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Art by Jack Weeks of Type B Laboratories



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While interest in Para Nordic continues to grow, the high costs of adaptive sports equipment and lack of resources remain barriers to entry. For example, the average sit ski costs between \$2,000 - \$3,000; additionally, attending races that help athletes qualify for the Paralympic team costs thousands per event.

We invite you to help us make a meaningful impact this year so that every athlete can reach their full potential on the trails. CAF's Para Nordic Program is about providing inclusivity, access, and life-changing experiences.





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MESSAGE FROM THE BMT BOD PRESIDENT

Welcome to the 2024 Zions Bank Boulder Mountain Tour



After half a century of nervous bus rides, cold starts, and the burn of lungs and legs at the top of Hawk Hill, BMT skiers are just as excited today as they've ever been. The speed with which this year's race sold out is testament to the passion people have for this race, this course and this community.

For some of you, the Wood River Valley is literally home, the Harriman Trail and the incredible sweep of the Boulder Mountains drawing you in, letting you know this is the place. Others travel here year after year because this race, and the people you line up with on a chilly February morning, are the family you choose. A group united by a challenge and a passion for the perfect 'swish, swish' of skate skis gliding across the ground. For a few, this will be a first. You will find this to be one of the most supportive, encouraging and helpful groups of people you'll ever ski with.

No matter if this is your first Boulder or your fiftieth, wave one or wave seven, from Hailey or from the other side of the world, you're one of us, forever a BMT skier.

We're grateful you're here. Welcome Home. ❄️

Paddy McIlvoy

Board President, Boulder Mountain Tour

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COVER ART: JACK WEEKES, TYPE B LABORATORIES

For the sixth consecutive year, the Zions Bank Boulder Mountain Tour is very proud to present the artwork of Jack Weekes, artist of our official race poster.

Depicting BMT racers making their way down the homestretch, Weekes employed a hand-drawn technique to capture the morning light glistening off the eponymous Boulder Mountains, creating contrast and depth.

A limited run of 50 signed posters is available for purchase online at www.bouldermountaintour.com/merchandise. Viewers may take in Weekes large body of work emphasizing the mountains and beautiful valley in which we work and play at www.typeblaboratories.com

A graduate of Sun Valley Community School in 1985, Weekes matriculated to the University of San Diego, where he minored in economics and majored in surf culture. A resident of Ketchum, Jack revels in all that the valley has to offer, often committing it to canvas for the rest of us to enjoy.

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Judy's Design House

Program edited and produced by Jody Zarkos

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Map courtesy of Evelyn Phillips

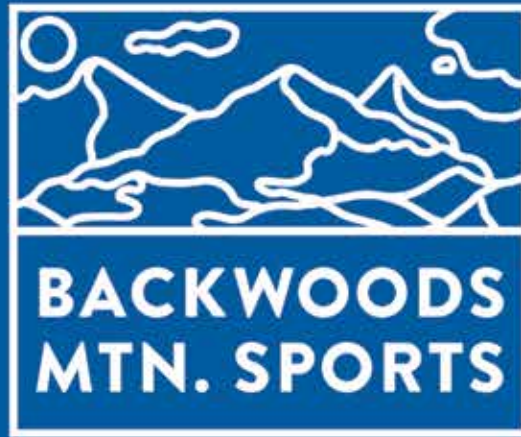
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BMT WAXING

A photograph of two skiers in a snowy mountain landscape. The skiers are in the foreground, wearing dark ski suits and helmets. They are standing on a snowy slope with their skis on. In the background, there are large, snow-covered mountains under a clear blue sky.

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BCRD Grooming Crew Keeps the BMT On Track

By Emily Williams/Jody Zarkos

Crystal clear bluebird skies, snowy peaks above, bomber track ahead. These are the constants of a typical day on the Harriman Trail. A sometimes overlooked, but arguably, the most critical component of the Boulder Mountain Tour (BMT) is the trail itself. Hundreds of hours go into preparing the scenic and historic Harriman Trail for race day. The Blaine County Recreation District (BCRD) maintains the route and ensures it can withstand the demands of 1,000 skiers giving it their all on the first Saturday in February every year.

UNSUNG HEROS

The unsung heroes of the BMT are Eric Rector, Director of Trails and



Facilities for the BCRD, and his staff of 14 groomers, some of whom are going on more than a decade of working for the valley nonprofit. The BCRD grooms and maintains 160 kilometers of ski trails comprising the North Valley Trail System, much of it located in the Sawtooth National Recreation Area. On average, the trail system sees about 200,000 skiers per year.

Originally from Redding, California, where he was director of ski patrol for two ski areas in Tahoe, Rector has been with the BCRD for 18 years, and a key component in Boulder preparation from the get-go.

"I am very honored to be part of the process. We take a lot of pride in what we do," Rector said. "I'm a skier and we see things through a different eye and hold the grooming to a different standard. All my guys will tell you that. We have some very good guys. Eric Coury is an exceptional Nordic groomer. He groomed for the Salt Lake Olympics."

As with most things that are well done, there is definitely more than meets the eye when it comes to preparing the Harriman Trail for race day. Rector takes us through the process of getting the 34 kilometer course from Galena's Senate Meadows down the Harriman ready.

"It all starts with good summer prep, and that is mowing and trimming. In the fall we place plywood and put in temporary bridges," he says.

"The first week in January we start track packing the snow to try and harden it. We're doing a lot of plowing on many days. We're not trying to get it done all at once. It is a process."

In January, the BCRD crew begins day-grooming and working on the start area in Senate Meadows, road crossing south of Galena, the Prairie Creek connector, building the preems and aid stations and slowly widening parts of the trail, including the finish area across from SNRA Headquarters.

"You have to be proactive and think about things far in advance," Rector says. "You can't all the sudden go fix something. Snow doesn't like to be moved around a bunch of times. It loses its effectiveness."

FROSTING ON THE CAKE

The frosting on the cake is the final groom which can take place the



Eric Rector

BCRD Grooming Team continued on page 9

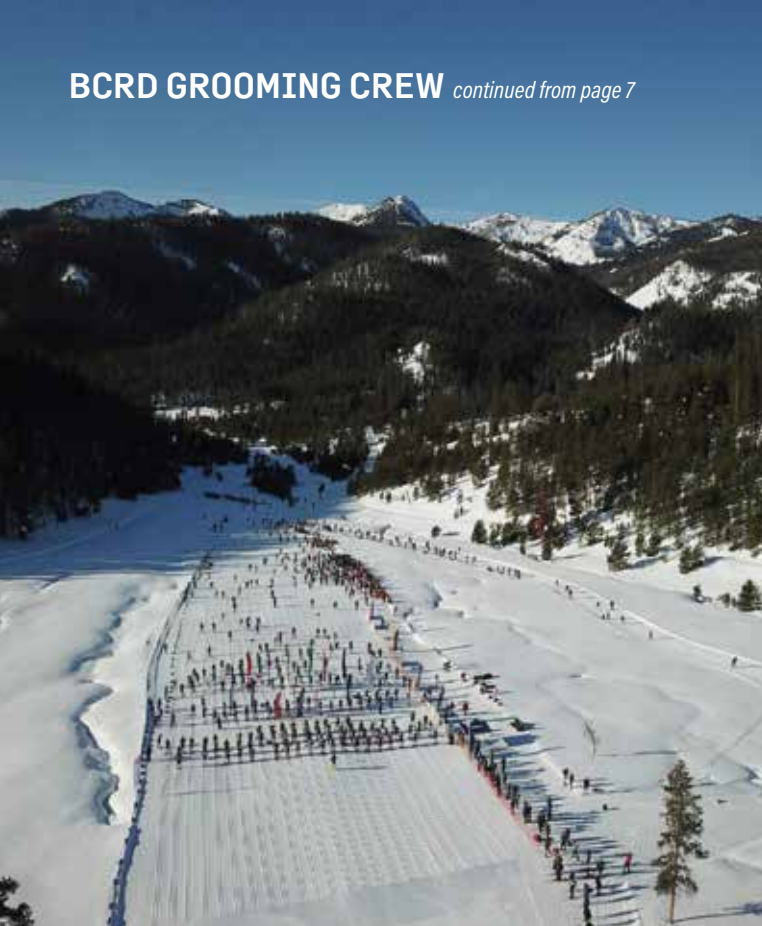
The background is a watercolor illustration of a mountain range. The sky is a mix of light blue and white, suggesting a hazy or misty day. The mountains are depicted with various shades of blue, purple, and green, with white highlights indicating snow or ice on the peaks and ridges. The overall style is soft and artistic.

BCT

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night before or the morning of the race, depending on when temperatures will be coldest, setting the course up to harden and freeze to withstand eight waves of skiers.

To the average layman, it may seem driving some heavy equipment over a trail and laying down tracks doesn't take much finesse, but it is far from the case for a successful and respected outfit like the BCRD.

"It is not happening in front of you. It is happening behind you," Rector says. "There are so many considerations. And, a lot of it is feel. You groom with a blade, then the tracks, and the tiller that lifts and warms the snow one more time. Then it becomes a finished product."

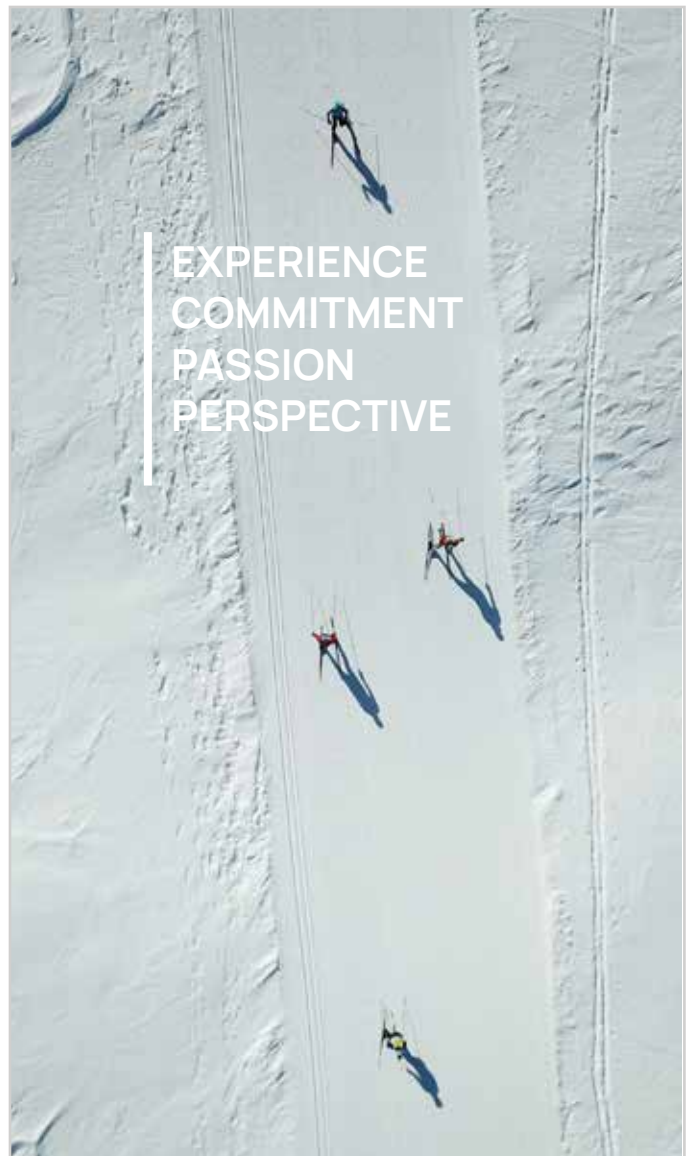
With the current lack of snow, there is plenty of planning and troubleshooting to pull off the historic Boulder, which has been canceled or reformatted twice in its 51-year history due to lack of snow.

This year in particular, we have these groomers to thank for their hard work keeping the trail network open with a very limited snowpack. The Wood River Valley is lucky to have these dedicated individuals who have made the impossible a reality by providing skiing to our community through a sparse early season.

THE CREW

Headed up by mechanic Ross Coleman, who is charged with keeping six snow cats in working order, full-time BCRD groomers in the crew are Eric Coury, Eric Thurmond, David Coleman, Shane Connolly, Luke Bird, Drew Furlong, and Rob Hamlin. It is a hard-working contingent who work through the night to groom the trails to perfection throughout the winter, and on race day when 1,000 skiers experience their handiwork.

"I think the day of the race is the most fun," Rector says. "Seeing everyone out there, young and old. It is a great community event and we're proud to be part of it." ❄️



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How to Ride the Middle Waves

By Peter Thimm



2023 racers on course



Once this hard-copy BMT program has arrived in your mailbox or on the counter of your favorite ski shop, it's time to start thinking about your strategy for the coming race. The feature I look forward to most in these programs is the article from previous champions on how to race the course.

In the 2019 program, Matt Gelso, winner of the 2018 BMT, provided a spot-on analysis of the course and what the elite skier should think about on his or her trip down the Harriman. In the

ensuing years, his light-hearted take on course tactics has been widely quoted in ski and travel magazine stories about the Boulder.

As good as Matt's race advice was, it occurred to me that it was really most beneficial to the elite skiers of waves 1-4 and was slightly less relevant to the wave 5-7 racers. Just putting ability and fitness aside for a moment, the condition of the course encountered by a wave 5-7 skier completely differs from what the wave 1-4 skier sees. But this is just the most obvious example of the different concerns faced by skiers at the front and back of the BMT pack.

To be sure, non-elite racers need their own set of tactics. So, with a tip of my BMT Swix hat to Matt and all the others who have generously shared their advice on how to manage the course, I now offer these observations for the wave 5-7 racer.

THREE ASPECTS

The concerns of the wave 5-7 skiers can roughly be grouped into three aspects: the start (by which I mean the entirety of the course around Senate Meadows), the climbs (depending on what you count as a climb, there can be a good number for a course that drops 1000' from start to finish), and, dealing with the unexpected – crashes, passing difficulties, and changing snow conditions.

While many counsel a moderate start-pace, I have tried it all three ways: easy, moderate and hard, and guess what? A hard start gets you to the finish sooner. Even though you'll feel better if you go out easy to medium, most non-elite racers cannot recover the time lost by a less than 95 percent start effort. The other benefit of going out hard is being

near the front of your wave when you reach the sharp right turn at the big spruce tree 300 yards up from the starting line. You do not want to be in the middle of the pack when the mob makes this turn. So, either get out front or stay far left to avoid the scrum at the spruce. Of course, the downside of going out hard comes at you pretty quickly when you hit the first climb of the course – and I am not talking about Hawk Hill.

WHITE WHALE

Much ink has been spilled over Hawk Hill, so I will not add to it here, partly because it has never been my White Whale. The climb that gets me (to the point that each year, when I am halfway up it, I vow never to do the race again) is the one after the roundhouse turn at the bottom of Senate Meadows, perhaps only 1.5km from the start. It surprises me that others do not mention this 30 second double-wide climb in their write-ups; apparently, it does not get their attention. I think this climb can be challenging because it hits you before you are sufficiently warmed up. Of course, you did warm up before the race, but being a late-wave starter, you stand around a good bit as the pre-assembled waves move toward the start line behind their respective wave signs.

So, the late-wave starter is likely cold and stiff when their gun goes off. And if you go out hard and dump all your speed at the huge roundhouse turn, you're going to suffer on this climb. Like so many other climbs in the upper section of the course, the one positive about this hill is that a lengthy descent immediately follows, which gives you time to catch your breath and recant your vow about never doing the race again.

Another climb that may catch you by surprise is the 700-meter gradual climb from the first feed station at Prairie Creek back up to the Harriman Trail. Again, this stretch of trail may not register on a regular day. But on race day, you're encountering this stretch after having just dealt with several decent hills in the upper section and likely having stopped at the feed station for a drink and a gel. Suddenly, this persistent, gradual climb back to the Harriman is a bit more attention-grabbing, especially since you know that upon reaching the Harriman, you have to deal with a 4 km stretch of undulating, but generally up-hill terrain.

One last thing about some of the steeper climbs in the narrow, upper section of the course: by the time the wave 5-7 skier hits these hills, the snow has been turned into something approaching beach sand or mashed potatoes, depending on the temperature. You will likely have to resort to a modified herringbone/single stick to trudge up through the deep, loose

How to Ride the Middle Waves continued on page 13

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Skiers make their way along the base of the Boulder Mountains

snow on these steeper sections. The best you can hope for here is that the person behind you in the conga line doesn't step on your poles.

PREPARE FOR THE UNEXPECTED

This brings us to our final category of late-wave course tactics – being prepared for the unexpected. By this, I mean stuff you don't have to deal with in normal Nordic races with smaller fields. The first of these unexpected things is crashes. In the first few kilometers of the course, you will likely be passing the stragglers of earlier waves and being passed by the hot shots of following waves. This natural mixing of the waves creates clumps and open areas in the field. It's not really a big deal, except there are a number of sharp turns at the bottom of the hills in the first 5-8km. If you arrive at these corners amid a gaggle of racers, be ready for some excitement. These turns will have been thoroughly skied out by the elite waves, leaving a deep rut on the inside, a mound of mashed potatoes in the middle of the curve, and relatively benign conditions at the far outer circumference. Look ahead to assess the trail conditions and the congestion as you approach these corners; you may want to go way wide – it's slower but not as slow as getting tangled up with other skiers.

Depending on when you arrive at the midpoint of the course near Baker Creek, you may confront another wildcard. This is where the Half BMT racers enter the track. To be sure, the wave 1-4 skiers will all have

gotten past this point before the first of the 'Halfers' enter the course. Since the Half BMT start time is actually tweaked on race morning by the officials depending on course traffic, it is impossible to say with certainty when they start. But most late-wave racers will arrive at Baker Creek after the Half BMT has launched, and the presence of two hundred additional racers on the course will definitely affect your race tactics. The Half BMT competitors will be a very mixed-speed crowd ranging from hot-shot youth racers to families out for a true tour. You must be ready to ski alongside these fellow BMT'ers with courtesy and patience while trying to maintain your pace and exertion level according to plan.

If you've made it this far and are still feeling alright, perhaps you'll have time to think a bit about your technique, which you may conclude has relied too heavily on V1 with all the climbing, passing, and whatnot. There will still be time to work in some V2 in the nice flat, wind-protected section just below the final feed station. Dig deep as you ski the final kilometers through the willows and cottonwoods, and keep your foot on the gas. Maybe, if your tactics paid off, your time will earn you a spot in wave four next year – in which case, see Matt Gelso's piece on racing the Boulder.

Peter Thimm is an Idaho-based Masters skier. When not racing the BMT from one of the late waves, he can be found on the Nordic trails of McCall and Bogus Basin. He is also the secretary of the McCall Nordic and Biathlon Ski Club. ❄️

Why Become a Fluoro-Free BMT?

Before you dig your expired waxes out of your old wax box, give this a read.

By Annie Van Fossan, BMT Board Member

The use of fluorinated (fluoro) waxes is not banned at the 2024 BMT. However, in recognition of the environmental and health impacts of fluorocarbons, the use of non-fluoro waxes is strongly recommended for all racers. Today, resources are not reasonably available to fairly enforce this ban, but expect that in future years the BMT will be a 100% fluoro-free race.

But, why should you care right now? First, these outdated waxes contain chemicals that are harmful to the environment. Second, new waxes are just as fast and easier to apply. Finally, as stewards to the Boulder Mountains, this shift is one of many ways to make a positive impact.

THE HUBBUB

So let's start with the hubbub about fluoros. Multiple peer-reviewed studies of ski areas have revealed that the waxes leave traces of polyfluoroalkyl substances (PFAS) in the snow. If you, like this author, are not a scientist, that means that these waxes contain "forever chemicals" that do not break down. PFAs contaminate groundwater, get into our food, and in large quantities, cause a myriad of health risks. You may have heard about PFAs in reference to plastic coatings, or clothing manufacturing. A 2015 CDC study concluded that 98 percent of Americans have PFAs in our blood. Yikes!

PFAs truly are everywhere, but there is an active effort to reduce these chemicals, particularly in our outdoor environs. The ski industry is no different. We have known about the presence of PFAs in fluorinated waxes since the early 2000s. Today, all major wax companies have completely phased fluoros out of their production. Toko hasn't sold fluorinated wax since 2020, and SWIX is five years into their total shift away from fluoros. You will not be able to buy fluorinated wax for this year's BMT in any ski shop, and all local shops in the Wood River Valley will not use them for waxing race skis.

This year, the World Cup has a total ban on use of fluorinated waxes, and has taken intricate, expensive, and diligent steps to enforce that total ban on all athletes. And, guess what? Those guys are still skiing really fast! Therein lies the good news. New waxes are not any slower than fluoros. As Dane Stephenson of SWIX shared with me, "Our joke is: 'If the new waxes were slower that would be HUGE news.'"



JUST AS FAST

Back when they were common, fluorinated waxes worked best in wet, dirty, warm snow. "Today's fluorine-free race waxes are every bit as fast as anything that any company has ever offered in these conditions. I can also say that there have been four biathlon World Cup races where podium finishers (top 3) skied on High Performance Liquid Paraffin Yellow in wet conditions, so clearly the fluorine-free HPLP Yellow was very competitive on that day in those particular wet conditions," says Ian Harvey at Toko.

Dane Stephensen added, "New waxes are also harder with higher melt temps to help with durability so application has become a big part of performance not just the ingredients."

For those keeping score at home, fluoros are worse for the environment, no faster, and harder to apply than modern waxes. So does anyone really still use them? Most people do not, but, like withering spandex flapping in the wind, there are a few folks who are hanging on to the glory days of the early 2000s (you know who you are). To those few, we encourage you to join your friends in stewarding a healthy environment surrounding the Boulder Mountains, and make this ski fluoro-free. ❄️

Don't Throw Away Your Fluoros

Putting these waxes in the trash can may be just as harmful as putting them in the snow! Most wax companies have fluorine redemption programs. If you send in your fluoro waxes, they will safely dispose of them and offer you credit toward new, fluoro-free waxes. If you'd prefer not to send them away, bring them to waste stations to be properly disposed of.

Waxing Recommendation for the BMT

By Ian Harvey, TOKO US

Assuming the Boulder Mountain Tour conditions are dry and fairly cold, I would encourage racers to consider the speed of the snow.

COLD AND SLOW

If the snow is cold and slow, go with XCold Powder either straight or mixed with HP Blue hot wax. This greatly improves the skis acceleration in slow snow and how "free" the skis are on the climbs.

COLD AND NORMAL SPEED

If the snow is cold and "normal speed", then go with HP Blue hot wax which is the wax's sweet spot.

COLD AND REALLY FAST

If the snow is cold and really fast, go with a mix of 3 parts HP Blue hot wax and 1 part HP Yellow hot wax. This gives the skis a super high-end speed in fast cold snow.

We also will have HP Powders that can be applied over the HP hot wax for best performance (mix with the XCold powder in the cold slow snow). This is the Toko cold weather waxing system and is the most effective out there and if racers act according to these principles, the wax will perform very well. ❄️



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BMT Announcer Travis Jones • BMT Board Member Svea Grover

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BMT Establishes Scholarship Fund in Honor of Bob Rosso

By Jody Zarkos

If enthusiasm could be personified, the perfect example would be Bob Rosso.

In his lifetime, Bob has never greeted a challenge with less than a 110 percent effort and if there was fun to be had, he brought everyone with him. It didn't matter if he did not know how to do something. He was diving in headfirst. A Pied Piper of merriment and adventure. The more the better, please.

When Rob Kiesel was heading up the nascent cross-country ski team for the Sun Valley Ski Education Foundation in 1972, he asked Bob to be an assistant. 'Of course,' you might be thinking, 'Bob is a wonderful skier.' Well, he was not at the time. Didn't even know how to ski at that point in his life. But you know what he had in spades? Yep. Enthusiasm.

"We called him hummingbird man. He was all over the place," Bridget (Sewell) Kapala recalls.

A year later, when Kiesel and others had the brilliant idea to start a ski tour from Galena Lodge along Highway 75, Bob was tabbed with organizing the 'Sawtooth Mountain Marathon' which would eventually become the Boulder Mountain Tour in 1980.

"We set a classic ski course with a snowmobile along the berm on the highway. It was a complete blizzard the first year. You had to cross the highway five or six times, and it took three or four hours to complete the race," Bob recounts.

SO MUCH FUN

Did that deter him? Nope. It was so much fun to ski with all his friends, he tackled all facets of the BMT for the next 49 years, opened a ski and mountaineering shop and created a plethora of community-based recreational events including the Adams Gulch Fun Run, Backcountry Run, Shop to the Top, 10-Mile Run, Pin Binding Downhill, Classic Backwards Boulder Mountain Tour, Prairie Creek Snowmaker, Chamber Pot Relays, Baldy Snowshoe Challenge, Tri-Elephant-A-Thon Triathlon, Nappy's Wednesday Night Rides, Town to Summit Road Race, South Valley Century Ride, Stanley to Lowman Overnight Tour, Ronde Von

Ketchum 120k Bike Tour, and Wagon Days Criterium.

In addition to all the fun, his business, family, and essential involvement in many community endeavors, Bob still had time and energy to work for more than 20 years on the Board of Directors of the Blaine County Recreation District, playing an integral role in the creation of the Harriman Trail, the purchase and opening of the historic Galena Lodge, and the permitting for the valley-wide bike path system connecting Ketchum, Hailey, and Bellevue. Bob accomplished all this (and more) with an electric enthusiasm, unshakable commitment, and a deep desire to benefit our community and the people within it.

And that has not changed. Although dementia diagnosis in 2019 is slowly erasing Bob's memories, it has not touched the essence of who the man is; warm, kind and connected, and most of all, willing and wanting to help.

SCHOLARSHIP FUND

It is precisely because **we remember** all that Bob is and has done for our community that the Boulder Mountain Tour established the Bob Rosso Scholarship Fund in 2023 in his honor.

The scholarship is presented annually to a pair of Sun Valley Ski Education Foundation Cross Country Prep Team skiers. Prep Team athletes are in grades 6-8 and meet three times per week. It is a crucial juncture in SVSEF programming, and support will help committed athletes take the next step in their ski racing journey. The yearly scholarship will pay for 50 percent of SVSEF ski program tuition for the upcoming season for a girl and a boy who display attributes of Bob's we greatly admire and want to encourage; enthusiasm for skiing, respect for others, love of the outdoors, and a desire to improve the lives of those around them.

In 2023, the first annual Rosso Scholarship recipients were Bailey Kurtz and Vivian Cunningham. It was a true full circle moment, as not six months earlier, the 13-year-old Kurtz had

completed the BMT, winning his age class.

It is pretty amazing when you think about it. Bailey was skiing in a race Bob started, for a team Bob helped establish, and now, he continues his quest to ski and participate in a sport he loves aided by generosity engendered by Bob himself.

"There are many things I love about skiing. My first is being able to move down the trail smoothly and almost fly as I ski." Bailey wrote in his essay.

Almost like a hummingbird. *

BOB ROSSO SCHOLARSHIP FUND



A 501(c)3 nonprofit organization, the Boulder Mountain Tour's Board of Directors have set a goal of establishing a \$100,000 scholarship fund that will exist in perpetuity. As of January 2024, we are 60% to goal. We endeavor for Bob's name, legacy, and love of skiing to continue inspiring

and supporting generations of skiers to come. If you would like to contribute to the fund, please see the "Support" tab on our website, or scan the QR code. Thank you!



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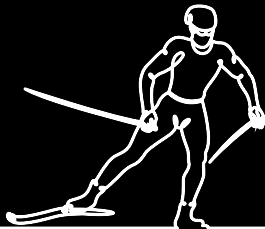
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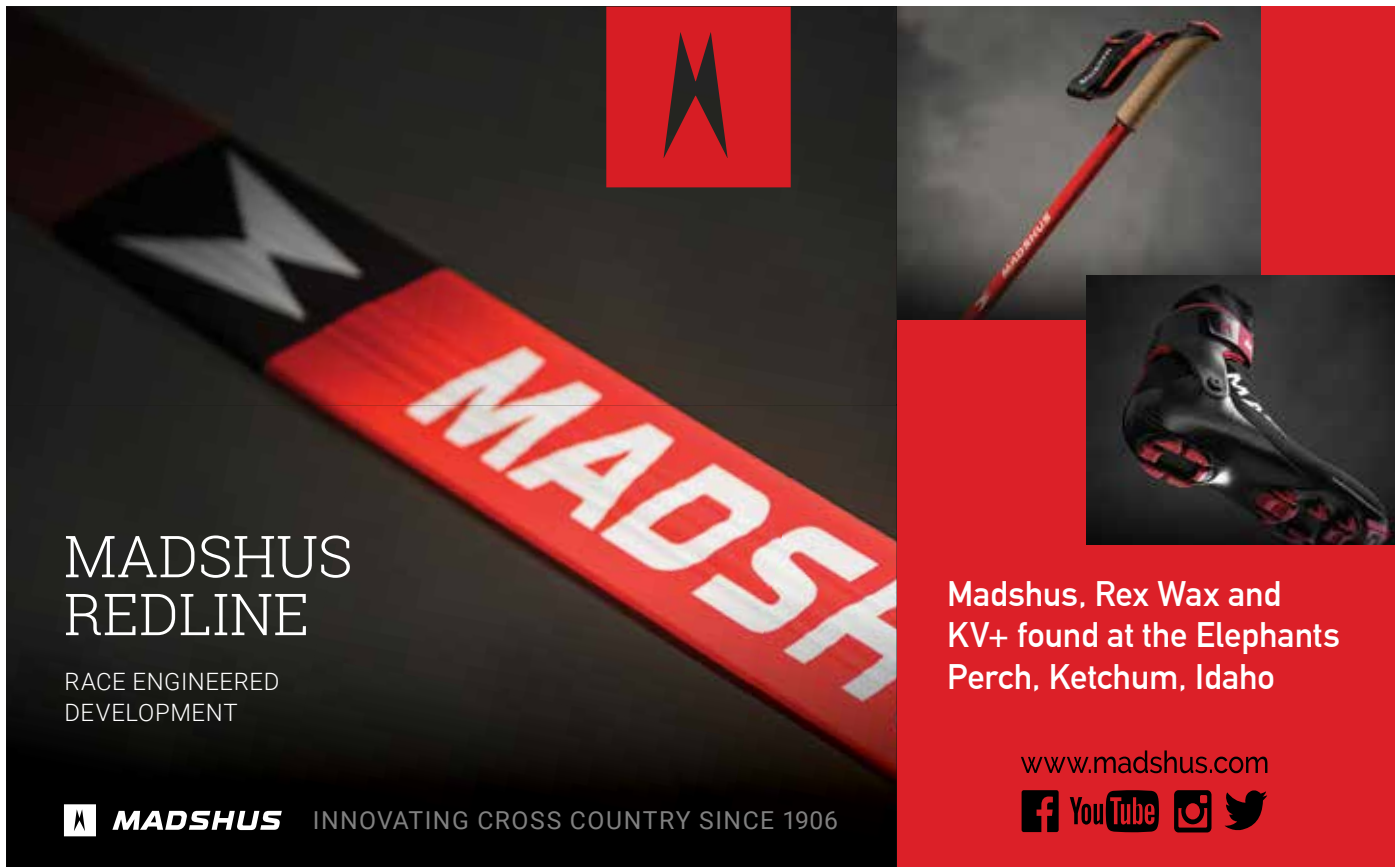
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GET INVOLVED

Supporting the National Nordic Foundation and Team USA

By Laura McCabe

The National Nordic Foundation is a grassroots effort by the American skiing community to support Team USA Cross Country. Our mission is to "Support athletic excellence in developing Nordic athletes in the United States."

NNF is run by a board of directors organizing our cross-country ski community of enthusiastic supporters, such as many Boulder Mountain Tour participants, who are making an impact on U.S. skiing in a very positive way. In most countries, the development of cross-country ski teams from junior age groups on up, is supported by government funding. We do not have the ability in the United States to get funding dollars from our government, so the responsibility falls into the hands of our cross-country ski community. Sun Valley's own Johnny Hagenbuch, a U.S. Ski Team member, is a prime example of NNF's work in progress. An amazing 13th position in the Östersund World Cup individual skate race in December 2023.

CONTINUED SUCCESS

The impact of NNF's support has now reached critical mass gaining valuable momentum: Continued success at the highest levels is witnessed by the unprecedented result in December, with two American men and two American women in the sprint finals in Östersund, Sweden, continued excellence by Team USA at the veteran level with Jessie Diggins and Rosie Brennan holding the top two spots in the overall world cup standings. The emergence of the next generation of skiers: JC Schoonmaker's first sprint podium at 23 years of age, regular appearances by younger Team USA skiers in the top 20: such as Ben Ogden and Sophia Laukli is also reflecting the impact of the generosity of our American skiing community through NNF. This next generation has benefited from our investments in development, infrastructure and consistency through all regions in the US. By providing opportunities to attend national camps, European race experience and exposure to train and race with the best skiers in the world, a broader set of our younger skiers are able to gain valuable experiences leading to success that we are now seeing at the world cup level.

We also fund pillar projects such as prize money for SuperTours, World Juniors and U23 championships, U18 Nordic Nations Cup, and OPA Cup Finals, U16 camp, REG camps, athlete grants and the Trail to Gold coaching grant (women coaches on the World Cup).

ON A PERSONAL LEVEL

On a personal level, I am a board member who has two girls involved in Nordic skiing. I have been a junior ski team coach for 25 years on the Methow Valley Nordic team. I have spent numerous years seeing firsthand how NNF can positively affect the growth and development of

a skier. I am thankful everyday for the gift of skiing for my daughters and all the wonderful young people I have been able to share skiing with. Being a teenager these days presents challenges that prior generations did not have. Our sport gives these kids a great base for succeeding in life. They learn about work ethic, goal setting, team building and time management skills as they balance training, school work, travel, community service and all the other things young people do. Being involved in our sport is also an avenue to help create productive, positive, individuals that will contribute to our society. As they mature in life they will hopefully be givers and contributors to the world which is in desperate need of kindness, people of strong character and the ability to have compassion for humanity and the drive to change the world in a positive way.

My family has been a recipient of NNF funding and I could not be more grateful for the impact it has had on us. Our sport is not the most accessible for many families. Every additional dollar donated to NNF directly expands our reach to even more kids and families across the nation. The results speak for themselves in the successes of our athletes through the highest levels, but even more importantly in the less obvious ways of character and team building, compassion for others and work ethic.

Please join us in our efforts to raise funds and awareness of NNF. Our organization has a thin management hierarchy and all donations go straight to our programs. I invite you to help us continue to raise the bar for U.S. skiing, expand accessibility for as many young people as possible to achieve their goals and dreams in skiing and to become better people. For more information on NNF, please go to our website and read all about what we do: www.nationalnordicfoundation.org Thank you! ❄️

The following is translated from a recent article by Ingeborg Scheve referencing "game-changing" results: "USA's show of power in Östersund: A game changer for cross-country skiing."

"What all the young and now forward-looking Americans have in common is that they belong to the same generations of runners: a generation that was able to compete internationally at an early stage. And they are part of a systematic investment that has been going on for many years."



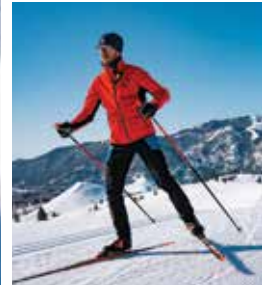
In the sprint during the World Cup in Östersund, only Erik Valnes and Johannes Høsflot Klæbo were faster than James Clinton Schoonmaker from the USA."

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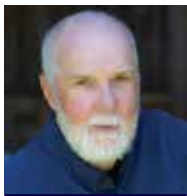


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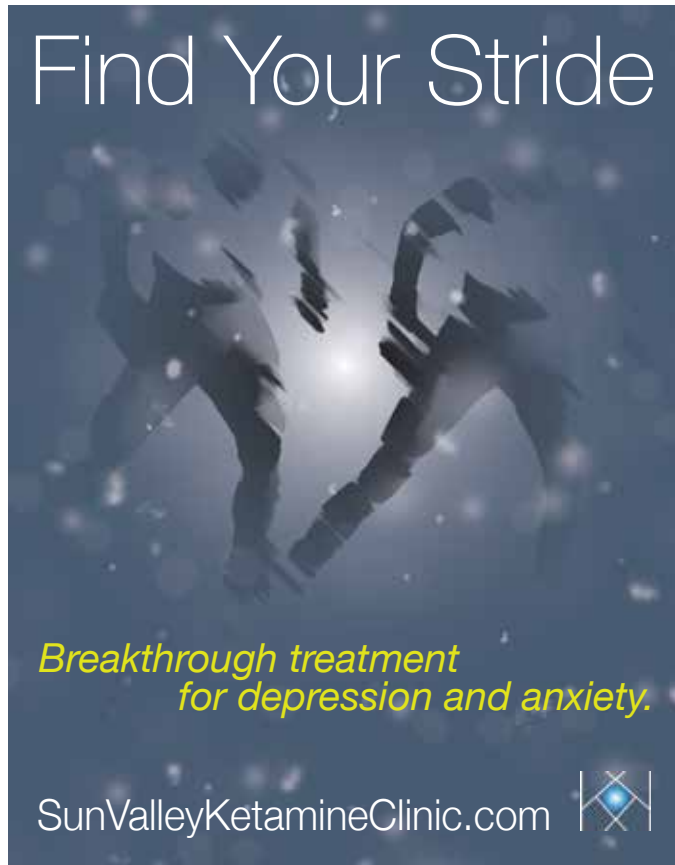
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2023 ZIONS BANK BOULDER MOUNTAIN TOUR

By the Numbers - BMT 2023

REGISTRANTS

Total Registrants **1001**

Male **575** (57.4%)

Female **426** (42.5%)

Registrants for Full Boulder - **800** (298 women / 502 men)

Registrants for Half Boulder - **201** (128 women / 73 men)

Registrants for Virtual Boulder - **47**

740 racers completed Full Boulder

188 racers completed Half Boulder

Total Finishers - **928** (92.7%)



ON THE CLOCK

FULL BOULDER - Mean Time: 3:02.12

Winning Times: Peter Wolter, Hailey, 1:17.55

and Hannah Rudd, Bozeman, 1:26.27

HALF BOULDER - Mean Time: 1:04.08

Winning Times: Noah Eitel, McCall, 42:07

and Patti Bellan, Boise, 46:04



Number of racers who finished Full Boulder in less than two hours - **386** (65 more than 2023)

Number of racers who finished Full Boulder between two and three hours - **322**

Number of racers who finished in over three hours - **30**

WHERE WE LIVE (All Registrants)

UNITED STATES

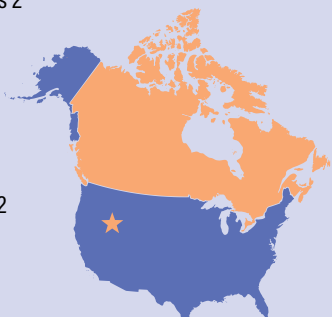
Idaho 535 (Ketchum 167, Hailey 148, Boise 100, Sun Valley 35, McCall 30, Bellevue 9. Additional cities represented, 19)

Utah 186
Oregon 90
Montana 73
Washington 54
California 37
Wyoming 24
Colorado 25
Minnesota 18
Wisconsin 14
Alaska 13
Illinois 6
Maine 6
Vermont 6
Nevada 5

New Hampshire 4
Florida 3
Michigan 3
Ohio 3
Massachusetts 2
New Mexico 2
New York 2
Arizona 1
Connecticut 1
Hawaii 1
Maryland 1
Pennsylvania 2
Virginia 1

COUNTRIES

USA
Canada



AGE AND NUMBER OF REGISTRANTS

FULL & HALF BOULDER

Over 40 - **601** (60%)

25-40 - **306** (30%)

Under 25 - **94** (9.3%)

FULL BOULDER, WAVE WINNERS

Wave 3 - Lucy Conklin/Dave Bergart

Wave 4 - Julia Pierson/Andrew Dougherty

Wave 5 - Abelyn Broughton/Matthew Signoretty

Wave 6 - Dana Tower/Dermott McHugh

Wave 7 - Gillian Wilcox/Riley Hopeman

FULL BOULDER - 740 FINISHERS

CLASS CHAMPIONS

13-Under - Zoe Liberatore/Bailey Kurtz

14-17 - Evonna West/Alex Larson

18-24 - Hannah Rudd/Peter Wolter

25-29 - Annika Landis/Jack Hegman

30-34 - Erika Flowers/Matthew Gelso

35-39 - Sarah Armstrong/Andrew Newell

40-44 - Angie Kell/Kurt Wolf

45-49 - Erin Zell/Joe Jensen

50-54 - Brooke Hovey/Todd Hageman

55-59 - Kim Taylor/Duncan Douglas

60-64 - Roxanne Toly/Barry Makarewicz

65-69 - Muffy Ritz/Steve Moore

70-74 - Carol Mutzel/Peter Harris

75-79 - Dagmar Eriksson/Bob Rosso

80-84 - Dorsey Naylor/Andy Andrews

HALF BOULDER - 188 FINISHERS

Parent Assist - McCallen & Brady Campbell

12-Under - Sydney Nelson/Connor Olsen

13-19 - Lera Doederlein/Duncan Fryberger

20-29 - Greta Olsen/Ty Wiberg

30-39 - Kimberley Johnson/Scott Traver

40-49 - Joanna Olsen/Ken Hahn

50-59 - Marcia Witte/Mark Davidson

60-69 - Patti Bellan/David Joss

70-79 - Donna Finegan/Bill Leyrer

80-89 - Grace Dyck/Tullio Celano

90-over - Charley French



FULL BOULDER

Oldest participants - Dorsey Naylor 80 and Steve Swanson 84

Youngest participants - Josephine Renner 12 and Cody Lloyd/Odin Healey 10

HALF BOULDER

Oldest participants - Grace Dyck 81 and Charley French 96

Youngest participants - Morgan Kearney 7 and Reid Ewanowski 4

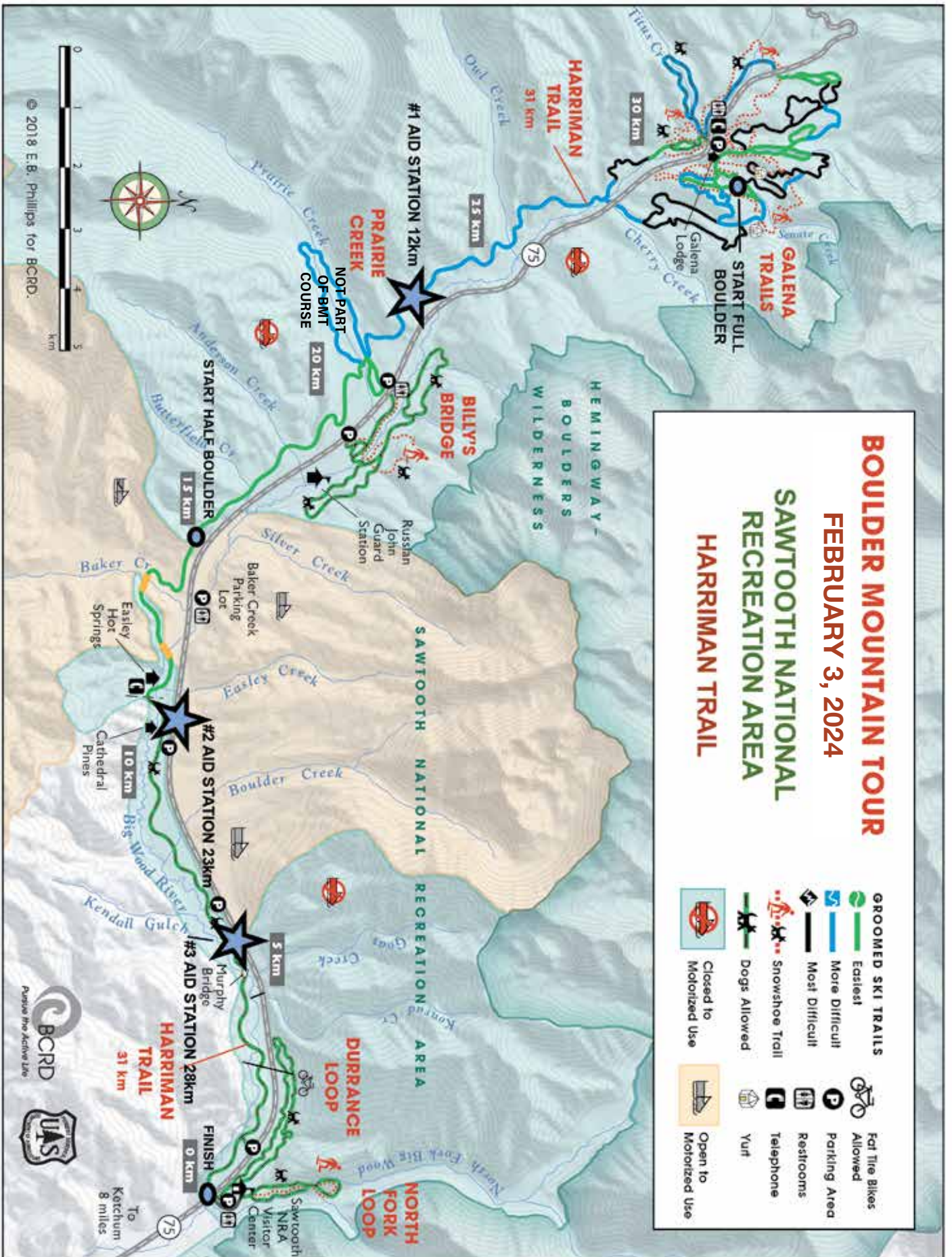
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Ostrich Meat: A Surprising Superfood

By Jess Roth

Chances are, health and wellness are not the first things that spring to mind when you think of red meat. We all know that as we age, maintaining healthy cholesterol, blood pressure, and weight can become more challenging. If any of these start to slip, most physicians will recommend making specific changes to your diet. One of the most common recommendations? Eat less red meat.

There is a lesser known red meat, however, that makes it possible to enjoy the rich flavor and satisfying bite of a good steak, while providing the body with optimal nutrition for good health and performance. Ostrich – the large flightless bird of the African savannah – is a source of lean red meat that looks and tastes like premium grass-fed beef, but offers more protein, three times more iron, and over 80 percent less saturated fat per serving.

Surprised? So was Alex McCoy, a Sun Valley native who first encountered ostrich meat while working an assignment in South Africa. McCoy graduated with the Class of '01 from the Community School, where he enjoyed a four-year, three-sport varsity athletic career. While his post-secondary education led him to the field of international finance, he never strayed far from his love of competitive sports.

In 2012, Alex McCoy found himself in Johannesburg, where he was preparing for his seventh IRONMAN Triathlon. Wary of his training diet of chicken and eggs, he allowed himself to indulge in a cheat day. He ordered the biggest steak on a restaurant menu – but this was South Africa, so in lieu of beef, the waiter brought him a massive ostrich steak. It was decidedly delicious; reminiscent of a properly cooked filet mignon. McCoy left the restaurant and returned to his flat, expecting to nap off the inevitable post-feast slow down. An hour after arriving, he instead found himself cinching the laces on his running shoes. He felt energized;



POWER-PACKED TACO BOWLS

INGREDIENTS

- 1 Tbsp olive oil
- 1 lb ground ostrich
- 2 Tbsp taco seasoning
- 1 Tbsp tomato paste
- ½ Tbsp apple cider vinegar
- Romaine lettuce, roughly chopped
- Cherry tomatoes, cut in half
- Avocado, cubed
- Lime

DIRECTIONS

Heat oil in a large skillet over medium-high heat until shimmering.

Add ground ostrich and season with a pinch of salt. Cook, breaking up meat with a wooden spoon.

When meat is evenly browned, turn heat down to medium-low, add taco seasoning and tomato paste. Cook, stirring frequently, until spices are aromatic and tomato paste is well incorporated.

Add vinegar and stir to combine. If the mixture is too thick, add water one tablespoon at a time until desired consistency is reached.

Remove from heat, and season with salt and pepper to taste.

Fill bowls with chopped romaine, cherry tomatoes, cubed avocado, and top with a large scoop of taco meat.

Finish with a squeeze of fresh lime juice and add your favorite toppings, if desired: shredded cheese, salsa, fresh cilantro, Mexican crema, etc.

light on his feet, even. That afternoon, he ran sixteen miles, clocking his best time ever.

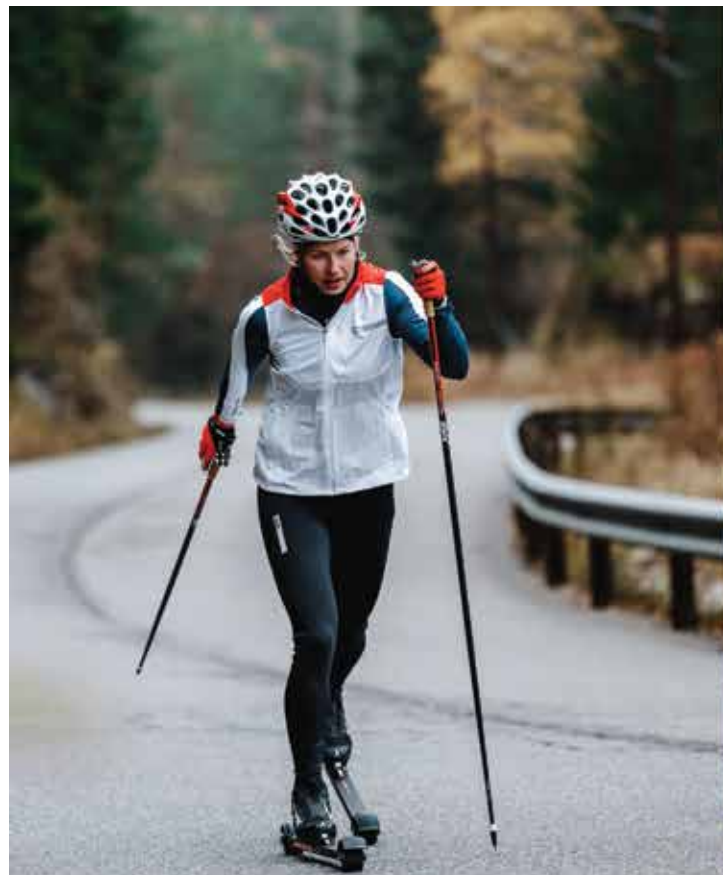
Ostrich meat proved to be the perfect food for a lifelong carnivore, athlete, and healthy lifestyle enthusiast. The more McCoy learned about this unfamiliar protein, the more he understood its potential to meet a need in the American diet: red meat that many crave, with health benefits usually found only among poultry or plant-based proteins. Beyond this, ostrich offered something more; a much more environmentally sustainable red meat option. Due to the bird's efficient biology, ostrich production requires dramatically less water, less feed, less land, and creates less methane and waste than any other red meat on the market on a pound for pound basis.

Within a year, Alex McCoy left his career in finance, and returned to his home state on a mission to provide other Americans a healthier, more sustainable red meat option. With the

purchase of 120 acres on Idaho's Snake River Plain, a lot of gumption, and even more elbow grease, American Ostrich Farms was born in the summer of 2013.

Today, McCoy's ranch is the country's largest producer of USDA-inspected ostrich meat. He and his family are rapidly scaling the first 'new' animal protein since Tyson and Purdue commercialized chicken 100 years ago and are positioned to soon overtake South Africa as the global leader in vertically integrated ostrich production. And when they're not doing that? You're likely to find Alex, his wife Lauren, and their three young daughters taking advantage of the Wood River Valley's exceptional outdoor recreation opportunities.

Want to try the Healthy Red Meat for yourself? Visit the American Ostrich Farms booth at the finish line for a delicious dose of healthy omega-3's, iron, and B vitamins to refuel after your Boulder. *



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BMT Racer Checklist

Whether you are a seasoned veteran or brand-new to the Zions Bank Boulder Mountain Tour, here is the A to Z information that is going to give you the industrial know-how to make it a great day.

CLOTHING/SKI/RACE BAG TRANSPORT

For a comfortable experience and to protect you from the elements, BMT race bags should be used to store warm-up and a post-race change of clothes. All bags, including ski bags, will be transported from the start to the finish area by race organizers. Everything must be clearly marked with a name and bib number. Before heading to the starting line, ensure that all your gear is in your bag and it is securely zipped. The BMT assumes no responsibility for loose or lost items. Cell phones, wallets and/or valuables should not be stored in your race bag. Once everything is securely stashed, place your bag under the sign designating your wave at the start area. You will find your bag at the corresponding area at the finish area. Please limit the number of skis you want transported and make sure your name and bib number are on your ski tag.

COURSE ETIQUETTE

Slower skiers should keep to the right so faster skiers may pass more easily. If you are caught by a racer, do not impede their right to pass. Please do not stop in the middle of the trail. Pull over to the side. Skiers who are passing, please be courteous. If someone is in your way, please let them know in a friendly manner. We're all friends out here. Your bib number must be clearly visible front and back. Place bib over camelbacks and jackets.

COURSE INSPECTION

Friday, February 2, 8 a.m. to 4 p.m.

Sawtooth National Recreation Area

The Harriman Trail will be open for inspection and skiing until late afternoon. We respectfully request all skiers be off course by 4 o'clock to allow ample time for grooming for race day.

ELITE CHECK-IN

Elite racers in waves #1 and #2 will be directed to their lane assignment upon entering the start area. Lane assignments will match bib number. Please allow yourself enough time to get organized at the start.

HALF BOULDER START

Charley Course Half Boulder participants are asked to self-seed by degree of seriousness. We will utilize two waves this year. Competitive racers will be in the first wave, touring skiers in the second. Anyone hauling a chariot or skiing with a small child is asked to line up in the back. Please note a new start time for the Half BMT: 11:45 a.m. The race will start when there is a large enough gap to merge onto the race course without impacting the Full Boulder field.

LANE ASSIGNMENTS

Starting lanes are assigned to Elite racers only. There are no lane assignments for waves 3 through 7. Access to the start for waves 3-7 will be restricted until 9:55 a.m. Tracks are set for the first 100 meters. All skiers must stay in a track until it expires and skating is permitted.

LOST AND FOUND

Found items will be brought to the finish area and placed near the road. A sign will be present. If possible, found items will be brought to the awards party. After that, Backwoods Mountain Sports will hold items for one week.

PORT-A-LETS

Additional blue rooms will be near the start of the race course. Given Galena's sensitive plumbing, please utilize the extra bathrooms if you are able.

PROTESTS

Any race protests must be lodged with the race jury before you leave the finish area. Rapidcam will be in place at the finish line for result verification.

RACE BAG/PACKET PICKUP AND BMT EXPO

Friday, February 2, 10 a.m. to 7 p.m.

Limelight Hotel, Main Street, Ketchum

All racers should plan on picking up their race packet bib and bag at the BMT Expo. Each racer receives a souvenir bib, timing chip, race-day details, SWIX race hat, and goodies. The BMT Expo features event sponsors, industry insiders and local vendors. Get the lowdown on trails, temps, wax and equipment to make your Boulder a blast. If you are arriving in Sun Valley after 7 p.m. Friday, please let us know ahead of time. We will arrange for you to pick up your bag and bib at Galena Lodge between 8-9:30 a.m. on Saturday.

RACE SHUTTLES

Hemingway Steam School, 111 8th Street East, Ketchum

Shuttle buses will transport racers and spectators from Ketchum to Galena Lodge and back to Ketchum from the finish. Buses will begin transporting racers from Hemingway Elementary to Galena at 7 a.m. and run through 9:30 a.m. for the Full Boulder. We recommend racers in waves 1-2-3 travel between 7-8:15 a.m. Average travel time is 35 minutes, weather dependent. Buses will depart as they fill up. Half Boulder transport runs between 10:15-11:15 a.m. Half-Boulder participants should not board buses before 10 a.m. as they will not stop at Baker Creek. Return shuttles from the finish area to Hemingway will leave every 20 minutes from 11:30 a.m. to 3 p.m.

RESULTS

Zone4 is the official timer of the Boulder Mountain Tour. Unofficial race results will be posted at the finish area as soon as they are available. Once confirmed, official results will be published to the BMT website.

TIMING CHIPS

All racers will be assigned a timing chip at the packet pick up. Timing chips are non-transferable and specific to each racer's wave start and bib number. Secure the chip to your ankle, just above the boot top. If you drop out of the race, it is imperative to return your chip at the finish line, or mail it back in a padded envelope to Zone4, 2404 Ona Street Boise, Idaho, 83705. There is a \$100 replacement fee for lost chips.

**SAVE
THE DATE**

The 52nd annual Boulder Mountain Tour is February 1, 2025. Race registration will open in July 2024 for returning skiers and two weeks later for the general public.

Details can be found at
www.bouldermountaintour.com

In the unlikely event of race delay or
cancelation, you will be notified by text
message of any up-to-the minute changes.

Racers will be asked to OPT in to Txtwire
message service in January.

51ST ANNUAL

ZIONS BANK BOULDER MOUNTAIN TOUR SUN VALLEY, ID



TRAIL PASSES

All Full and Half Boulder participants are eligible to receive a Boulder Pass, which is good for three days of skiing (including race day) on the North Valley Trail System. Enjoy access to more than 160 kilometers of skiing meticulously maintained by the Blaine County Recreation District. The pass will be in your race bag at the BMT Expo. Family and friends may purchase a 1-or-3-day pass at any of the following merchants or the fee box at area trailheads. Present a copy of your entry at the following vendors to receive a trail pass; Backwoods Mountain Sports, The Elephant's Perch, Sturtevant's, or Galena Lodge. Current trail conditions may be found at www.wintertrailink.bcrd.org.

BOULDER MOUNTAIN TOUR CHAMPIONS

2023

Peter Wolter 1:17.55, Hannah Rudd, 1:26.27

2022

David Norris 1:17.08, Leah Lange 1:27.02

2021

Virtual Boulder Mountain Tour

2020

Johnny Hagenbuch 1:17.07
Guro Jordheim 1:25.50

2019

Peter Holmes 1:22.21, Erika Flowers 1:31.49

2018 - 34k course records

Matt Gelso 1:10.28
Caitlin Gregg 1:17.41

2017

Silas Talbot 1:33.42, Caitlin Gregg 1:40.19

2016

Nick Hendrickson 1:17.13
Caitlin Gregg 1:23.55

2015

Mother Nature

2014 - 34 kilometer course

Sylvan Ellefson 1:16.02
Chelsea Holmes 1:23.55

2013 - 32 kilometer course

Sylvan Ellefson 1:09.08, Lauren Fritz 1:18.57

2012

Matthew Liebsch 1:13.34
Rebecca Dussault 1:18.13

2011

Sylvan Ellefson 1:06.43, Evelyn Dong 1:12.39

2010

Zack Simons 1:13.52, Evelyn Dong 1:24.23

2009

Zack Simons 1:10.55
Rebecca Dussault 1:16.45

2008

Mike Sinnott 1:19.45
Kate Arduser 1:28.46

2007

Billy Demong 1:10.12, Evelyn Dong 1:16.06

2006

Zack Simons 1:22.12, Brooke Hovey 1:30.33

2005

Eric Meyer 1:09.43, Suzanne King 1:17.36

2004

Nathan Schultz 1:23.17
Rebecca Dussault 1:29.34

2003 - 32k course records

Eric Meyer 1:06.27
Brooke Baughman 1:12.36

2002

Justin Wadsworth 1:16.01
Suzanne King 1:26.10

2001

Justin Wadsworth 1:12.49
Unni Odegard 1:20.16

2000

Carl Swenson 1:22.46, Kelly Schalk 1:28.05

1999

Carl Swenson 1:20.47
Laura McCabe 1:31.31

1998 - 30 kilometer course

Carl Swenson 1:16.45, Kelly Schalk 1:28.05

1997

Marcus Nash 1:15.39, Ingrid Butts 1:27.46

1996

Ben Husaby 1:20.30, Ingrid Butts 1:32.06

1995 - 30k course records

Havard Solbakken 1:05.34
Heidi Selnes 1:12.13

1994

Bjorn Laukli 1:13.11, Jeannie Wall 1:22.00

1993

Audun Endestad 1:12.29
Laura McCabe 1:18.31

1992

Asmund Drivenes 1:11.02
Laura McCabe 1:17.57

1991

John Aalberg 1:09.29
EJ Holcomb 1:20.53

1990

Audun Endestad 1:14.59
Angie Stevenson 1:29.03

1989

John Aalberg 1:19.50, Roxanne Toly 1:34.22

1988

Ken McCarthy 1:16.29, Allison Kiesel 1:29.12

1987

Ken McCarthy 1:16.25, Sue Long 1:23.29

1986

Mark Pearson 1:26.44, EJ Holcomb 1:38.35

1985

Dave Bingham 1:38.58, EJ Holcomb 2:01.50

1984

Dave Bingham 1:32.07, Janet Kellam 1:47.34

1983 - Race not run

1982

Randy Meyers 1:28.30
Gabriele Anderson 1:42.59

1981 - Race not run

1980

Kevin Swigert 1:19.50
Gabriele Anderson 1:30.48

1979

Fritz Koch 1:40.25
Lindsay Putnam 1:57.11

1978

Jim Speck & Bob Kassow 2:08.34
Gabriele Anderson 2:14.57

1977 - Race not run

1976

Kevin Swigert 1:49.18
Kristina Hindert 2:08.28

1975

Kevin Swigert 2:05.50
Heidi Burkhart 2:33.07

1974

Bob Rosso 1:54.30
Polly Sidwell 2:18.15

1973

Brent Hansen 2:53.15
Julie Gorton 3:09.30

CHARLEY COURSE HALF BOULDER CHAMPIONS

2023

Noah Eitel 42:07
Patti Bellan 46:04

2022

Dani Aravich *39:48
Bryan Price 43:07

2021

Virtual Boulder Mountain Tour

2020

Reed Wuepper 38:15
Cora Scott 43:28

2019

Hayden Hinchman 43:04
Margeaux Thompson 44:54

2018 - 15k course records

Colin Poly *36:02
Berkeley Canfield 41:34

2017

Nate Streubel 47:39
Natalie Flowers 52:04

2016

Will Lange 41:08
Britt Cogan 45:22

*Course records

Boulder Basics

The Zions Bank Boulder Mountain Tour starts at Senate Meadows near Galena Lodge, 23 miles north of Ketchum, elevation 7,400. The course crosses Highway 75 below the Lodge and continues down the Harriman Trail finishing across from Sawtooth National Recreation Area headquarters. The 34-kilometer course begins with some moderate but challenging climbs and descents and then levels out around the halfway point. The total elevation gain for the Full Boulder is 1,239 feet, and features a total vertical drop of 2,231 feet. The Charley Course Half Boulder begins at Baker Creek, elevation 6,700 feet, and encompasses a gradual 450-foot vertical drop over 15k. Overall, the BMT is designed as a skate race but classic tracks are set the length of the course. Classic skiers are timed with the general field.

WAVE	BIB COLOR	NUMBERS	START TIME
#1 Elite Men	BLUE	1-70	10:00 a.m.
#2 Elite Women	RED	100-140	10:02 a.m.
#3 Wave	YELLOW	200-350	10:10 a.m.
#4 Wave	CORAL	400-550	10:14 a.m.
#5 Wave	GREEN	600-750	10:18 a.m.
#6 Wave	LILAC	800-950	10:20 a.m.
#7 Wave	ORANGE	1000-1150	10:22 a.m.
Half Boulder	FUSHIA	1200-1450	11:45 a.m.

AID STATION AND CUT-OFF TIMES

Aid Stations are hosted and manned by the good people at Sun Valley Community School, Sun Valley Suns Hockey Team, Wood River Pickleball, and Galena Lodge. We thoroughly appreciate these organizations' efforts and the important role they play in the success and safety of the Boulder.

AID STATION LOCATIONS, DISTANCE FROM START IN FULL/HALF BOULDER, CUT OFF TIME

#1	Prairie Creek	12k/NA	12 p.m.
#2	Cathedral Pines	23k/3k	1:30 p.m.
#3	Frostbite Flats	28k/8k	2:30 p.m.
#4	SNRA	34k/15k	3 p.m.

AWARDS

The Boulder Mountain Tour recognizes overall champions, age class champions, preem, and wave winners in the Full Boulder. Other award categories are Para, Oldest/Youngest Racers, Corporate Teams, and the Jon Engen Award which goes to the man and woman who show the greatest percentage of time improvement from 2023. Overall, age and team champions are recognized in the Charley Course Half Boulder. The BMT prize purse totals \$13,000.

LOST AND FOUND

There will be a Lost and Found located at the finish area. Any items not claimed will be transported to the Awards Ceremony in Ketchum Town Square. The BMT is not responsible for items left on the course.

SAFETY

Staff members and volunteers of Galena Backcountry Ski Patrol, Ketchum, Sun Valley and Wood River Fire Departments, Wood River St. Luke's, Idaho State Police and Blaine County Search and Rescue are an integral part of the BMT as each participant's safety is our number one priority. Please let someone know if you are not feeling well or need assistance. *

Calendar of Events

THURSDAY, FEBRUARY 1

NordicTown USA Sprints

Simplot Lot, 2nd Avenue & Fourth Street, Ketchum

The NordicTown USA Sprints pit teams of two in a head-to-head free-style relay format on a 400-meter oval. The event features elite racers from the field, Para skiers, as well as top juniors from the Sun Valley Ski Education Foundation. Cash prizes are awarded to the top teams. Come join the fun as a participant or spectator. Day of race signup only. Hot drinks and cookies provided by Sun Valley Community School and Zions Bank. Details, Kelley Yeates (208) 726-3899.

THURSDAY, FEBRUARY 1

NordicTown Sprints

Simplot Lot, Ketchum

3:30 pm	Elite/Comp/Para registration
4:00 pm	Devo and Prep bib pick up
4:15 pm	Devo Team

4:30 pm	Prep Team Family Relay
4:45 pm	Para Class (if enough racers)
5:15 pm	Elite Class

Sprint Awards will follow after the conclusion of the final relay

FRIDAY, FEBRUARY 2

BMT Packet Pick up and Expo

10 a.m. to 7 p.m. Limelight Hotel, Ketchum

All racers should plan on picking up their race bag and packet at the BMT Expo. Each racer receives a souvenir bib, timing chip, race-day details, official SWIX race hat, and goodies. The BMT Expo features event sponsors, industry insiders and local vendors. Want to get the lowdown on trails, temps, wax and equipment from the pros? This is the spot to do it. We will also distribute raffle prizes donated by our fantastic sponsors. Don't leave without seeing if you won a prize.

SATURDAY, FEBRUARY 3

51st annual Zions Bank Boulder Mountain Tour, Full Boulder, Senate Meadows, Galena, 10 a.m.

Charley Course Half Boulder, Baker Creek, 11:45 a.m.

The 51st annual Boulder Mountain Tour launches at 10 a.m. on the Harriman Trail. A field of 800 racers will challenge themselves over 34 kilometers.

Transportation/Shuttles

Getting From Here to There and Back Again

Whether you are a participant or spectator, we strive to make it easy to get where you want to go. This, in a large part, is thanks to Andy Munter who has been in charge of the race shuttles since the wheel was invented. He's the cheery fellow at Hemingway Elementary helping racers get to the starting line. This is Andy's last year as the bus captain. A note of appreciation when you see him is definitely appropriate and appreciated!

RACE SHUTTLES

Hemingway Steam School, 111 8th St East, Ketchum

Full Boulder

Shuttle buses will transport racers and spectators from Ketchum to Galena Lodge and back to Ketchum from the finish. Buses will begin transporting racers from Hemingway Elementary to Galena at 7 a.m. and run through 9:30 a.m. for the Full Boulder. We recommend racers in waves 1-2-3 travel between 7-8:15 a.m. Average travel time is 35 minutes, weather dependent. Buses will depart as they fill up.

Charley Course Half Boulder

Racers should plan on traveling to the Half Boulder start between 10:15-11:15 a.m. Half-Boulder participants should not board buses before 10 a.m. as they will not stop at Baker Creek. Return shuttles from the finish area to Hemingway will leave every 20 minutes from 11:30 to 3 p.m. Sometimes there is a bit of a wait. Be sure to pack warm clothes for post-race comfort.

The 15k Charley Course Half-Boulder begins at Baker Creek at 11:45 a.m. Spectators can catch the elite class finish shortly after 11 a.m. at the end of the Harriman Trail located across from SNRA Headquarters.

SATURDAY, FEBRUARY 3 • 5 to 7 p.m.

BMT Awards Celebration and Block Party, Ketchum Town Square, East Avenue and Fourth Street

Cash prizes will be given to the top three men and women overall, prem winners, and Para racers. Commemorative prizes will be presented to the top three male and female in each age class in the Full Boulder, Wave Champions and Oldest/Youngest racers. The Jon Engen Award will be given to the man and woman who improve their time the most from the 2023 BMT. Half Boulder prizes go to fastest overall, class and team winners. The whole town - and, of course, race participants - are encouraged to celebrate the BMT, cross-country skiing, and our vibrant community at our awards party. Food and beverages will be available for purchase. Party tunes, a huge raffle with great prizes from our generous sponsors and supporters. You must be present to win.

Boulder Bash, Whiskeys on Main.

Co-hosted by Visit Sun Valley, 7ish to 11p.m.

Continue the post-race celebration at the newly-refurbished Whiskey's

DROP-OFFS

Dropping off racers is allowed a quarter-mile south of Galena Lodge, however drivers must stay in their vehicles and are not allowed to park. This rule is strictly enforced due to the limited parking available at the Lodge.

SPECTATOR AND SUPPORT CREWS

Tracking your racer down the highway corridor is prohibited. Idaho State Police will cite anyone trailing a racer. Safety first - for all involved. Please cheer on your skier from the start or welcome them at the finish line.

PARKING RESTRICTIONS

There is no public parking at Galena Lodge until all racers have crossed the highway at approximately 10:30 a.m. and no public parking whatsoever at SNRA Headquarters (including the road), unless you are eligible for handicapped parking. Lot attendants will be on hand to enforce these restrictions. Parking along the Highway 75 corridor is discouraged, extremely limited and only allowed in designated turnouts. Parking is available on Barlow Road, a quarter-mile south of the finish area and a shuttle bus will run continuously. Law enforcement will be patrolling to help keep the event as safe as possible. Violators will be towed at their own expense.

WATCHING THE RACE

Spectators wanting to watch the race start at Galena may board the buses between 9-9:30 a.m. as room allows. Racers will be given priority. There will be two spectator buses from Galena to the finish area. The first at 10:15 a.m. and second at 10:45 a.m. Elite racers generally cross the finish line shortly after 11 a.m. but we cannot guarantee you will be at the finish line to see the winners. For spectators that want to drive their own vehicle, parking is available on Barlow Road, a quarter-mile south of the finish area. A free shuttle bus will run continuously from Barlow Road between 9:30 a.m. to 2:30 p.m.

on Main. Drink specials, dancing and all your favorite friends in one place! Live music with the Kris Lager Band. No cover charge for BMT participants.

SUNDAY, FEBRUARY 4

Demo Day at Sun Valley Nordic Center 10 a.m. to 3 p.m.

Free trail passes to all participants. Food and beverage available. Try out the latest and greatest gear from industry representatives.

2024 WOOD RIVER VALLEY CROSS-COUNTRY SKI CALENDAR

January 26-February 23 Wood River Trail Challenge

February 10 Ski the Rails

February 24 & March 27 BCRD Ski Free Days

March 2 Sawtooth Ski Club Poker Run & Chili Feed, Park Creek Trails

March 3 Sawtooth Ski Club Soup Kitchen Social, Alturas Trails

March 2-3 Intermountain Youth Championships

March 17 Galena Loppet

April 4-6 International Spring Series. Hosted by SVSEF

April 7 Ride, Stride and Glide & Closing Day at Galena Lodge

ONE / WAY



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APPRECIATION

Miles of Smiles for Andy Munter

Before you read this, you should know Andy Munter would frown upon the fact that it is in print and he is reading it. Call it Minnesota modesty, but Munter isn't one for tooting his own horn, despite there being plenty to make noise over. Like his hometown of Duluth and its myriad of lakes, not everything reveals itself at the surface.

In his own quiet way, Andy has been at the foundation of the Boulder Mountain Tour for close to a half-century. And, mind you, not a paid employee but a volunteer who contributes countless hours a year putting racers on the starting line and getting them across the finish – literally. Managing the bus shuttle, Andy's is the first "official" face skiers see on race day. With his cheery, toothy smile and warm demeanor, he helps smooth out pre-race jitters and starts off the event on a positive note.

"He likes to share that experience. He gets so much benefit from helping with community events. It's definitely a win-win," says his wife, Janet Kellam.

VOLUNTEERING

His first go-round with volunteering for the Boulder was an auspicious indoctrination into the all-out dedication that goes into pulling off an event that has seen the advent of skate skiing, modern grooming, and the Harriman Trail.

"My first experience volunteering for the BMT was in the late 70s when there was a call for help building a temporary bridge across the Big Wood where the Murphy Bridge now stands for race day. I showed up and was totally entertained watching three icons in early Nordic skiing; Bob Rosso, Joe Cizmazia, and Phil Puchner use ropes, winches, and an old Jeep to put a bunch of logs in place for the race the following week. I was amazed at their dedication to making the race work," Andy recalled in a previous interview.

Arriving in Ketchum in the latter 1970s, Andy was a cross-country skier in college while working part-time at a local ski shop, but when he got to Ketchum, skiing became



Andy Munter enjoying the 2023 Boulder.

a lifestyle. He began participating in local races, including the Boulder, oftentimes with then-baby Henry on his back or in a sled. He began working at Snug and then moved over to Backwoods to work for Bill Woods, eventually buying the outdoor retailer in 1983.

"He took it through so many phases: Lots of snow, no snow. Renting mountain bikes for Christmas. Years where you didn't stop shoveling," Janet recounts.

At the same time, Andy was running Backwoods Mountain Sports; his friend, Bob Rosso, was the owner and operator of The Elephant's Perch. Despite being two businesses in the same sector, the two men shared a mutual regard, admiration, and affection for one another.

"I think they both believed they supported each other by having a healthy competition. They each seemed to find their own niche," Janet says. "The Perch was more a climbing shop and sports events. Backwoods was more backcountry stuff and went toward whitewater and paddling. At the same time, if they didn't have something in stock at either store, they would call over to see if it was there and send the customer over there. They always had a friendly respect for each other."

Bob concurs, "We were a couple of people that were very similar. We were community-minded and had similar goals as far as treating our employees well. Nothing has ever gone the wrong way with Andy. He's a good guy."

Andy and Bob were both on the board of directors for the Boulder and worked shoulder-to-shoulder for countless years until Bob's retirement in 2021.

If you ask any current board member why they serve, most will say it is the people and the uniqueness of the race. Andy, of course,

has a very well-honed perspective of both. Here he is in 2022, commenting on the race and his commitment to it.

"The BMT's history sets it apart from other races. It is called the Boulder Mountain Tour for a reason. Although the majority of skiers have always been skiing as fast as possible, many locals would enter the "tour" with lunch and maybe a bottle of wine in their backpack, especially for all those years that the trail was groomed only for the race. Some of that energy still exists with people who ski it every year as a community event, with less importance placed on their finish time.

"Working on the BMT is not just about the race; I also see the passion of the lifestyle and connection to snow and winter that the skiers embody. When I'm shuttling out-of-town skiers, I consistently hear them comment on how beautiful the Boulder Mountains are, how great the tracks are, and how friendly the community is. All reminders of the gratitude I feel for what an incredible community we live in, including our generous race sponsors and agency partners who make the BMT possible every year."

Well, they are not the only ones who make it happen every year. Andy is a big reason the BMT is celebrating its 51st anniversary in 2024.

Earlier this fall, he told the board he would be stepping away from official duties after decades with his hand on the rudder. But in true Andy fashion, he said he would continue running the bus shuttle. Lucky us.

So, from all of us at the Boulder, here is a quiet little shout-out to the modest man from Minnesota. **Thank you, Andy.** We could not have done it without you. ❄️

— Jody Zarkos

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