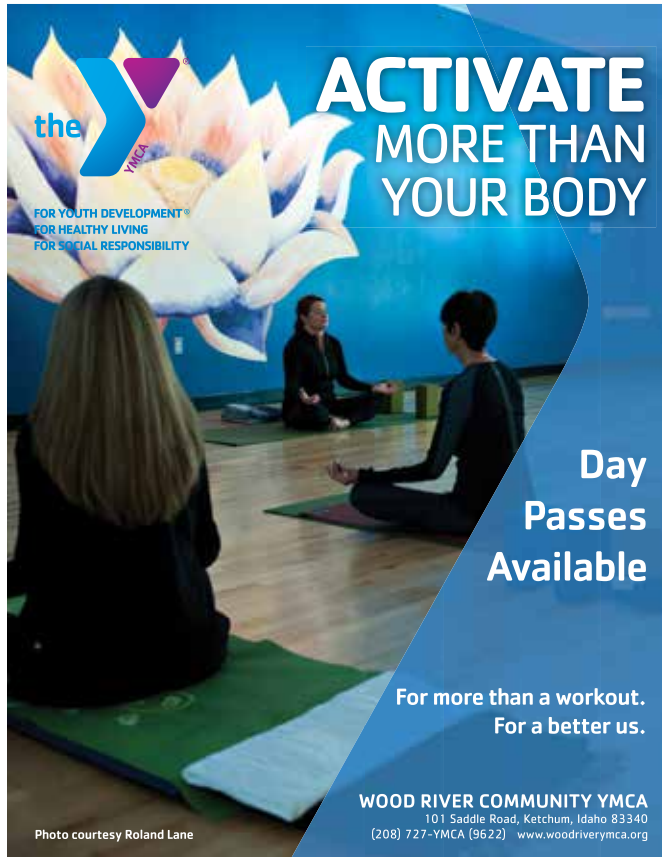
Mary Rose grew up in Steamboat Springs, Colorado and skied in college for the University of Colorado at Boulder. Mary is entering her fifth year with the Sun Valley SEF Gold Team. Career highlights include numerous SuperTour podiums, top 10 results at U.S. National Championships, and competing for the USA at the 2014 Under 23 World Championships in Italy.

Boulder Mountain Tour Race Packet Pick-Up and BMT Expo

Friday, February 2, 2018 • 10:00 am – 8:00 pm
Ketchum Innovation Center (KIC)
311 1st Ave N in downtown Ketchum

 **PLEASE NOTE the NEW LOCATION!!!!**

All Boulder Mountain Tour and Half Boulder racers can pick up their race packets at the **BMT Expo**. Racers receive a bib, timing chip, race-morning details, the coveted 2018 BMT souvenir hat, sponsor freebies and promotional materials, plus an awesome race duffel to transport clothing from the start to the finish. The **BMT Expo** features over 20 local vendors and event sponsors. Come mingle with fellow racers and talk wax and gear with the pros.



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Photo courtesy Roland Lane

BMT Course Inspection

Friday, February 2, 2018 until 4:00 pm

Stop by Lizzy's Fresh Coffee on your way north.
971-4 N Main Street, Ketchum



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Roasterie & Coffee Bar

Open 8:00 am – 4:00 pm

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Contact: 208 806-0212 or lizzysfreshcoffee.com



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Zions Bank Boulder Mountain Tour

The Best Race in the Greatest Place!

Saturday, February 3, 2018 • 10:00 am • Galena Lodge to SNRA

We are honored to have Zions Bank as our **TITLE SPONSOR!**

The Zions Bank Boulder Mountain Tour, now in its 43rd year, attracts close to 1,000 participants of all ages and abilities from throughout the US and abroad. The “BMT” is a point-to-point 34-kilometer cross-country ski race staged in some of the most spectacular scenery in the west.

DESCRIPTION & LOCATION

- **Total Distance:** 34 km.
- **Elevation at start:** approx. 7400 ft.
- **Elevation at finish:** approx. 6250 ft.
- **Total elevation loss:** 1150 ft.

The Boulder Mountain Tour starts near Galena Lodge, 23 miles north of Ketchum on the Senate Meadows loop. The course crosses Highway 75 below Galena Lodge and continues down the Harriman Trail finishing at the Sawtooth National Recreation Area (SNRA) headquarters. The terrain begins with some moderate but challenging climbs and descents, and then becomes more gentle around the halfway point.

The BMT is designated as a skate race, but a track is set the length of the course and classic skiers are welcome. Classic skiers are timed as skate competitors.

REGISTRATION

- The 2018 Zions Bank Boulder Mountain Tour is limited to 800 registered participants.
- Registration officially closes on Wednesday, January 31 at 9:00 pm.
- No race day registrations will be accepted.
- Please go to bouldermountaintour.com to enter.

TRAIL PASSES

February 1 – February 4

Present your 2018 BMT or Half BMT race entry at any of the following local merchants and receive a BOULDER PASS, good for 4 FREE days of skiing (includes day of race).

- Backwoods Mountain Sports
- The Elephant's Perch
- Sturtevant's
- Galena Lodge
- Paper or electronic receipts accepted.

The BOULDER PASS will also be available at the BMT Expo and Race Bag pick-up. Look for the BCRD (Blaine County Rec District) table. Enjoy access to over 200 kilometers of Nordic trails in and around the valley. Our meticulously groomed trails are managed and maintained by the Blaine County Recreation District.

THE BOULDER PASS IS FOR REGISTERED 2018 RACERS ONLY!

Family and Friends may purchase a 1 or 3 day trail pass at any of the local merchants listed above or any Fee box at trailheads.

FRIDAY COURSE INSPECTION

The course will be open for inspection on Friday, February 2nd until 4:00 pm. BOULDER PASS will be required on the trails.

RACE PACKET PICK-UP & BMT EXPO

Friday Feb 2, 10:00 am – 8:00 pm

Ketchum Innovation Center (KIC)

311 1st Ave N, downtown Ketchum.

PLEASE NOTE the NEW LOCATION.

If you are arriving in Sun Valley after 8:00 pm on Friday, you may pick up your bib and race bag at Galena Lodge 8:00 am – 9:00 am on race morning.

You can also ask a friend to help you out. Please provide the name of the person picking up your packet at bouldermountaintour@gmail.com.

Pick up your race packet and browse the Boulder Mountain Tour Expo, featuring over 20 local vendors and event sponsors eager to share their knowledge about the latest products.



TIMING CHIPS

- All racers will be assigned a Timing chip at Packet Pick-up.
- You must show ID before receiving your chip.
- Timing chips are non-transferrable.
- Your Timing chip is specific to your wave start.
- Affix the Timing chip to your ankle, just above your boot top.

IF YOU DROP OUT OF THE RACE, PLEASE RETURN YOUR CHIP TO THE FINISH! If you're unable to return it to the finish, please call 208 720-4504 to make other arrangements.

SATURDAY BUSES

- Shuttle buses will transport racers and spectators from downtown Ketchum to Galena Lodge and back to Ketchum from the finish. Private vehicles are discouraged from transporting racers to the start. **Please do your part and use the bus transportation.**
- Buses will begin transporting racers and spectators from Hemingway school to Galena Lodge at 7:00am. Travel time on average is approximately 35 minutes from Ketchum, weather dependent.

Hemingway School is located at 8th St W in Ketchum.

BUS SCHEDULE

Hemingway School to Galena Lodge

For Racers and Spectators:

- 7:00am – 9:15am
- Buses will depart as they fill.
- Elite and Waves 3 & 4 should be on the earlier buses.

Galena Lodge to Finish at SNRA

There will be 3 Spectator buses leaving from Galena to the finish:

- 10:15am (This will be the bus to catch if you want to see the Elite finishers)
- 10:45am
- 11:15am

Spectator shuttles to watch the Finish

Spectators driving from Ketchum to watch the finish can park on Barlow Road, ¼ mile south of the finish. Shuttles will run continuously from 9:30 am – 2:30 pm, or allow time to walk.

Return shuttles from the Finish to Hemingway School

Buses will leave, approximately, every 20 minutes from 12:00 pm until 4:00 pm.

PARKING RESTRICTIONS

Galena Lodge

On Saturday, there is **NO PUBLIC PARKING** at Galena Lodge until all racers have crossed the highway, at approximately 11:30am. Drop-offs are allowed ¼ mile south of the lodge, however drivers must stay in the vehicle and will not be allowed to park. This rule is strictly enforced.

Highway 75 corridor

Parking is only allowed in designated turnouts along highway 75 and is very limited during the race. Blaine County Sheriff's Deputies and Idaho State Police will be on the road to enforce all traffic regulations and to help keep the event as safe as possible.

Finish area at SNRA

There is **NO PUBLIC PARKING** at the finish area. Violators will be towed at their own expense. See 'Spectator shuttles' above.

CLOTHING TRANSPORT FROM START TO FINISH

- The BMT souvenir race bag should be used for warm up and post race clothing.
- All bags, including ski bags, will be transported from the start to the finish by the race organization.
- Everything must be clearly marked with name and bib number.
- Before heading to the start line, take a deep breath, look around, make sure all of your gear is in your bag, then zip it securely closed. We cannot be responsible for loose items.
- Cell phones, wallets and/or valuables should not be left in your race bag.

Place your bag under the sign designating your wave at the start area. You will easily be able to locate your gear at the finish.

Zions Bank Boulder Mountain Tour continued

WAVE START TIMES

- All waves will start on time. Be ready when the horn sounds!
- You must start in your assigned wave or face automatic disqualification.

Race Bibs Are Color Coded On The Shoulder According To Wave

WAVES	BIB BAR COLOR	START TIME
Wave #1 Elite Men	RED	10:00am
Wave #2 Elite Women	RED	10:02am
Wave #3	YELLOW	10:10am
Wave #4	BLACK	10:14am
Wave #5	BLUE	10:18am
Wave #6	GREEN	10:20am
Wave #7	PURPLE	10:22am
Half Boulder	YELLOW BIB	11:30am (approx) from Baker Creek

LANE ASSIGNMENTS

- Start lanes are assigned for Elite waves only.
- There are no lane assignments for waves 3 through 7.
- Access to the start area for waves 3 through 7 will be restricted till 5 minutes before the start of the Elite men.
- Tracks are set for the first 100 meters. All skiers must stay in a track until it expires and skating is permitted.

ELITE CHECK-IN

- Elite racers will be directed to their lane assignment upon entering the start area.
- Lane assignments match the bib number.
- Please allow yourself enough time.

AID STATIONS & CUT OFF TIMES

STATION AND KM	LOCATION NAME	CUT OFF TIME
Aid Station #1 @ 12 km	Prairie Creek	12:00 noon
Aid Station #2 @ 23 km	Cathedral Pines	1:30 pm
Aid Station #3 @ 28 km	Frostbite Flats	2:30 pm
Finish	SNRA	4:00 pm

Hot soup, bread, drinks and cookies for all racers at the Finish. A warming tent may be provided if the weather is unfavorable.

The Galena Backcountry Ski Patrol (GBSP) is a response team trained in snow travel and rescue, assisting the Ketchum Fire District and Blaine County Search & Rescue. Team members are present at all aid stations and along the BMT course. If you do not reach an aid station by cut off time GBSP may ask for your bib. A thorough assessment may be performed if your health and safety appear at risk. Transportation to the Finish area will be provided for you.

The Finish Area will be taken down and support crew will be off duty at 4:00 pm. The last bus to Ketchum from the Finish leaves at 4:00 pm. Staying on the course beyond 4:00 is at your own risk.

EXTREMELY IMPORTANT!

If you encounter a skier who is injured or in need of aid, PLEASE notify the closest aid station volunteer and/or GALENA BACKCOUNTRY SKI PATROL.

LOST AND FOUND

If you lose an item every effort will be made to get it back to you. Look for the Lost and Found bin in the finish area. Any items not claimed will be taken to the Awards Ceremony. Remaining items will be available at The Elephants Perch in Ketchum for approximately one week. Do not assume that items left on the course will be collected.

RESULTS

- Sportstats USA will record results until 4:00 pm.
- An unofficial Awards Ceremony will take place for the top three men and women at approximately 11:30 am under the Finish Area arch.
- Unofficial times will be posted in the finish area as soon as they are processed.
- Protests must be submitted at the finish line before leaving the area.
- All results will be posted at the Awards Ceremony and on the BMT website shortly after the race.

AWARDS CEREMONY

Saturday, February 3, 5:30pm – 7:00pm

Limelight Room – Sun Valley Inn, in Sun Valley.

- Awards will include cash prizes for the top 3 male and female BMT finishers and medals for age class winners.
- Other cash awards include the men and women's Preem winners and the Zenergy Awards given to the fastest male and female skier waves 3 - 7.

All racers receive a raffle ticket at the door for the chance to win incredible prizes, including skis, poles, clothing bags and training aids from our generous sponsors and supporters. You must be present to win!

There will be plenty of time to enjoy an evening on the town. Please support the restaurant community. Reservations are recommended

Please note, this information can be found in detail on our website at www.bouldermountaintour.com

In the unlikely event of race delay or cancellation, you will be notified by text message of any up-to-the minute changes. Registered racers will be asked to OPT in to this service at the end of January.

15K Half Boulder Mountain Tour

Saturday, February 3, 2018 • Start: Approximately 11:30 am • Baker Creek to SNRA



DESCRIPTION & LOCATION

The 15-kilometer Half Boulder begins on the second half of the Boulder Mountain Tour course at Baker Creek. The Half merges with the late waves of the BMT and finishes at the SNRA Headquarters. The gently rolling terrain of the Half Boulder makes it a perfect introduction for the first time racer.

The HALF is designated as a skate race, but a track is set the length of the course and classic skiers are welcome. Classic skiers are timed as skate competitors.

REGISTRATION

- The Half Boulder is limited to 200 registered racers.
- Special combo entry for adults skiing with children 10 and under.
- Registration will officially close on Wednesday, January 31, 2018 at 9pm.
- No race day registration. No exceptions.
- Please go to bouldermountaintour.com to enter.

There are **NO REFUNDS FOR ANY REASON, even if race is cancelled.**

TRAIL PASSES

February 1 – February 4.

Present your 2018 Half BMT race entry at any of the following local merchants and receive a BOULDER PASS, good for 4 FREE days of skiing (includes day of race).

- **Backwoods Mountain Sports**
- **The Elephant's Perch**
- **Sturtevants**
- **Galena Lodge**
- **Paper or electronic receipts accepted.**

The BOULDER PASS will also be available at the BMT Expo and Race Bag pick-up. Look for the BCRD (Blaine County Rec District) table.

Enjoy access to over 200 kilometers of Nordic trails in and around the valley. Our meticulously groomed trails are managed and maintained by the Blaine County Recreation District.

THE BOULDER PASS IS FOR REGISTERED 2018 RACERS ONLY!

Family and Friends may purchase a 1 or 3 day trail pass at any of the local merchants listed above or any Fee box at trailheads.

FRIDAY INSPECTION

- The course will be open for inspection on Friday, February 2 until 4:00 pm.
- BOULDER PASS will be required on the trails.

RACE PACKET PICKUP

Friday, Feb 2, 2018, 10:00am – 8:00 pm.

Ketchum Innovation Center, (KIC)

311 1st Ave N, downtown Ketchum

PLEASE NOTE the NEW LOCATION.

If you are arriving in town after 8:00pm, contact the Race Director at bouldermountaintour@gmail.com. You can also ask a friend to help you out.

Please provide the name of the person picking up your packet

Browse the Boulder Mountain Tour Expo featuring over 20 local vendors and event sponsors eager to share their knowledge about the latest products.

TIMING CHIPS

- All racers will be assigned a Timing chip at Packet Pick-up.
- You must show ID before receiving your chip.
- Timing chips are non-transferrable.
- Affix the Timing chip to your ankle, just above your boot top.

IF YOU DROP OUT OF THE RACE, PLEASE RETURN YOUR CHIP TO THE FINISH! If you're unable to return it to the finish, please call 208 720-4504 to make other arrangements.

SATURDAY BUS TRANSPORTATION

10:30am – 11:00am

- Buses will transport racers and spectators from Hemingway Elementary School to the Half Boulder start at Baker Creek.
- There is limited parking available at Baker Creek.

Hemingway School is located at 8th St W in Ketchum.

IMPORTANT

- Buses departing for Galena between 7:00am and 9:15am will not stop at Baker Creek for the Half Boulder start.
- The early buses are for the full BMT racers and spectators only.

Return shuttles from the Finish to Hemingway school will begin at 12:00 noon and run every 20 minutes until 4:00pm.

CLOTHING TRANSPORT FROM START TO FINISH

- Your BMT souvenir race bag should be used for warm up and post race clothing.
- Clothing and ski bags must be clearly labeled with your name and bib number to be transported to the finish area by the race organization.

- Make sure all of your belongings are inside the bag before heading to the start line.
- Please leave race bags at the designated area at the start. You will easily be able to locate your gear at the finish.

START INFORMATION

- The Half Boulder starts as a single wave at approximately 11:30 am or once the majority of full BMT racers have passed Baker creek.
- As with all mass starts, faster skiers will be at the front.
- Place yourself according to your ability.

AID STATIONS & CUT OFF TIMES

STATION AND KM	LOCATION NAME	CUT OFF TIME
Aid Station #1 @ 3 km	Cathedral Pines	1:30 pm.
Aid Station #2 @ 8 km	Frostbite Flats	2:30 pm.
Finish	SNRA	4:00 PM

Hot soup, bread, drinks and cookies for all racers at the Finish. A warming tent may be provided if the weather is unfavorable.

RESULTS

Unofficial times will be posted at the finish area as soon as they are processed. Official results will be posted to the website and available for viewing at the Awards Ceremony Saturday night.

AWARDS CEREMONY

Saturday, February 3, 5:30pm – 7:00pm

Limelight Room – Sun Valley Inn, in Sun Valley.

- Medals presented to the top 3 male and female in each age class.

All race participants will receive a raffle ticket at the door. Raffle prizes include skis, boots, poles, clothing, bags and training aids from our generous sponsors and supporters. You must be present to win!

There will be plenty of time to enjoy an evening on the town. Please support the restaurant community. Reservations are recommended.



Please note, this information can be found in detail on our website at www.bouldermountaintour.com
 In the unlikely event of race delay or cancellation, you will be notified by text message of any up-to-the minute changes.
 Registered racers will be asked to OPT in to this service at the end of January.
 Good luck and have fun!



FRIDAY, SATURDAY, MONDAY • FEB 2, 3 & 5

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February 2, 3 & 5, 2018

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Limelight Hotel, S Main Street, Ketchum

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For information about SAC, go to sawtoothavalanche.com.

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Check out the 2017/18 films on tour at banffcentre.ca/banffmountainfestival/tour



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Continuous Bounding

By Jack Hegman

One of my favorite workouts during summer and fall training is continuous bounding. This workout requires finding good terrain that has a mixture of ups, flats and downhill. I prefer to do this workout on the same trails that I ski on in the winter. Doing continuous bounding on the same terrain you race on not only develops aerobic capacity and improves strength, but also can help you learn the ins and outs of a particular course. My goal for this workout is to bound the uphill at my aerobic threshold (zone 3) and run the flats and downhill at zone 2. I usually shoot for 45 to 50 minutes, or when I can no longer bound the hills without bumping into my anaerobic threshold (zone 4). As the workout goes on, the body will have a harder and harder time recovering between bounding sections. It is important to maintain good bounding technique throughout the workout. This means powerful body position and explosiveness on the bounding initiation. Try to make your movements look as much like striding as possible.



THE WORKOUT:

- 25- 30 minutes running warm-up
- 10 minutes dryland classic simulation drills
 - a) 10 single leg jumps
 - b) 10 standing broad jumps
 - c) 10 sideways jumps
- 45 to 50 minutes zone 2/3 bounding
- Cool down with 20-25 minutes running

For people who have never done this workout, I suggest starting with slightly less zone 2/3 time and working your way up. After just a few sessions, you will begin to notice that you are able to go longer and faster while working in the same heart rate zone.

Jack Hegman grew up in Huntington, VT and skied for the University of Vermont, where he was a 3 time NCAA All-American. Jack is in his second year on SVSEF Gold Team. Last season his highlights were 3 top 10s at US Nationals, 11th place finish at the U23 World Championships, and racing at World Cup finals in Quebec City.

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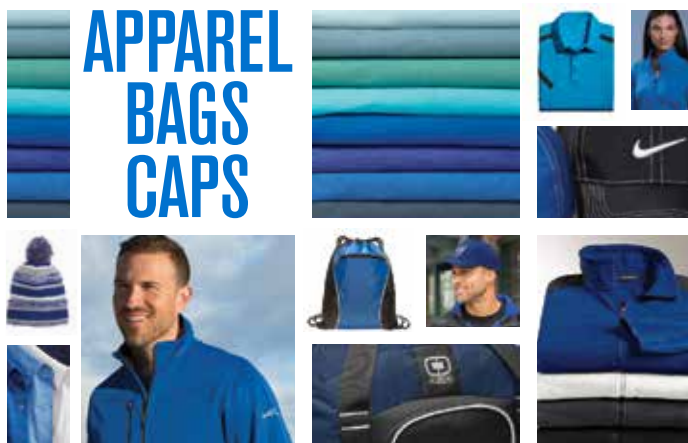
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Eating for the Boulder Mountain Tour

(night before and morning of)



By Kelsey Phinney

Sometimes when you are traveling for a race, you don't have a lot of say in what type of food you will have access to and you just have to roll with whatever you can get. Luckily, that's not the case in Sun Valley and you have access to any type of food you could ever need. There are all kinds of myths surrounding what you "need" to eat the night before and the morning of the race to have your best day. Some people swear by pasta and others by red meat the night before a race. Some people feel best with oatmeal and some people want eggs the morning of the race. There is no perfect meal, but there are some things you can keep in mind to feel your best.

For the night before, I focus on getting a few key elements: easy to digest carbohydrates, lots of veggies, some protein, and good flavor. It's important to eat things that you are used to and not try to branch out too much. If you've never had Vietnamese food, the night before the race is probably not the time to try it. That being said, I think it's important to have a meal with plenty of flavor that you will enjoy eating so that you can eat enough food. So one of my absolute favorite pre race meals is curry (but I'm also used to eating curry so the same ingredients can be used for a stir fry or something more neutral if you have a sensitive stomach).

MY GO-TO INGREDIENTS TO ADD ARE:

1. Veggies: broccoli, carrots, onions, sweet potatoes, and zucchini (and honestly sweet potato is my superstitious night-before-race wonder food)
2. Chicken
3. Diced up ginger
4. White rice
5. Naan on the side
6. Premade curry
7. Coconut milk
8. Salt and pepper

For the morning of the race, the first thing to play with is how much time you need before the race to digest your food while still benefitting from the nutrients. The best way to practice this is to see what works for you the morning before harder skis leading up to the BMT. Each person is different, but morning-of-race nutrition is definitely important! I like to eat around three hours before the start of my race. My go-to prerace meal is oatmeal with cinnamon, maple syrup, bananas, peanut butter, and a little granola on top, and then for longer races like the BMT, I usually add a fried egg on the side. I also have a nice cup of local Lizzy's Fresh coffee and a large glass of water. That's actually the final tip I'll leave you with: hydrated cells are happy cells so make sure to drink a good amount of water during the days leading up to the race and stay hydrated before and during the race as well with water and your favorite drink mix. My favorite is Skratch Labs lemon-lim.

Kelsey Phinney is starting her second year with the SVSEF Gold Team. She grew up ski racing in Colorado, and then at Middlebury College where she excelled with top results both at NCAAs and US Nationals. Last year, Kelsey took another big step forward in her skiing when she represented the USA at World U23 Championships where she posted top ten results in sprinting.

Don't Miss Out

Advertise in next year's
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BoulderMountainTourProgram@gmail.com

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Long Distance Training Workouts

By Matt Gelso

Nordic skiers are made in the summer” is something many coaches tell their athletes to get them motivated when training begins each spring. As a beginner this seems like a ploy by a coach to get kids out training, but as beginners turn to experts this mantra becomes a reality. The endurance needed to compete in cross-country skiing requires much time and effort to build, and as such the summer months are necessary training times.

During the summer training period it is important to get in high quality long distance workouts. However, this does NOT mean you can't enjoy yourself. In fact, to be a successful and well-rounded skier, the exact opposite needs to hold true; you must enjoy yourself!

I have spent many summer days getting myself fit for the coming ski season. Some workouts I don't care for (but they must be done), and others I thoroughly enjoy. One of my favorite long distance dry-land workouts is to spend a day climbing peaks in the wilderness. Climbing peaks for training can take anywhere from 2 hours to 8+. For training reference, a workout of 2.5 hours or more is called “over distance” and forces your body to recruit fast twitch muscle fibers for endurance work (they are usually used for quick sprints) and that is the point of an over-distance session. Although the time aspect of climbing peaks is great for training, the hardness of terrain is just as important. Hiking (or running) up a mountain and back down builds muscle strength in your legs but will not bulk you up as you are also taxing your cardiovascular system. You will gain lean strength as well as build your endurance base. While you are building this lean strength and endurance base your body will also be forced to make adjustments to altitude changes, further increasing the load on your body and your future stamina.

Besides the training benefits, getting to the top of a mountain provides a measurable, tangible goal for the workout as well as the opportunity to enjoy incredible views from the top. For someone who appreciates the natural beauty of the world and enjoys going to remote places, a ‘workout’ hiking a peak feels like a day off from structured and specific training even though it is not.



FIVE DIFFERENT MOUNTAIN RANGES

Around the Ketchum/Sun Valley area there are five different mountain ranges - Pioneer, Smokey, Boulder, White Cloud, and Sawtooth) - all of which provide ample peaks to climb. For those who have not spent much time in the woods, a good place to start could be hiking up Bald Mountain (Sun Valley ski area) in Ketchum. This is a very accessible mountain with a great, well-travelled trail and opportunities to bail if you bit off more than you can chew. Even if you have been up on the ski lift, the satisfaction of using your own power to get to the top is more satisfying. For those with experience who are comfortable route finding, the opportunities are almost endless in all the ranges around Ketchum. In the Sawtooths, Decker Peak is a great goal; in the White Clouds, David O Lee Peak is a fun climb. One day, fellow Gold Team member Mikey Sinnott and I spent 12 hours in the Sawtooth backcountry climbing 4 peaks (Payette, Sevy, Decker, and Cramer). Let your comfort level and fitness be your guide, but the mountains are there so get out and climb (and enjoy) them!

Treat your physical body to an incredible workout and all your peripheral senses to a scenic and fun adventure. Get your training in without even thinking about it by enjoying all that the wilderness has to offer; make yourself a Nordic skier this summer and go climb a peak!

***Matt Gelso** grew up ski racing in Truckee, CA and raced at the University of Colorado at Boulder. A former US Ski Team Member and 8 year veteran of the SVSEF Gold Team, he has been on the podium at US National Championships, competed in many World Cup events throughout Europe and Canada, and represented the US at the FIS World Championships in Falun, Sweden in 2015.*

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INTERMOUNTAIN NORDIC MARATHON SERIES

The Intermountain Nordic Marathon Series is a cooperative effort to combine the many spectacular Nordic marathon events throughout Wyoming, Idaho and Montana. In its second year, the Series is proud to announce the support of all participating clubs, organizations, local sponsors and our headlining sponsors of Start, Bliz, Swenor Rollerskis, Anti-Freeze Face Tape and the Jackson Hole Ski and Snowboard Club.

In order to compete in the Intermountain Marathon Series, you must compete in THREE of the 4 races:

Teton Ridge Classic 26k, see TetonRidgeClassic.com

Boulder Mountain Tour 34k, skate see BoulderMountainTour.com

Moose Chase Marathon 30k, skate see JHSkiClub.org/MooseChase

Yellowstone Rendezvous 50k, skate see SkiRunBikeMt.com/race-schedule

No separate registration is required but you must select participation in the Intermountain Nordic Marathon Series upon registering for an individual race. A skier will not be scored if not listed as participating in the series. Participation is free! **If you have already registered for a race** and wish to participate in the scoring in that race, please email slacy@jhskiclub.org to be added.

For registration and information about each event in the series, please visit the home sites of each race.

SCORING AND STANDINGS

Each race is scored using the FIS World Cup Scoring System for each age group. A skiers' score is cumulative throughout the series and is totaled after the Yellowstone Rendezvous. Each age class for both male and female will be ranked based on the cumulative scores and the winner of each category will be announced.

As the Series progresses, each gender/age class will be scored against skiers who have also competed in races in the series, i.e. everyone will be scored for the Teton Ridge Classic; then, only those who competed in the TRC are scored in the Boulder Mountain Tour, then, only those who have competed in both the TRC and the BMT will be scored in the Moose Chase Marathon and so on...

Below is the FIS World Cup Scoring System:

1st = 100 pts	7th = 36 pts	13th = 20 pts	19th = 12 pts	25th = 6 pts
2nd = 80 pts	8th = 32 pts	14th = 18 pts	20th = 11 pts	26th = 5 pts
3rd = 60 pts	9th = 29 pt	15th = 16 pts	21st = 10pts	27th = 4 pts
4th = 50 pts	10th = 26 pts	16th = 15 pts	22nd = 9 pts	28th = 3 pts
5th = 45 pts	11th = 24 pts	17th = 14 pts	23rd = 8 pts	29th = 2 pts
6th = 40 pts	12th = 22 pts	18th = 13 pts	24th = 7 pts	30th = 1 pt

Placing 31st or below will not gain points, but still qualifies you for the series. Therefore, solely participating in a race maintains a skiers qualification for the series, though a skier must place within the top 30 in their class to earn points.

Current standings and points will be published within a week after each race and posted on imsnordic.com.

Let the races begin and Best of Luck to ALL!

INMS INTERMOUNTAIN NORDIC MARATHON SERIES

imsnordic.com

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Competitors accumulate World Cup Points from each race. No registration for the overall INMS winner is necessary. To be an eligible competitor you must compete in THREE of 4 races below:

Overall female and male winners for ages:

18-34

35-49

50+

- Teton Ridge Classic 26km
- Boulder Mountain Tour 34km
- Moose Chase 30km
- Yellowstone Rendezvous 50km

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Using Speed Training to Increase Power and Performance

By Cole Morgan



As cross country skiers we often focus on volume training and aerobic fitness in pursuit of our respective skiing goals. While putting in hours on skis is important in building fitness and efficiency, there are other areas of focus that can take our skiing to the next level. Integrating speed training into your normal training regimen can increase your power, technical efficiency, and even raise your VO2 max.

There are a few ways to integrate speed training into your arsenal through the summer, fall and winter. The most obvious form of speed training is doing short bursts of speed on skis and rollerskis. This can be very valuable in increasing your muscular and technical efficiency. I usually like to complete 3 separate sets of 5 speeds in any given workout. I like to find 3 specific types of terrain that will allow me to work on different technical aspects in each speed. I usually look for a steep uphill for either V1 or striding, a slight uphill for V2 or double pole, and a slight downhill for overspeed techniques. These speeds on either skis or rollerskis can be very valuable in increasing your overall performance.

Another type of speedwork I like to incorporate, especially in the fall, is running speeds on a track. Adding track workouts once a week through the late summer and fall can give you a speed and aerobic boost before starting the season. I like to do a pyramid set of 2 by 200m, 2 by 400m, 2 by 800m, 2 by 400m, and 2 by 200m. I pace these in level 4 and try to get faster in the second half of the workout. This type of workout can really prime you for success throughout the season.

Adding both off season and in season speed training could be the boost you need to have your best Boulder Mountain Tour yet! Good luck!

Cole Morgan represented the Sun Valley Community and the USA at World U23 Championships where he posted a top ten finish in the Classic Sprint. Cole first skied with the SVSEF as a junior racer, then attended University of Vermont and skied for the Catamounts. He is now entering his second full season with the SVSEF Gold Team.

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Travis Jones is your BMT announcer and M.C.. Following a decidedly mediocre collegiate racing career at the University of Colorado, Travis has been a cross-country coach for 20+ years, including a 4-year stint leading Sun Valley's Gold Team into the 2010 Olympics. Today, he's a full time realtor, part time coach, and all around Nordic Town USA enthusiast just trying to keep up with his two much fitter sons, both on and off the trails.



Svea Grover grew up skiing to the bus stop in Homer, Alaska, and went on to represent the University of New Mexico (they're actually really good). Svea has two competitive daughters, has been coaching with the team here in Sun Valley for almost 10 years, and is a full-time realtor, as well as the preferred source for Nordic Fantasy League insider info, flowing from her husband, US Ski Team Head Coach, Chris Grover.

208.721.8579 | jonesgroverteam@evusa.com | jonesgrover.com



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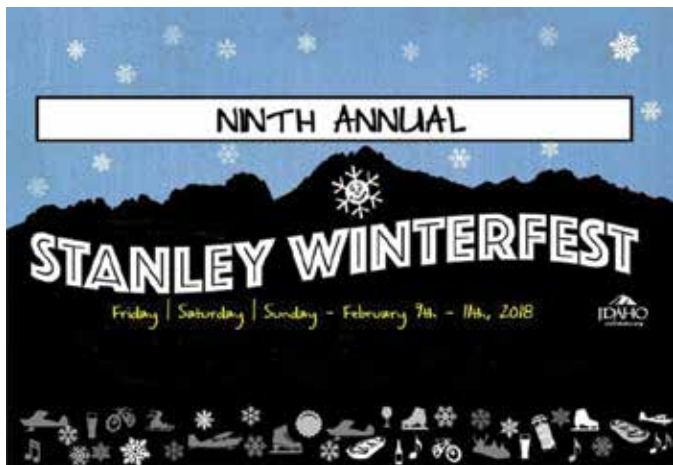
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CONTACT Jason Bosley – Bosley@gmail.com
208 774-3411
Visit stanleycc.org 'Events' for details.



Ski the Rails

Saturday, February 10, 2018

10:00 am official start,

with aid stations open until 1:00 pm

BCRD Wood River trails & Sun Valley Brewery

Start at Serenade Lane in Ketchum or anywhere on the Wood River Trail System. Finish at Myrtle Street in Hailey.

Lunch available at Sun Valley Brewery in Hailey. Live Music!

Join the folks at the BCRD for a cross-country ski tour along the Wood River Trail. Bring your family, friends, visitors and even your dog. Learn about the history of the famous Wood River Trail from a local's perspective. Aid stations along the way will keep you energized through the end of the tour.

This is a FREE community event.

Questions? Call Janelle at 208 578-5453 or email jconners@bcrd.org. For free shuttle bus schedule and map of the course go to [bcrd.org/Winter trails/Ski the rails](http://bcrd.org/Winter%20trails/Ski%20the%20rails).

Visitor Information & Local Resources

HOW TO GET HERE

Friedman Memorial Airport (SUN) is located in Hailey, twelve miles from Ketchum. SUN is served by Delta Airlines, Alaska Airlines, and United Airlines. Taxis and rental cars are available at the airport, and Mountain Rides offers daily bus service to and from the airport (www.mountainrides.org/airport-connections).

Boise Airport (BOI) is about a three-hour drive away, and there is bus service to and from that airport on Sun Valley Express. Salt Lake City Airport (SLC) is about a 4.5 hour drive away.

For more information on getting here, including driving instructions, flight schedules, and rental car companies, go to www.visitsunvalley.com/getting-here-around.

WHERE TO STAY

Discounted rates are available at the following hotels:



Hotel Ketchum

Ketchum Rooms (King or 2 Queens): \$149/night
Fireplace Rooms (King or 2 Queens): \$159/night
Balcony Rooms (King or 2

Queens): \$169/night
Suites (King only): \$189/night



Tamarack Lodge

King or 2 Queens: \$149/night
Fireplace King Rooms: \$159/night
Suites: \$189/night

For reservations at either location call (208) 471-4716 and reference the Boulder Mountain Tour to get the discounted rate.

Condominium and House Rentals



Vacasa manages a wide range of privately owned condominiums and homes available

for short-term rental in the Ketchum area. They handle the bookings, prepare the properties prior to your arrival, and have a local team on hand should you need assistance. www.vacasa.com

For other lodging options, go to www.visitsunvalley.com

WHERE TO EAT

To-Go Meals:

Atkinsons' Market

In addition to being a full-service grocery store, Atkinsons' has a coffee and pastry kiosk, made-to-order deli sandwiches, fresh soups, hot and cold lunches and dinners, sushi, and other ready-made meals. They also offer a grocery delivery service.

Open daily 7am-9:30pm.
451 4th Street East, (208) 726-5668
www.atkinsons.com. Hailey store: 93 E. Croy.

Sit-Down Service and To-Go Meals:

Perrys

Perry's offers a full grill menu, soups, fresh baked bread, made to order hot and cold sandwiches, fresh seasonal salads, premium beer and wine, as well as delicious homemade desserts. Perrys opens at 7am daily and serves breakfast and lunch. Ask for the "Nordic Skier" discount.
Corner of 4th Street and 1st Ave. (208) 726-7703
www.perrysunvalley.com

Glow

Glow is an organic and plant based cafe. Winter menu includes 3 hot soups daily, Indian Curry and Southwest Bowl, Baked Pizzas, pressed juices, superfood smoothies, matcha lattes and cacao desserts.
Open M-F, 9am-5pm, Sat 10am-5pm
380 Washington Ave. #105, 208-720-8399
www.glowlivefood.com

Village Station

This brand-new restaurant in the Sun Valley Village has an extensive craft beer selection, full bar, four large screen televisions, and American cuisine, including pizza, pasta, fresh salads, and burgers. Take-out family style packs are also available. Enjoy the shops and festive lights of the Sun Valley Village while you're there. Open 11am – 10pm daily. Sun Valley Village next to the Inn.
(208) 622-2138. www.sunvalley.com/dining

Sushi on Second

In addition to delicious, fresh sushi, Sushi on Second serves steaks, fish, tempura, salads, noodles, appetizers, teriyaki, premium sake, beer and wine. They have a 20-seat sushi bar, and two private tatami rooms that are ideal for groups.
Open nightly at 5:30pm.
260 Second St. (208) 726-5181
www.sushionsecond.com

The Cellar Pub

Legendary for their fish and chips, the Cellar Pub also offers a variety of other pub-style foods, including buffalo burgers, flank steak salad, bangers and mash, and more. They have a full bar, draft beers and fine wines. The game room has video games and shuffleboard. Opens at 4pm daily.
400 Sun Valley Road, downstairs. (208) 622-3832
www.thecellarpub.com

Lefty's Bar & Grill

Lefty's serves killer burgers, tasty subs, fresh salads and their specialty, hand cut fries; quality meals at affordable prices. They offer 13 draft beer selections, nearly 30 bottles of beer and wines by the glass. Their HD satellite TV plays "all the games all the time." Food is served from 11:30am-10pm daily. Bar is open late. Takeout available.
231 6th St at the corner of 6th and Washington.
(208) 726-2744. www.leftysbarandgrill.com

Ketchum Grill

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Open nightly at 5pm, 520 East Ave, (208) 726-4660
www.ketchumgrill.com

Enoteca

Enoteca features house cured meats, artisanal cheeses, local honey, traditional, wood fire, Neapolitano style pizza, and a variety of other dishes with a focus on local and sustainable ingredients.
Open at 5pm daily. Corner of Sun Valley Road and Main St (208) 928-6280, www.ketchum-enoteca.com

Town Square Tavern

Town Square Tavern serves up flavors inspired by the Mediterranean regions stretching from the Middle East, to North Africa, to Spain, Italy and France. Open daily at 5pm.
360 East Ave N, (208) 726-6969
www.ketchumtavern.com

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The Importance of Zone Training

By Rogan Brown



With any sport it is important to have a training toolset to get you to the competition in peak physical condition. In our sport of nordic skiing, it is crucial to not overcomplicate the preparation process and choose a plan that is balanced for your lifestyle. Whether you are racing your first Boulder Mountain Tour or returning to international racing, zone training is a great way to build fitness and become a more efficient skier.

In general, most skiers use five zones in their training. Each zone builds on the last in terms of perceived effort of the individual skier. A good indicator of which zone you are skiing in is heart rate. Here is a general synopsis of each zone and when to use it:

Zone 1: This zone is where you should spend most of your time for easy workouts and in between intervals. Utilizing this zone will help build fitness and build a base for more intensive training. Make sure to warm up for races in Zone 1. Ideally 60% of your maximum HR.

Zone 2: Building from Zone 1, Zone 2 is slightly 'faster' while staying in a comfortable state. Athletes generally use Zone 2 when practicing technique drills. Ideally 70% of your maximum HR.

Zone 3: Used for "steady state" interval training or marathon races. This zone helps build muscular and aerobic efficiency. Ideally 80% of your maximum HR.

Zone 4: Hard interval training and race pace. Time in this zone helps to increase VO2 Max. Ideally 90% of your maximum HR.

Zone 5: Sprint and high-speed training.

Knowing these zones helps you be more effective in racing and training. A typical week of training should consist mostly of Zone 1 training. Zone 3 training can be added early in the week and a workout or race with Zone 4/5 on the weekend. Being able to compartmentalize your perceived effort in skiing gives you an important mind body connection so you can manage your energy throughout a race or specific workout. These zones have been fundamental to my training in my career and they will help you tackle training and racing.

Rogan Brown is a 3rd Year Gold Team Member. Rogan is from Durango, CO and is an alum of the University of Vermont.

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Thank you for joining us for the 2018 Sun Valley Nordic Festival and Boulder Mountain Tour.

We hope you enjoyed our beautiful valley and all it has to offer. Whether you won a medal, or closed down the finish line, we hope the memories you take home will bring you back next year.

Mark your calendars for next year's Sun Valley Nordic Festival, January 31 - February 3, 2019 and the 44th Zions Bank Boulder Mountain Tour, February 2, 2019.

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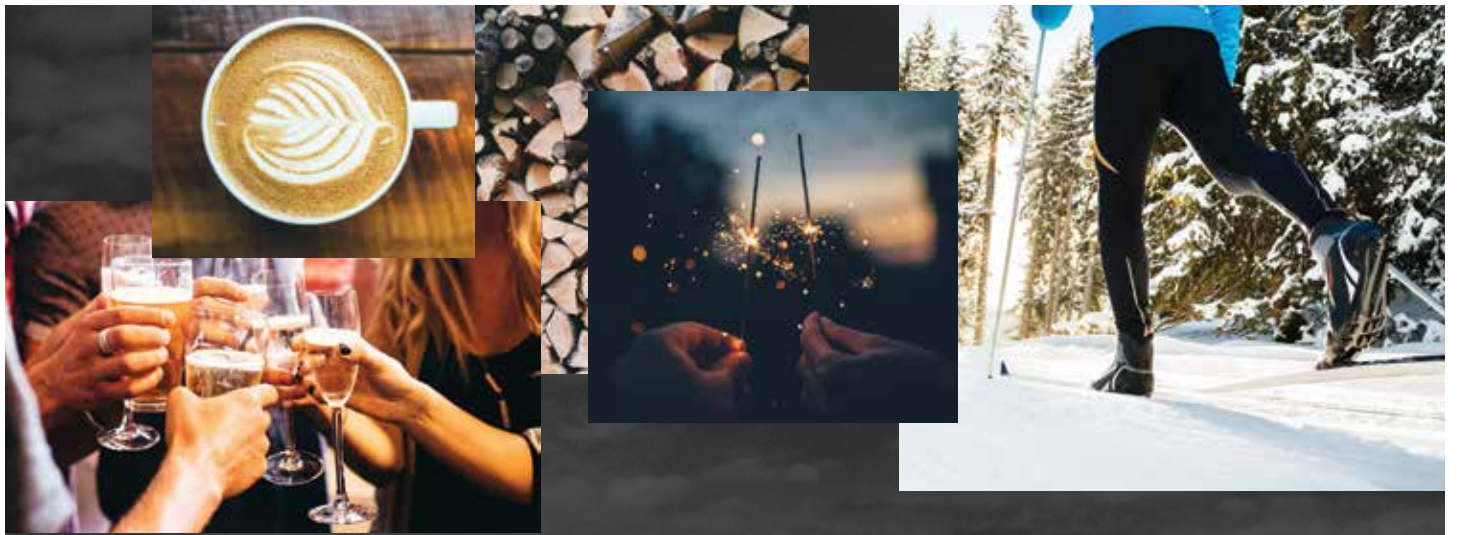


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