

# BOULDER MOUNTAIN *Tour*



*"It's All Downhill"*

FEB. 1

SUN VALLEY, IDAHO

2025

NEW  
**NOVOTHOR**<sup>®</sup>  
RED LIGHT THERAPY BED



THE ULTIMATE  
**RECOVERY DESTINATION**  
IN SUN VALLEY

himalayan salt sauna



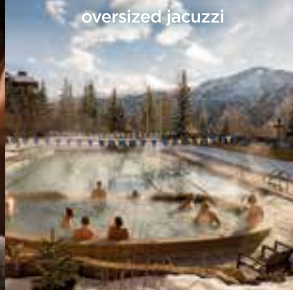
cold plunge



luxury spa



oversized jacuzzi



eucalyptus steam room



Enjoy same-day access to our award-winning club with a 50-minute or longer spa service.  
visit [zenergysv.com](http://zenergysv.com) | 208.725.0595 | [@ zenergy\\_sunvalley](https://www.instagram.com/zenergy_sunvalley)



# HOME TOWN HERO. WORLD CLASS SKI SHOP.



2023 BMT Winner Peter Wolter

Adventure at the best  
price with our price  
match guarantee!



280 East Avenue  
Ketchum, ID 83340  
208-726-3497  
elephantsperch.com

- |           |                |           |
|-----------|----------------|-----------|
| Bliz      | Krimson Clover | Salomon   |
| Colturi   | KV+            | Skida     |
| Craft     | Lill Sport     | Smartwool |
| Daehlie   | Madshus        | Start     |
| Fischer   | Nordjork       | Swenor    |
| Guru      | One Way        | Swix      |
| Hestra    | Patagonia      | ToKo      |
| Jytte     | Rode           | Vauhti    |
| Kari Traa | Rottefella     | + More    |

# MESSAGE FROM THE BMT BOD PRESIDENT

## A Friendship Forged in the Mountains

In May of 2024, the Wood River Valley community, the Boulder Mountain Tour community, and the worldwide community of mountain people lost a giant of a man. Dr. Terry O'Connor passed away in an avalanche, high on a beautiful peak, living as he always had, passionately, as though this one life could never contain his enthusiasm, his drive.

As an emergency room physician at St Luke's Wood River, Terry shepherded this community through COVID and all the bumps, scrapes, and traumas that come alongside living fast and fun on skis, or a bike, or running up a peak. In short, when we all went too far, you could always know that in your lowest moment, Dr. Terry O'Connor was going to start your healing. I was once on the side of a mountain, watching one of my closest friends being loaded into a helicopter, his leg badly broken. As that helicopter lifted off, my cell phone rang. Terry calling. He'd heard about the accident and was calling to tell me that he'd phoned ahead to the hospital where my friend was bound. He had called them to say that my friend, who Terry did not know but was in our tribe of mountain people, was one of us. One. Of. Us. His people. And he wanted that friend of a friend to get the best possible care.

He brought that exact same energy to his role as Medical Advisor to the Boulder Mountain Tour. This race is safer, and more fun because Terry O'Connor touched it. Whether you knew him or not, I invite you to think of Terry at some point in this year's race. Not just about the fact that were you racing him, he would absolutely be ripping your lungs and legs off (not content to be simply an amazing doctor, he was an absolute beast of an athlete in every sport he touched). I want you to think about Terry O'Connor, a relentless advocate for his community and the people in it.



Live that example.  
Race that example.  
Live race day and every day in that spirit.  
Let your energy lift the racers around you.  
Let yourself be lifted by your race community.

**Paddy McIlvoy**  
Board President, Boulder Mountain Tour

## BMT Committee Heads and Community Partners

Ted Angle - Volunteer Coordinator  
Jenny Busdon - Registration  
Neil Bradshaw - City of Ketchum  
Mark Davidson - BCRD  
Kirk Flannigan - Forest Service, SNRA  
Becky Flynn - SVSEF  
Galena Lodge, Sun Valley Suns, WR Pickleball, SVCS - Aid Stations  
Travis Jones - Announcer  
Rick Kapala - BMT Full Start  
Jim Keller - Banners  
Rob Landis - Emergency & Evacuation Chief  
Paddy McIlvoy - Finish Area  
Andy Munter - Buses & Blue Rooms

Bobby Noyes - Timing  
Chelan Oldemeyer - Galena Lodge  
Kyle Oldemeyer - Galena Lodge  
Al Pokorny - Timing Chief  
Eric Rector, BCRD - Grooming  
Derek Svengusson - Photography  
Michael Sinnott - Aid Stations  
Pete Stephenson - Bag Transfer  
Bryce Turzian + Robert Parker - Road Crossing  
Ashton Wilson - Galena Backcountry Ski Patrol  
Mike Wolter - Race Secretary & Course Assistant  
Kelley Yeates - SVSEF, Half Start & Sprints  
Joe Yelda - Ham Radio Communications  
Jody Zarkos - Chief of Competition





The Boulder Mountain Tour is held on National Forest Service land, which includes the Sawtooth National Recreation Area and the Ketchum Ranger District, under a special use permit authorized by the U.S. Forest Service.



Program design by Judy Stoltzfus of Judy's Design House

Program edited and produced by Jody Zarkos  
 Photos: Derek Svennungsen, Hank Dart, Larry Cohen, and Nils Ribi  
 Map courtesy of Evelyn Phillips  
 Program printed by Worth Printing

To advertise in the 2026 Boulder Mountain Tour program, or if you have a story idea, please contact [bouldermountaintour@gmail.com](mailto:bouldermountaintour@gmail.com)

# Boulder Mountain Tour Board of Directors 2025-2026

## OFFICERS

President, Paddy McIlvoy  
 Vice President, Matt Gelso  
 Secretary, Al Pokorny  
 Treasurer, Roger Squier

## BOARD MEMBERS

Svea Grover  
 Rick Kapala  
 Muffy Ritz  
 Mary Rose  
 Annie Van Fossan

## EMERITUS

Bob Rosso  
 Andy Munter  
 Sue Hamilton

Executive Director, Jody Zarkos

# Table of Contents

- 2** *A Friendship Forged*, Paddy McIlvoy  
BMT Committee Heads and Community Partners
- 3** Board of Directors
- 6** *Time-tested tips from the BMT Board of Directors*
- 10** *Training on the Fly*, Simon Zink
- 13** *Oh baby! Meet our new little skiers*
- 14** *Gearing Up: The latest and greatest from our industry sponsors*
- 19** *Meet the BMT poster artist: Cara Shumate*
- 22** *In Appreciation: The magical Sue Hamilton*, Jody Zarkos
- 24** *Essential training*, Annika Landis
- 27** *The Elephant's Perch Steps Into a New Era*, Jody Zarkos
- 29** By the Numbers - BMT 2024
- 30** BMT Tour Champions
- 31** Map of Race Course
- 34** *The Sun Valley Suns*, Jody Zarkos
- 36** BMT Racer Checklist
- 38** BMT Basics
- 38** BMT Calendar of Events
- 39** Transportation/Shuttles
- 42** *Better Together*, Jody Zarkos
- 43** Sponsor Page

For an in-depth look at our generous sponsors and supporters, please go to the BMT website:

Thank you!



**S|LAB|**

S/LAB SKATE BOA®

**UNLEASH  
THE CHAMPION  
WITHIN.**

Athlete: Sophia Laukli



**SALOMON**





## BREAKING BARRIERS TO SPORT

For over three decades, the Challenged Athletes Foundation (CAF) has broken barriers to sport, increasing opportunities for people with permanent physical disabilities.

In 2021, CAF launched our Para Nordic Program, introducing new athletes to the sport and supporting elite competition while strengthening the Paralympic pathway. CAF has since hosted over 196 athletes at 14 Para Nordic Ski Clinics and distributed 48 grants for equipment, coaching, and competition expenses.

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.



**DONATE**

# Time-tested tips from the BMT Board of Directors



## Muffy Ritz

**Years skiing:** 45 years  
**College:** University of Colorado - All American 1978-1980. U.S. Ski Team 1980- 1984  
**Career highlight:** Two-time Birkebeiner Winner. Multiple World Masters titles  
**Go-to race fuel:** I usually rely on aid stations primarily, but if I do need a bottle, I usually have either Scratch or HEED in my bottle

**BMT wave placement:** Wave 3 - I think. Just beware of the men that ski right over your skis in the start!

**Inside racing tip for the BMT:** Use the tracks on straight downhills, not too steep, but steep enough to keep your speed up. The tracks are usually faster than the skating lane, and you recover nicely!



## Mary Rose

**Years skiing:** 25 years  
**College:** University of Colorado, Boulder  
**Career Highlight:** Competing at U23 World Championships  
**Go-to race fuel:** Pasta  
**What are you never without at a race:** Water  
**BMT Wave Placement:** Elite  
**Inside racing tip for the BMT:** Start fast, stay fast!



## Al Pokorny

**Years skiing:** 57  
**College:** Dartmouth  
**Career Highlight:** Skiing the Birkie with my daughter  
**Go-to race fuel:** Pancakes  
**What are you never without at a race:** Bib and chip  
**BMT Wave Placement:** 3, the "angry man's wave."  
**Inside racing tip for the BMT:** Only

one person wins, that probably isn't you. Find a group of skiers to ski with, get a good paceline going, and enjoy the "tour."

We queried the BMT's Board of Directors – who definitely have some races and race wins under their water belts – on their top time-tested tips for race day (eggs on rice!). Here's what they had to say.



## Svea Grover

**Years skiing:** If you include skiing 3/4 mile to the road to catch the school bus, 50  
**College:** I took the scenic route... University New Mexico, Univ. of Oslo, Handelsakademie, Oslo, Northern Arizona University.  
**Career Highlight:** Somewhere near the top for Alaska High School state championships mid 80's - Rick will remember

**Go-to race fuel:** Pomegranate honey stingers  
**What are you never without at a race:** Nerves & nausea  
**BMT Wave Placement:** First time in many, many years so somewhere in the back of the pack  
**Inside racing tip for the BMT:** I'm in it just for fun so just trying not to go out too hard & blow up!



## Matthew Gelso

**Years skiing:** 26  
**College:** University of Colorado, Boulder  
**Career Highlight:** 2010 NCAA Champion - 10km Classic  
**Go-to race fuel:** Coke  
**What are you never without at a race:** Lycra  
**BMT Wave Placement Elite:** If I stay in the good graces of the organizers...

**Inside racing tip for the BMT:** Pick your head up and look around at the amazing scenery!





## Annie Van Fossan (formerly Pokorny)

**Years skiing:** Three decades or so  
**College:** Middlebury College '16  
**Career Highlight:** Getting to race in that Arctic Circle in February 2014 against many of my World Cup heroes who didn't make the short-list for their respective Olympic teams that year. (I got to watch a lot of them pass me, what a thrill!)  
**Go-to race fuel:** Eggs on rice

**What are you never without at a race:** A fresh sports bra at the start and at the finish

**BMT Wave Placement:** Elite

**Inside racing tip for the BMT:** Remember: Baker Creek is only halfway.



## Rick Kapala

**Years skiing:** 50 years  
**College:** Michigan Technological University  
**Career Highlight:** Having athletes win medals at World Juniors  
**Go-to race fuel:** Night before: Pasta with grilled steak. Morning of: Bread, jam, cheese, scrambled eggs.  
**What are you never without at a race:** Extra dry socks, gloves, hat, capilene top, bottle of sports drink, PB&J

**BMT Wave Placement:** Wave 11

**Inside racing tip for the BMT:** Grab a resting tuck in the classic tracks where you can.



## Paddy McIlvoy

**Years skiing:** 25 or so of real skiing, playing around since I was a kid  
**College:** Prescott College, BA in Outdoor Adventure Education with an emphasis on Alpine Mountaineering  
**Career Highlight:** Watching the kids I've coached become great racers and great people  
**Go-to race fuel:** Shot Bloks  
**What are you never without at a**

**race:** Sunglasses that make me feel fast

**BMT Wave Placement:** I like the back, the best party is waves 5 – 7

**Inside racing tip for the BMT:** Just remember "It's all downhill," which is very helpful when you're blowing a gasket V1'ing up one of the races MANY hills.



## Roger Squier

**Years skiing:** 67 (most of it alpine)  
**College:** University of Oregon  
**Career Highlight:** Coming in 10th from last in XC at the NCAA Western Regionals in 1969.  
**Go-to race fuel:** Bombardino  
**What are you never without at a race:** My skis, but one time I forgot my knickers and had to race in cotton sweatpants. Worked great until we had to wade through a creek.  
**BMT Wave Placement:** 5th or 6th  
**Inside racing tip for the BMT:**

Take it easy up Hawk Hill – relax and have fun. ❄️



# ENGEL & VÖLKERS®

JONES | GROVER TEAM



Scan to View  
Local Real Estate

## Sun Valley Real Estate Specialists

Charting Your Course -  
On Trails and At Home

Let us help you glide into your next chapter with confidence and ease—because every great journey deserves a beautiful destination.

Good Luck Racers!



Travis Jones & Svea Grover

ENGEL & VÖLKERS SUN VALLEY  
131 Sun Valley Road, Ketchum, ID  
+1208.721.8579 | +1208.720.0377

BMT Announcer Travis Jones  
BMT Board Member Svea Grover

©2024 Engel & Völkers. All rights reserved. Each brokerage is independently owned and operated.

## Don't let your lifestyle be limited by what you drive

[SYNCVans.com](https://SYNCVans.com)



PROUD PARTNER OF  
THE BOULDER MOUNTAIN TOUR

## STURTEVANTS IN HAILEY IS YOUR NORDIC HEADQUARTERS

**WAX SERVICES   RETAIL   RENTALS**

ROSSIGNOL | FISCHER | SWIX | VAUHTI | STIO

Corner of Main St & Carbonate, Hailey  
208.788.7847

[STURTEVANTS-SV.COM](https://STURTEVANTS-SV.COM)



# Atkinsons'

MARKET

FAMILY OWNED AND OPERATED FOR FOUR GENERATIONS



**REFUEL  
POST RACE.**

KETCHUM Giacobbi Square 726.5668 | HAILEY Alturas Plaza 788.2294 | BELLEVUE Main Street 788.7788

[www.atkinsons.com](http://www.atkinsons.com)

# Training on the Fly

By Simon Zink,  
EnjoyWinter Factory Team Member

**K**eeping up with training in conjunction with a busy schedule, frequent travel, or other time commitments often seems like a challenge. Although we can't create extra time, there are steps you can take to better optimize the quality of your training while balancing your other engagements. By focusing on consistency, being proactive in positioning your body and mind to train the best they can when you have time, and being flexible within your constraints, you can perform the training to show up to any start line confident in your preparations.

## ENERGY BUCKET METAPHOR

When struggling to discern how to balance training, I find it helpful to refer to the energy bucket metaphor. Simply put, your body and mind don't know the difference between training stress and life stress. Everything we do, travel, work, training... etc, draws energy from the same source. Optimizing training, especially when you are applying energy to multiple endeavors, is understanding that the actual training adaptation we are after will only occur when you have both the energy to perform quality work AND the energy to properly recover from this work. To get the most out of your training when you have a lot on your plate, you need to be extra vigilant in managing your energy bucket to maximize the time to meet these constraints and can, therefore, do quality training.

## PRIORITIZE CONSISTENCY

When it comes to specific training, it pays to prioritize consistency rather than sporadic volume. Consistency not only provides a durability stimulus not present with intermittent training, but its steady energy consumption can be much better managed than "hero" training. This allows you to maintain enough energy to actually adapt from your training and continue to train even with lots of commitments. For instance, I believe training one hour for seven consecutive days is much more beneficial than taking five days off and then cramming seven hours of training over the weekend. The total weekly training time of seven hours is the same. However, training every day for one hour won't completely deplete your energy bucket, and will elicit a better training response, ultimately giving you the opportunity to do more training in the long run.

## KEEPING YOUR BUCKET TOPPED OFF

That said, sometimes your schedule or travel may not allow you to train. In these cases I recommend turning your focus to doing what you can for your body and mind to be ready to go when you do have time to train. To really hit home this energy bucket analogy, means keeping your bucket topped off and avoiding any unnecessary leaks from inadequate nutrition, hydration, or sleep. Pack food and carry a water bottle when



you are traveling. I like to do ten minutes of yoga or mobility after travel to remind my body how to move and to feel better mentally. Do your best to prioritize getting 8+ hours of sleep. If you are like me and don't particularly enjoy when you are forced to be inactive, I find it helps to shift my mindset to treating these recovery habits as my training for the day.

## BEING ADAPTABLE

Sometimes, you are going to get thrown a wrench. Being adaptable is critical in these scenarios and will pay dividends in the end. Instead of trying to control an uncontrollable, I recommend grounding yourself by looking at the big picture and your current energy state to determine the best course of action moving forward. If you suddenly have free time and you've got the energy to do some quality training, or perhaps some light training will refresh your mind and fill your cup back up, seize the opportunity and enjoy it! If suddenly, your window to train gets compromised by some other commitment, don't sweat it. See if there is some other time in your schedule you can open up to train, or adapt the training you've planned to do in the future for the fact you have some extra energy to give! Regardless, keep checking in with yourself energy-wise. As your schedule changes, be flexible in adapting your training to achieve the most quality sessions both in the moment and for the future. Implementing training within a busy schedule is a skill that takes consistency, proactiveness, and adaptability. Enjoy the entire process, both the ups and the downs. As you do, you will improve these habits, which will not only help you balance training better but will translate to handling any commitments in your life more optimally.

Looking forward to seeing you on the start line this winter. ❄️



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



SUN VALLEY  
SKI ACADEMY

SUN VALLEY COMMUNITY SCHOOL

Please contact Jonna Mendes,  
Program Director, at 208.720.0512  
or [jmendes@sunvalleyskiacademy.org](mailto:jmendes@sunvalleyskiacademy.org)  
[www.sunvalleyskiacademy.org](http://www.sunvalleyskiacademy.org)

**VISIT SUN VALLEY**

**MORE OF THIS MORE OFTEN**

everything you need for your Sun Valley area visit



**IDAHO**  
visitidaho.org



**THE ORIGINAL**  
**MOUNTAIN**  
**TOWN**  
SUN VALLEY, IDAHO



# Oh Baby!

## Meet our new little skiers

We are thrilled to welcome our new Boulder Babies and congratulate their happy families. We have a feeling there is going to be a terrific group of SVSEF Devo skiers in 2031.

### OLIVER ALAN VAN FOSSAN

Born to proud parents Annie and Ford Van Fossan on August 23, 2024.



We are all cheering a little extra for all the mamas racing today!



### LINUS KROGH BEATTY

Born to proud parents Alli and Zack Beatty on May 9, 2024. Linus joins big brothers, Arne and Emil, at home.



### OLSSON FLOWERS NEWELL

Born to proud parents Erika Flowers and Andy Newell on November 6, 2024.

### MAJA ROSE GELSO

Born to proud parents Mary Rose and Matt Gelso on August 24, 2024

Maja was born in the adjacent room 19 hours after her new best friend Oliver.



# Gearing Up:

## The latest and greatest from our industry sponsors

Please shop and support our local businesses. Products can be found at these fine retailers: Backwoods Mountain Sports, The Elephant's Perch, Sturtevant's and Sun Valley Resort.



### SALOMON

Elevate your racing intensity with Salomon's cutting-edge **S/Race Skate BOA® boots**. The Racing liner with Custom Fit™ Race is easy to step in and can be fully customized in 10 min. The Carbon Loaded™ chassis is light while BOA®'s micro-adjustable system delivers a super-anatomic fit that optimizes precision and provides unmatched energy transmission.

### S/lab Carbon Skate Skis:

Salomon's exceptionally light S/Lab Carbon Skate, hand-picked and grinded by our S/Lab Select Team, like for World Cup athletes, takes your skiing to the highest level. The G5% base is fast in all conditions, while the tip-to-tail thin ply carbon boosts your transmission at every stride. Move the Shift Race binding and finetune your performance.



### ONE WAY/FISCHER

The Patented **Nordic Mag Point System 2.0** provides an intuitive, comfortable click-in and click-out of the pole at the press of a button with no need to open the strap. Ergonomic improvements to the extremely light cork grip, in combination with the optimized Mag Point Strap, also provide maximum power transfer and ideal swing weight characteristics of the pole.

So, if you are tired of getting in and out of your straps to tighten your boots, corral your kids or pickup after your dogs on the beautiful dog-friendly trails around Ketchum, the One-Way Mag Point Strap system is the solution for you to keep all the performance of your favorite pole and make your life easier any given ski day. The handle and strap work on any standard cylindrical shaft poles, or can be found on multiple models of One-Way poles.



### TOKO

Introducing **Toko Jet Liquid**, 70ml Warm (Yellow), Mid (Red), and Cold (Blue). This is a new fluor free top finish product for racers and service personnel that offers everything needed: exceptional long lasting glide at maximum speed.

Just prepare your under layers, scrape and brush out well. Then spray the Jet Liquid on and let it dry for around 30 minutes. It is now ready to race! Application can be done both inside and outside. Best performance is found when applied over Jet Powder.



### MADSHUS

Check out the totally new **Madshus Redline series skis** – the world-class ski redefined. Now with new technology to create the best possible skis which feature our Carbon Power Wrap core construction and the new Power Edge which is a durable, offset edge designed for maximum stability and edge control. All models feature our unique Tuned Dynamic Response technology to provide phenomenal energy return and maintain optimal gliding surfaces throughout the entire duration of the ski push-off phase, improving snow feeling and maintaining speed. The Redline Skate ski is built with one goal in mind: to get you to the finish line first.

*Gearing Up continued on page 18*





SKIING IS  
NOT A  
LIFESTYLE.  
IT'S LIFE.



FIND THE COMPLETE LINE OF SPEEDMAX  
SKIS AND BOOTS AT:

 **Elephant's  
Perch** Mountain  
Specialists

# Your Race. Your Decision.

# TOKO®



The new Top Finish from Toko. For first-class, long-lasting and outstanding gliding performance. 100% fluofree.



Fluor Free





DISCOVER OVER 40KM OF SOME OF THE BEST CROSS-COUNTRY SKIING IN AMERICA AT THE

# SUN VALLEY NORDIC CENTER



FOR MORE INFORMATION VISIT [SUNVALLEY.COM](http://SUNVALLEY.COM) OR SCAN HERE




**LOCAL BEER**

**631 WARM SPRINGS RD  
KETCHUM, ID 83340**

**25 TAPS  
BEER, WINE  
CIDER, AND  
KOMBUCHA  
ON TAP!**

**WEEKLY TRIVIA**

*Cheers!*

**DELICIOUS AND  
HANDCRAFTED  
PUB FOOD**

**HAPPY HOUR**

[SAWTOOTHBREWERY.COM](http://SAWTOOTHBREWERY.COM)

## FIELD TESTED, ATHLETE-APPROVED

Winter's here, and Sauce is your go-to for custom orders to fit your lifestyle.

Designed by an athlete, for athletes, each piece is rigorously field-tested to ensure peak performance and comfort for any season.

Looking for comfy hats, stylish headbands, or throat coats for a large or small group?

We've got you covered.

Slide on over to [SauceActive.com](http://SauceActive.com) and see what's cookin'.





**ENJOYWINTER**

EnjoyWinter is pleased to reintroduce **Peltonen skis** from Heinola, Finland, to U.S. skiers. Peltonen has been making skis in Finland since 1945 and is the one ski brand that only makes Nordic skis and makes them all themselves in one factory in Europe. Today's

featured skis are the Peltonen Supra X skate ski with its all-new Speed Edge. Peltonen Speed Edge reduces friction at all snow contact points. This is achieved by manufacturing the ski in a precise vacuum mold, producing a ski with no protruding edge and a gliding sidewall. Speed Edge along with a redesigned Nomex Honeycomb Core delivers a stiff, but low riding camber, for great stability. Peltonen is the ski of choice for the EnjoyWinter NTS Factory Team.



The **Noname Arctos base layer** is your new favorite base layer! A fabulous functional base layer for the high-energy winter enthusiast. Cool enough to race in, yet warm enough to train in. Soft, comfortable, breathable, woven polyester with brushed interior. Absorbs moisture from skin and transports it to your next layer to keep you dry and warm. Dark blue panels retain heat due to vertical heat locking air channels. Light blue panels maximize moisture transport due to diamond air windows. Wide flat waistband keeps the pants where you want them. Durable, machine washable and fast drying. Noname Arctos keeps you dry and warm.



**SWIX**

**Swix PS Liquid waxes** are easy to apply and do not require an iron or any type of heat. Simply apply the wax to a clean ski base with the included sponge applicator, let it dry for at least two minutes, and then brush with a soft nylon brush for optimal performance. The Swix PS Liquid waxes are excellent options for both racing and training and provide good durability and excellent glide on natural and artificial snow.

The **Swix T60 Wax Machine 2.0** is a very efficient digital wax roller that easily lets you apply the wax onto both cross-country and alpine skis. The wax tray is exchangeable and comes with a lid, which allows for dedicated trays for specific waxes, and therefore, no need for cleaning in between uses. It works perfectly for both Glide Wax and Klister. Extra trays are sold separately! This product is a must-have for waxing multiple skis and is even used at the World Cup level.



**ROSSIGNOL**

**X-IUM Premium + SX Skis**

The Rossignol X-IUM Premium+ SX Skating ski is an ultralight balanced ski that offers maximum power transmission and glide, with fluid acceleration. The SX features a specialized flex and camber optimized to excel in a wide range of snow conditions while delivering a more forgiving and energy saving level of performance.

New specialized camber and pressure distribution optimized to excel in a wide range of conditions

- Better Acceleration - Low tip and tail pressure / Easier to ski
- Less Demanding - Supple and smooth / Follows the terrain
- Energy Saving - Maintains speed with less effort





## BMT Poster Artist: **CARA SHUMATE**

Cara is a seasoned Graphic Designer with over 20 years in the industry and a BA in Graphic Design from California College of Art. Her career includes roles at *Sun Valley Magazine*, Scott Sports, and Smith Optics, where she advanced from Graphic Designer to Art Director. Since 2019, she has operated her own design studio in Sun Valley, Idaho, providing a comprehensive range of creative services, including branding, art direction, illustration, and graphic design. Cara is passionate about transforming clients' visions into reality with sophistication and exceptional service, always aiming for extraordinary results through thoughtful collaboration. You can see her most current work on Instagram @ cara\_shumate. Or for inquiries, please email her at carashumate@gmail.com. This is Cara's first year designing for the Boulder Mountain Tour. Hopefully, it is the first year of many more to come!

### APPAREL BAGS CAPS





**davis embroidery**  
inc

SCREEN PRINTING • PROMOTIONAL PRODUCTS

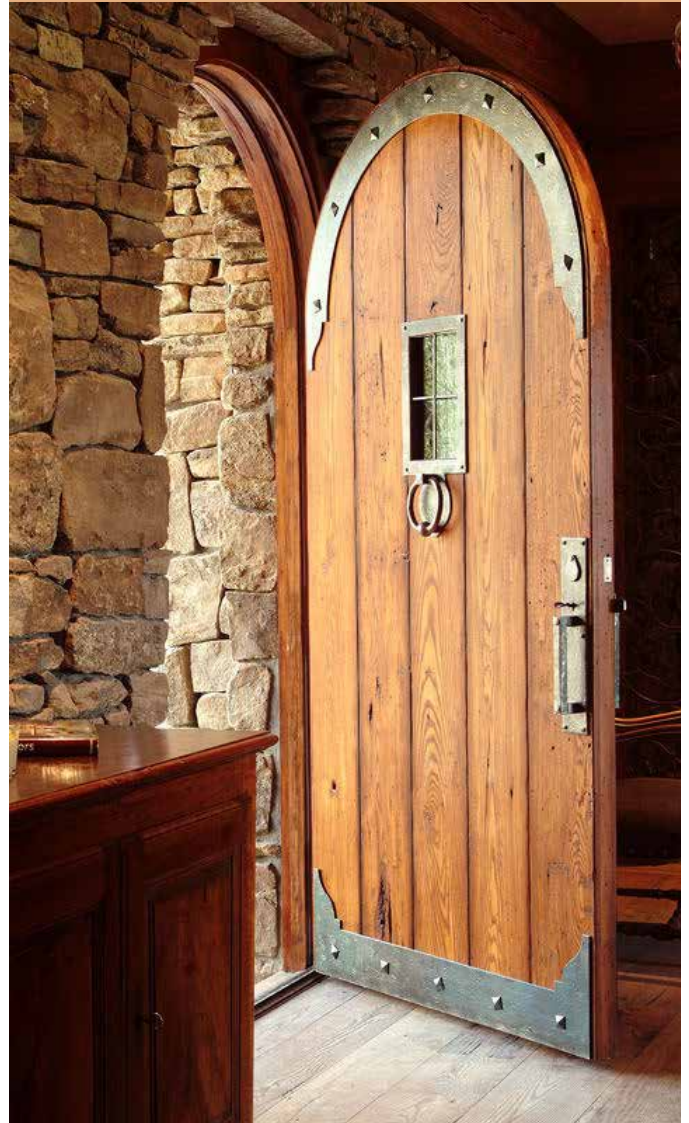
**Custom Embroidered Apparel**  
Screen Printing • Promotional Products

*Keeping your logo fresh and your messaging strong.*  
*Impressions Matter!*

**208.726.1948 • 800.568.1948**  
720 N Main St Unit A, Bellevue, ID  
www.davisembroidery.com

# MORGAN'S

FINE FINISHES



**You ski!**  
**WE'LL TAKE CARE OF THE FINISH!**



**SUN VALLEY | SEATTLE | JACKSON HOLE**

208.726.6851

**CELEBRATING  
30 YEARS OF  
COMMUNITY-LED  
CONSERVATION**

FOR PEOPLE, FOR WILDLIFE, FOREVER

**WOOD  
RIVER  
LAND  
TRUST**

Wood River Land Trust is a 501(c)(3) nonprofit organization (Tax ID: 82-0474191).  
Visit [www.woodriverlandtrust.org](http://www.woodriverlandtrust.org) to learn more.

Travel to the world's top ski destinations and events

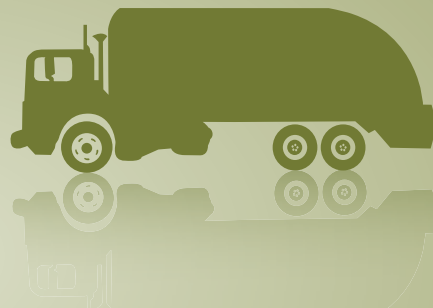
- Guided Groups
- Self-Guided
- Worldloppet
- World Cup

[lumiexperiences.com/bmt](http://lumiexperiences.com/bmt)

## Proud supporter of Boulder Mountain Tour!

Clear Creek Disposal is the preferred provider of waste removal and recyclables hauling in Blaine County. We specialize in transporting waste and recyclables in clean and efficient ways, providing for very effective solid and liquid waste management.

In addition to solid waste and recycling, Clear Creek provides portable restrooms, customized services for special events, and mobile storage services.



LET US KNOW HOW WE CAN HELP.

208.726.9600 | [www.ccdisposal.com](http://www.ccdisposal.com)





We proudly support  
the 52nd Annual  
Boulder Mountain Tour!

## YOUR RENTAL SOURCE!

**LOCATIONS:**

KETCHUM • 100 Lewis Street • 726-5421 • BELLEVUE • 775 S Main Street • 788-0768

[www.lutzrental.com](http://www.lutzrental.com)

# DETERMINATION.

It gets you to the finish line. It drives us to solve the planet's toughest energy challenges.

See how much we have in common?

If you're looking for a new challenge, check out [powereng.com/careers](http://powereng.com/careers)



# In Appreciation: The Magical Sue Hamilton



By Jody Zarkos

In 1934, P.L. Travers wrote "Mary Poppins," a story about a sensible English nanny who possesses keen observations and magical powers. Thirty years later, Walt Disney adapted the beloved tale into a movie starring Julie Andrews, who famously sang, "I'm practically perfect in every way. Each virtue virtually knows no bounds; each trait is great and patently sound."

While many of us might balk to be compared to a character who sings about her own perfection, I see some similarities between Sue Hamilton and Mary Poppins. Like Mary, Sue has unwavering positivity, an ability to bring order to chaos, and talent for making even the most mundane tasks enjoyable, especially if you are a numbers whiz like she is!

As Sue steps away from her role as treasurer on the BMT Board of Directors, we cannot overstate how lucky we all were to work with her. Over the past six years, I've had the pleasure of collaborating with Sue and have come to appreciate her unwavering optimism, steady friendship, and unflappable nature. Her ability to maintain a positive outlook, even in challenging situations, has been a source of inspiration for all of us at the BMT. Thank you, Sue!

I am happy to say we will still see Sue, her husband, Tim, and daughters, Courtney and Jessica, around town and on the trails. They are fixtures in our community, avid skiers, and enthusiastic supporters in all facets of the Boulder Mountain Tour. In fact, Sue will once again be gliding down the Harriman in this year's race.

If you don't know Sue, look for the sunny, warm blonde woman with the dazzling smile in Wave 4. She will be easy to spot because she's practically perfect in every way. ❄️



*Sue and her daughter, Courtney, after skiing the 2018 BMT.*





**T U R N**

**into a hero**

GUS  
SCHUMACHER  
(USA)



rossignol.com

**rickshaw**

**PROUD SPONSOR OF THE  
BOULDER MOUNTAIN TOUR**

**eat-at-rickshaw.com**

# Essential Training Tips for the BMT

## Here's to a Strong 2026

Annika Landis,  
EnjoyWinter - NTS Factory Team Member

**T**he Boulder Mountain Tour is one of the most exciting, fun, and scenic marathons in the U.S. Of all the races I have done, The Boulder is by far one of my favorites; perhaps that is my inherent bias as a local, but I think it is also the mixture of high-level performance, old-school charm, and all-around good vibes that make the BMT a can't-miss event.

The course, too, is unique in that it is net downhill, winding its way from Galena Lodge down the Harriman trail to the SNRA. But don't let that fool you into thinking it is easy; flat and gradual skiing means there is very little time to sit in a tuck on a downhill and rest. You are almost always working, and it certainly pays off to spend some time this fall and winter focusing on making your skiing the fastest and most efficient it can be!

They say skiers are made in the summer, and that is when elite skiers complete the bulk of their training for the year. However, most skiers in the Boulder and other marathons aren't elite and don't have the time, the desire, or the need to train 700+ hours a year. So, how do you maximize the benefits of your ski-specific training?

The number one way to improve your skiing is to go skiing. The more time you spend on your skis, the more comfortable you will be and the faster you will be able to build fitness and make lasting technique changes. The caveat is that there is a difference between mindful skiing and mindless skiing. Especially if you have limited time to go skiing each week, having a technique or fitness goal for each workout will make a one-hour ski much more effective in improving performance than if you went out and skied without any focus or intention.

I am a huge proponent of skiing for no other reason than to go skiing, but if you want to improve your fitness, technique, and performance, you need to be intentional about it. Here are a few BMT-specific ways to bring intention and focus to your training.

### EARLY SEASON & DRYLAND TRAINING:

Ski training doesn't start with the first snow; use dryland training to get a headstart on building fitness and ski-specific strength. One of the most critical components of Nordic skiing is upper body strength, and especially if you are going to be skiing a lot of V2 and V2 alternate, you need a strong core and arms. Add ski-specific movement into your dryland sessions by bringing poles on your next run or hike, and focus on using your arms as if you were classic skiing. You can do this as an easy distance workout or as intervals; both are great ways to strengthen your lats, triceps, and core and re-familiarize yourself with ski-specific strength before you get on snow.



Annika Landis and Mariah Bredal at the 2024 BMT.

It can be challenging to do effective training in November and early season because it is too snowy to bike or rollerski but not snowy enough to ski on snow. That is where the gym becomes your best friend. Use this as an opportunity to get stronger by heading to the gym two times a week and adding a third core session! The majority of Nordic techniques require full body strength, and especially a strong core & upper body, to be done well, so building a good strength base is well worth your time.

Lastly, you can do non-workout training by heading to YouTube and watching technique videos. This is a seriously underrated form of training, but watching videos of the best skiers in the world is an invaluable training resource to help you see what high-level technique looks like. If you have the time to then practice some technique movements in front of a mirror, you are almost guaranteed to see improvements once you get on snow.

### ON SNOW TRAINING:

Once the snow falls and you can train on snow, it's time to focus on getting in some good ski volume with an intentional technique focus. The BMT is rolling climbs for the first 10k, and then you are cruising on flat and gradual terrain for the rest of the race. The fastest and most efficient technique for this terrain is V2 or V2 Alternate. They allow you to maximize the glide on each ski and use less energy to cover more track more efficiently. Here are a few videos from Nordic Team Solutions to get you started working on your V2 and V2alt.

**SKATE TECHNIQUE DRILLS:** [youtube.com/watch?v=II\\_NCOKIurM](https://youtube.com/watch?v=II_NCOKIurM)

**V2 ALTERNATE:** [youtube.com/watch?v=PQh5pIBrPVM](https://youtube.com/watch?v=PQh5pIBrPVM)

**GRADUAL V2:** [youtube.com/watch?v=0gNbbDSw\\_\\_8](https://youtube.com/watch?v=0gNbbDSw__8)

*There are tons more technique videos and resources on [NordicTeamSolutions.com](https://NordicTeamSolutions.com) or by searching on YouTube that you can use to guide your technique improvements.*



It is also helpful to practice skiing in a tight group before the race. Grab a group of friends or training buddies and try to ski as close together as you can without getting in each other's way. Practice passing people from the back of the group and make mental notes on things like:

- (1) How do I adjust my technique when passing somebody or skiing behind somebody so I don't break my poles, fall, or impede another skier?
  - (2) Where is the most efficient terrain to pass?
  - (3) How do I stagger my skis and poles when I am behind somebody so I don't step on their equipment?
  - (4) How do I get food or take a drink without causing a pile-up?
- Being intentional about practicing race tactics BEFORE race day will make skiing in a group way less stressful and a lot more fun.

And lastly, no BMT would be complete without a few epic sprint finishes. Because it is flat and gradual downhill most of the way, people tend to stay close together, and close finishes are inevitable. Whether you are competing for the win, want to outsprint your training rival, or feel like a champ skiing the last 100m, training your sprint speed and power application is essential. Here are a few ways to incorporate speed into your training:

- (1) **Standard Speed Workout:** Create 3 speed stations [gradual uphill, gradual downhill, flat] and do 5x20-30 second speeds at each station. Do all 5 speeds before moving on to the next station.
- (2) **L3 with fast finishes:** 3-6 x 6 minutes @ L3 pace, with the last 30 seconds at your finishing sprint speed (or just below). This will help you practice skiing fast at the end of a hard aerobic effort.



Annika has been racing in the BMT for many years, oftentimes with father, Rob.

- (3) **Mid-interval surges:** Similar to #2, during an L3/Threshold interval, add in 1-2 20-second speed surges. I recommend doing these during terrain changes to practice transitioning from one technique to another, pushing over the tops of hills into a downhill, etc., which mimics how you would ski in a race.

If you incorporate even just a few of these intentional training tips into your BMT prep, you will feel even more confident on race day and see some performance improvements along the way. ❄️

## Sun Valley Associates

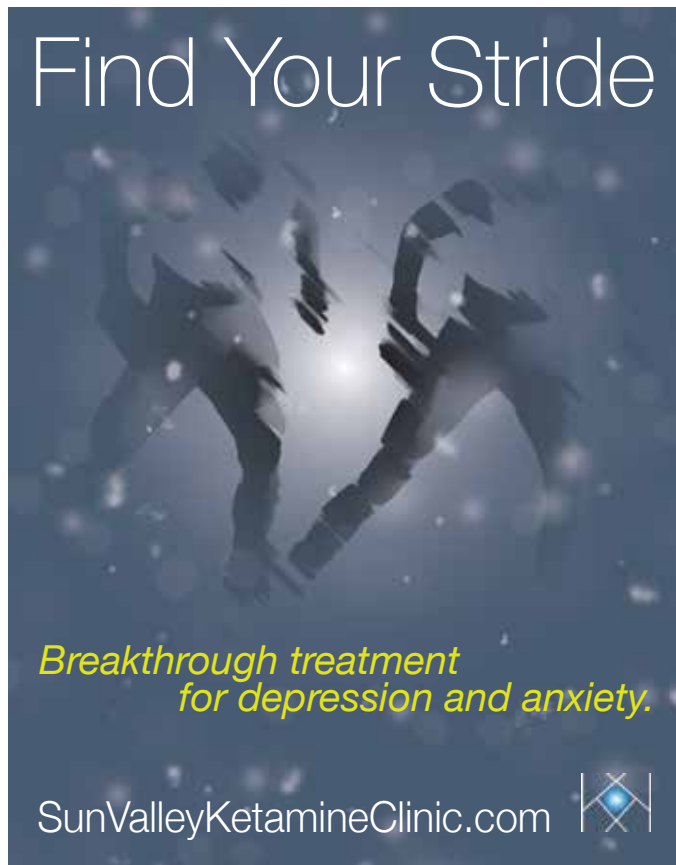
REAL ESTATE BROKERS

 <b>TOM MONGE</b>	 <b>JIM FIGGE</b>	 <b>JED GRAY</b>
 <b>JASON BUCK</b>	 <b>TERRY PALMER</b>	 <b>ALEX HIGGINS</b>


**PUT OUR TEAM  
TO WORK FOR YOU**

700 SUN VALLEY ROAD • 208.622.4100 • SVASSOCIATES.COM

# Find Your Stride



*Breakthrough treatment  
for depression and anxiety.*

SunValleyKetamineClinic.com 



KETCHUM - SUN VALLEY, IDAHO

### Valley's Best and Oldest for Sushi and Seafood

Enjoy nightly dinner specials  
Steaks • Tempura • Salads • Noodles  
Appetizers • Teriyaki  
Premium Sakes, Beer & Wine

20 seat sushi bar, 2 private tatami rooms & more...

"...the best sushi I've had in years!" **Bon Appetit Magazine**

Second & Main | open Mon-Sat 5:30

**VOTED VALLEY'S  
BEST SUSHI  
2024**

www.sushionsecond.com

208.726.5181

Reservations  
Appreciated



### THE CELLAR PUB

Daily food specials & 4-6 Happy Hour  
drink and food specials.

We have the best fish & chips in town  
and great cocktails to boot.

Come down and enjoy your time  
here at The Cellar Pub.

Under the Big Chair  
on Sun Valley Road  
Open 4pm Every Day  
www.thecellarpub.com  
208-622-3832

**VOTED VALLEY'S  
BEST BAR  
2024**



FUEL YOUR PERFORMANCE WITH

# OSTRICH



EXCLUSIVE DEAL



**FREE MEATBALLS**

ON YOUR FIRST ORDER



**FREE**

### OSTRICH SAMPLES

SEE US AT THE FINISH LINE!



AMERICANOSTRICHFARMS.COM

# nourishme

Organic Market & Café

**Serving up the best soups  
and grilled sandwiches in  
the Valley for 15 years**



151 N. Main Street, Ketchum  
(208) 928-7604  
See our menu at  
www.jjnourishme.com





The crew at The Perch doing what they do best: having fun.

# Trunk Show: The Perch Steps Into A New Era

By Jody Zarkos

**W**hen you live in a mountain town, at least half the good ideas people come up with occur during apres-ski sessions (and probably half the bad ideas, too). This idea is supposition at best, but we can point to The Elephant's Perch as a prime example of post-prandial inspiration.

Perch co-founder Bob Rosso recounted, "I was drinking a few post-race beers with Jim Bombard, the K2 rep at the time, and he said, 'You have to open your own business.' That planted the seed. That was early winter of 1975. In two or three months, Kate and I put together some money and opened The Elephant's Perch on April 1, 1976."

Over the next 46 years, the Perch and Rosso's became iconic and valued mainstays in our community. Not only for the shop, which was always at the forefront of ski, running, and mountaineering equipment but also for

being a community hub. The Rossos started more than 20 unique events throughout their tenure, including the Backcountry Run and Adams Gulch Fun Run, as well as throwing their energy behind a fledgling race, the Boulder Mountain Tour.

## NEW PARTNERSHIP

Taking over an established business is no small feat, especially in a small town where relationships are paramount and loyalty is honed over many years. However, the new partnership group of Courtney and Coert Voorhees, Bill Shaw, Kristen Lemma, Jason Dykhouse, and Julie Andrews is making the transition. They are committed to maintaining Perch's legacy and guiding it into the future and have been actively working at the store to ensure a smooth transition.

"We want to be as approachable and

authentic as possible," Courtney remarked, emphasizing their commitment to preserving Perch's unique charm and character, making the shop a perennial favorite with locals and visitors alike.

"We want to keep it real, and we do that by listening to what our clients need and want. We have to exceed expectations to retain and gain customers. You can't do that by maintaining the status quo. You have to lean into it."

And lean they do. The Perch remains committed to our valley's people, events, and happenings and as an active community member.

Coert concurred, "The store got going on community involvement. We continue to demonstrate our commitment through our involvement."

Happily, some things don't change. The torch has been passed from the Rossos to this new partnership group but burns as bright as ever. ❄️



**CONRAD BROTHERS**  
GENERAL CONTRACTORS

**Commercial  
Residential  
Remodels**

208.726.3830

[www.conradbrothersconstruction.com](http://www.conradbrothersconstruction.com)



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**FIND YOUR  
PASSION.  
FIND YOUR  
Y.**



- Yoga
- Swim
- Climb
- Hot tub
- Workout
- Child watch
- Fitness classes

For more than a workout.  
For a better us.

**WOOD RIVER COMMUNITY YMCA**  
101 Saddle Road, Ketchum, Idaho 83340  
(208) 727-YMCA (9622) [www.woodriverymca.org](http://www.woodriverymca.org)



**COFFEE ROASTER**



Award-winning roasts. Shop online or at our roasterie.

Coffee Bar  
8am-11am M-F

Ketchum | ID



[www.lizzysfreshcoffee.com](http://www.lizzysfreshcoffee.com)



**FUEL RIGHT, FEEL GREAT!**

We are honored to be a sponsor once again for the Boulder Mountain Tour!



800.336.1977 • [hammernutrition.com](http://hammernutrition.com)



# By the Numbers - BMT 2024



## REGISTRANTS

### TOTAL REGISTRANTS

**1031**

### SKIERS

Full Boulder - 800  
 Half Boulder - 231  
 Men - 603 58.4%  
 Women - 428 41.5%

### AGES

12-Under - 35  
 13-18: 42 - 3.3%  
 19-29: 111 - 10.7%  
 30-45: 304 - 29.4%  
 46-61: 312 - 30.2%  
 62-75: 200 - 19.3%  
 76-Up: 27 - 2.61%

### YOUNGEST TO OLDEST

7 to 97 years old



### FULL BOULDER

Registered Men - 510  
 Finished - 447  
 Did Not Start - 59  
 Did Not Finish - 4

Registered Women - 282  
 Finished - 238  
 Did Not Start - 43  
 Did Not Finish - 1

### HALF BOULDER

Registered Men - 96  
 Finished - 73  
 Did Not Start - 22  
 Did Not Finish - 1

Registered Women - 145  
 Finished - 116  
 Did Not Start - 29

## ON THE CLOCK

**Winning times:** 1-Erik Bjornsen, Winthrop, WA., 1:13.31.19; 2-Peter Wolter, SVSEF, 1:13.31.36; 3-Anders Weiss, BSF, 1:13.31.92. 1-Mariah Bredal, SVSEF, 1:20.21.03; 2-Annika Landis, EnjoyWinter, 1:20.21.37; 3-Sarah Goble, BSF, 1:22.37.

**Para racers:** 1-Grace Miller, USPT, 1:41.42 (standing). 1-Dan Crossen, CAF, 1:43.51; 2-Greg Mallory, CAF, 1:55.03; 3-Josh Sweeney, CAF, 2:10.23 (sitting).

**Number of racers who completed the Boulder in two hours or less:** 426 (40 more than in 2023).

**Number of racers who finished between two and three hours:** 247 (75 less than previous year).

**Number of racers who finished in over three hours:** 10 (20 less than previous year)

## RESULTS

### FULL BOULDER

#### Wave Winners

Wave 3: Gerrit Garberich/Katie Paddock  
 Wave 4: Anders Meyer/Corinne Prevot  
 Wave 5: Stefan Benier/Steph Nichols  
 Wave 6: Joseph Pendleton/Lucy Skinner  
 Wave 7: Neil Johnson/Gretchen Kingry

### AGE CLASS CHAMPIONS

13-Under: Owen Wellner/Josephine Renner  
 14-17: Alex Larson/Evonna West  
 18-24: Anders Weiss/Sophia Gorman  
 25-29: Peter Wolter/Mariah Bredal  
 30-34: Erik Bjornsen/Erika Flowers  
 35-39: Dakota Blackhorse-von Jess/Sarah Armstrong  
 40-44: Andy Newell/Kellie Carim  
 45-49: Samuel Cordell/Hannah Young  
 50-54: Joe Jensen/Tanja Beumler  
 55-59: Duncan Douglas/Beth Thomas  
 60-64: Daniel Sandoz/Elizabeth Youngman  
 65-69: Ron Barrett/Muffy Ritz  
 70-74: Michael Allen/Carol Mutzel  
 75-79: Bob Rosso/Julia Page  
 80-84: Andy Andrews/Marit Glenne  
 85-89: Steve Swanson

Half-Fast (Middle of the Pack) - Hannah Smay

Jon Engen Award (Greatest time improvement year-over by percentage) Matthew Sanford (37.5%) and Mina Vafaezadeh (20.6%).

### MOST SKI SEASONS

Steve Swanson, 85, and Marit Glenne, 80.  
 Fewest Ski Seasons  
 Penelope Zuck, 11, and Torsten Sanford, 11.

### HALF BOULDER

#### Winning times

1-Robert Maloney, Minneapolis, 34:49. 1-Sydney Nelson, SVSEF, 38:09.  
 Para racers: 1-Kevin Hoyt, U of U, 50:37. 1-Courtney Custer, CAF, 1:01.01 (sitting).  
 Para racers: 1-Sarah Pedersen, CAF, 1:10.18. 1-Sean Stern, CAF, 1:46.02 (standing).

### AGE CLASS CHAMPIONS

12-Under: Ari Engibous/Sydney Nelson  
 13-19: Noah Eitel/Lauryn Stevens  
 20-29: Aidan Quigley/Annika Schwartz  
 30-39: Robert Maloney/Sarah Forzley  
 40-49: Eric Stumpner/Kathy Lynch  
 50-59: Craig Olivieri/Patty Costello  
 60-69: Michael Judge/Kim Nalen  
 70-79: Ted Daley/Marcy Allen  
 80-89: Robert Disbrow  
 Team: Hazel & Anne Marie Schmidt, Team Girl Power

### MOST SKI SEASONS

Robert Disbrow, 81, and Gloria Possl, 78.

### FEWEST SKI SEASONS

Alden Goldward, 7, and Adeline Zook, 8.

## WHERE WE LIVE (All Registrants)

### REPRESENTATION

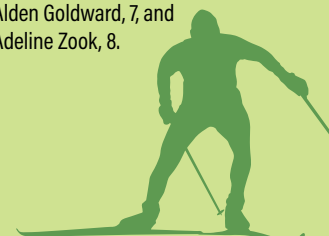
Alaska - 15  
 Arizona - 2  
 British Columbia - 11  
 California - 38  
 Colorado - 25  
 Connecticut - 1  
 DC - 1  
 Florida - 2  
 Hawaii - 2

**Idaho - 441** (Ketchum 130, Hailey 107, Boise 97, Sun Valley 35, McCall 32, Pocatello 6, Idaho Falls 5, Victor 5, Bellevue 3, Challis 3, Driggs 3, Eagle 2, Rexburg 2, Twin Falls 2, Caldwell 1, Filer 1, Garden Valley 1, Kimberly 1, Kuna 1, Nampa 1, Rathdrum 1, Stanley 1, Teton 1)

Illinois - 3  
 Massachusetts - 2  
 Maine - 6  
 Michigan - 7  
 Minnesota - 17  
 Montana - 100  
 New Hampshire - 7

New Mexico - 1  
 Nevada - 3  
 New York - 4  
 Ohio - 2  
 Oregon - 59  
 Pennsylvania - 4  
 Utah - 170  
 Virginia - 2  
 Vermont - 5  
 Washington - 52  
 Wisconsin - 10  
 Wyoming - 35

**Europe - 4**  
 • Netherlands - 1  
 • Sweden - 1  
 • Switzerland - 2





# BOULDER MOUNTAIN TOUR CHAMPIONS

## 2024

Erik Bjornsen 1:13.31  
Mariah Bredal 1:20.21

## 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

Asmund 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

Asmund 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

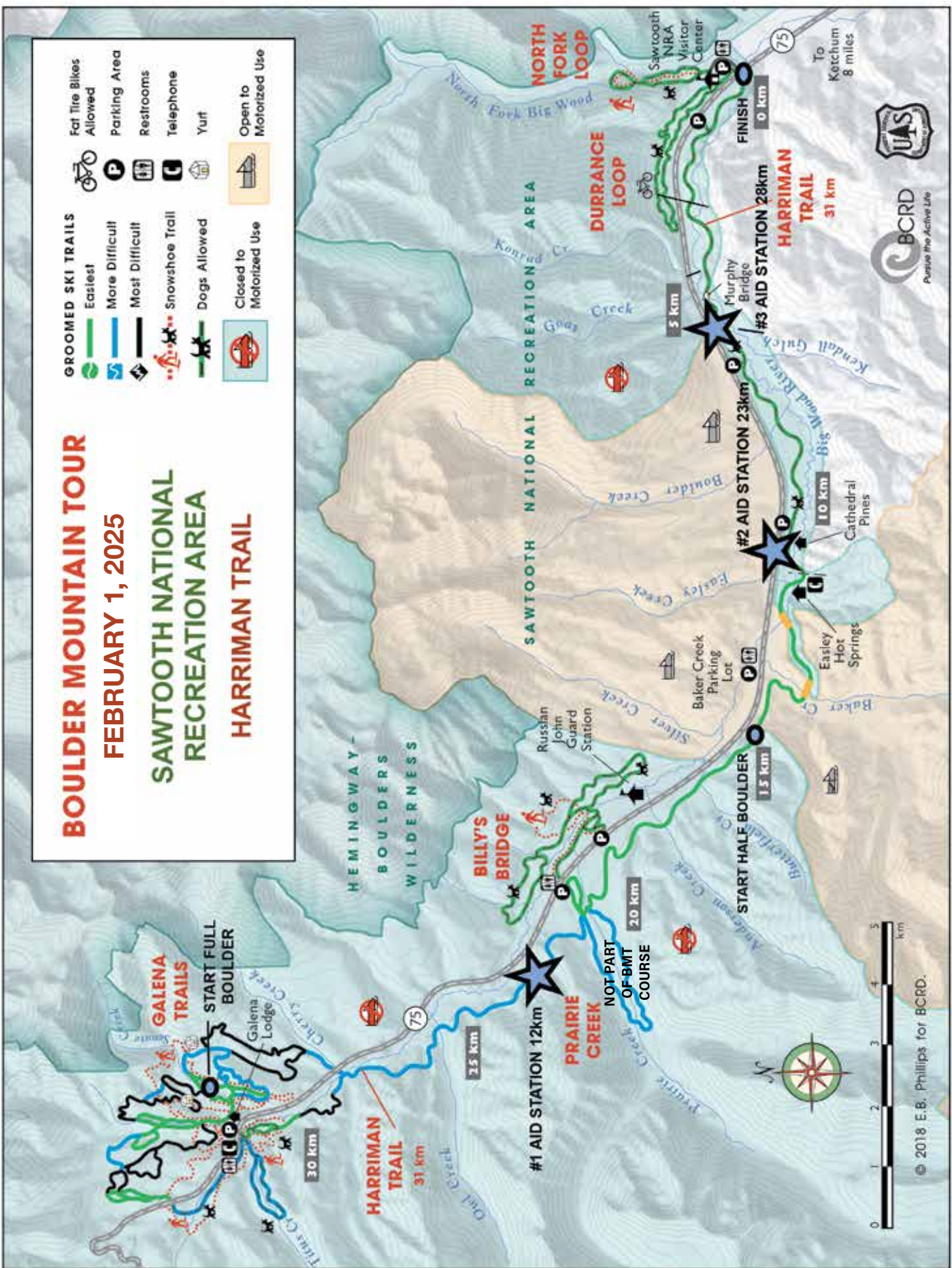


# BOULDER MOUNTAIN TOUR FEBRUARY 1, 2025

## SAWTOOTH NATIONAL RECREATION AREA

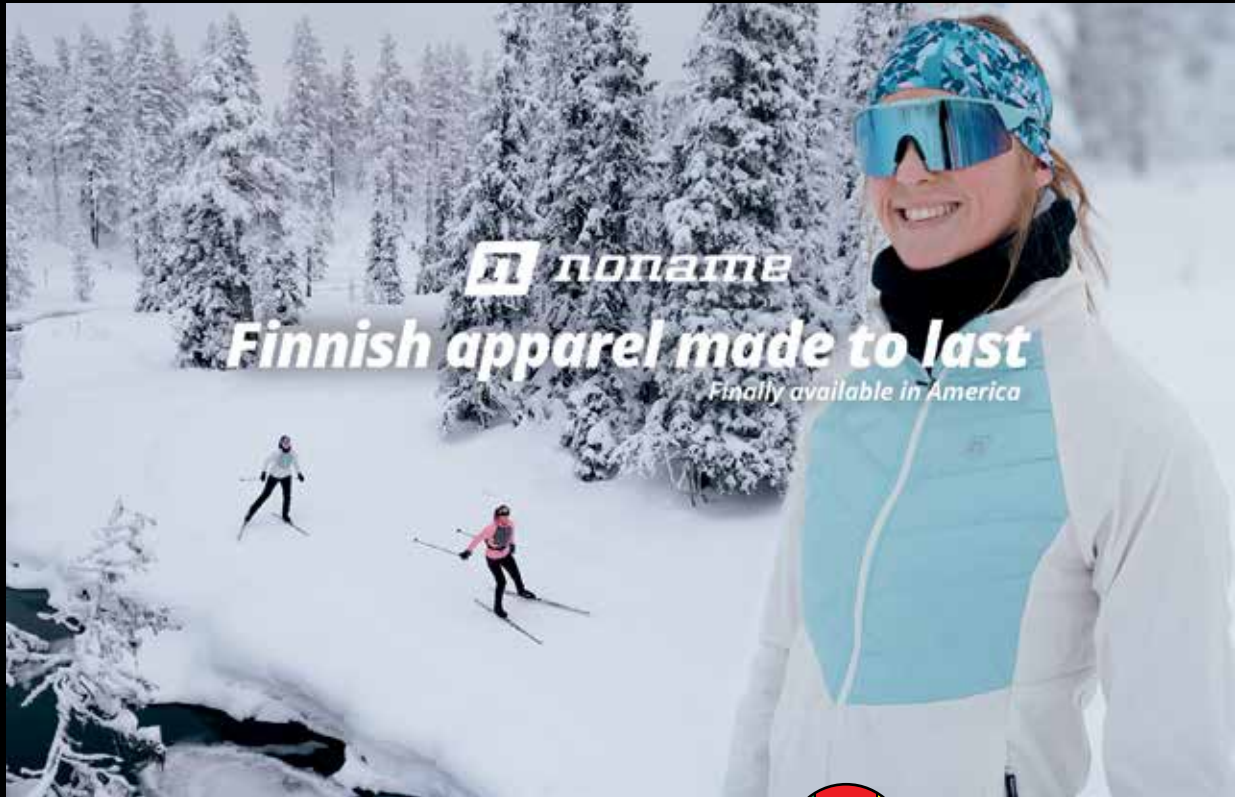
### HARRIMAN TRAIL

- |                           |                             |
|---------------------------|-----------------------------|
| <b>GROOMED SKI TRAILS</b> | Fat Tire Bikes Allowed      |
| Easiest                   | Parking Area                |
| More Difficult            | Restrooms                   |
| Most Difficult            | Telephone                   |
| Snowshoe Trail            | Yurt                        |
| Dogs Allowed              | Open to Motorized Use       |
| Closed to Motorized Use   | Sawtooth NRA Visitor Center |



© 2018 E.B. Phillips for BCRD.






 noname

**Finnish apparel made to last**

*Finally available in America*

Brought to America by The Brands of Nordic  [EnjoyWinter.com](http://EnjoyWinter.com)



**EnjoyWinter**

Handmade  
Finnish Skis Make  
A Return to the U.S. Market:



**WE ARE  
BACK ON  
TRACK**

*PELTONEN*



Check  
Out Our  
**NEW GEAR**  
Here





# LIMELIGHT



## ADVENTURE AWAITS

[limelighthotels.com](http://limelighthotels.com)

Aspen · Denver · Ketchum · Snowmass





*BMT skiers Roger and Eric Demment hanging out with their hockey buddies in 2024.*

# The Sun Valley Suns are the Ultimate Team Players

By Jody Zarkos

***In 1970, the combined population of Ketchum, Sun Valley, and Hailey was 2,057.***

**F**riedman Memorial Airport consisted of a single dirt runway, and Highway 93 had two lanes with a speed limit of 55 miles per hour. The Wood River Valley was a big place, but small-town sensibilities and community consciousness prevailed.

Enter George Gund III, who, along with his wife, Theo, and two young sons, brought a visionary and philanthropic sense to the valley that extended through genres as varied as arts, sports, and entertainment. A dedicated sports enthusiast, Gund, at various times in his life, was associated via ownership with the Minnesota North Stars and San Jose Sharks in the NHL and was a majority owner of the NBA's Cleveland Cavaliers.



*Tyler King quenching his thirst at the SV Suns aid station.*

In 1973, Gund leased a parcel of land from Bill Janss and Sun Valley Company, intent on building a new skating center for the community. Construction on the project wrapped in the fall of 1975. A group of hockey players, many of whom still live in town, got together to play hockey at the new rink, and the pick-up games gradually gave birth to the Sun Valley Suns men's hockey team. In the ensuing half-century, the Suns have been an entertainment staple at the rink on Friday and Saturday nights, giving our valley an excellent team to cheer for, compiling a record of 755-308-30 and a 69.1 winning percentage over 49 seasons.

In the early 90s, however, enthusiasm for going to Suns' games waned as Sun Valley Company banned the sale of beer at the rink. This didn't go over very well with the generally well-lubricated locals, especially on weekend nights. Attendance fell off. Gund's lease with Sun Valley came to an end, as did his financial commitment to the Suns, making for a rocky time for the team.

Glenn Hunter, the team's captain, took over as coach. He recalled, "I was doing what I could to try and make it work. I felt like we needed to reach out to the community and let them know they could come to the games. At the same time, I wanted to support all kinds of programs that didn't have big profiles, like the Girl Scouts and Wood River baseball. It was just a way to try and reach out and give back."

One day, Hunts, as he was known around the rink, ran into Diane Cordes. With Wendy Jaquet, she ran the Boulder Mountain Tour as part of the Sun Valley-Ketchum Chamber of Commerce. She asked if the Suns would be interested in running an aid station at the race.

"I had skied the BMT a few times and thought the Suns could do that. The community supports us as we support them. The guys bought in," Hunter said.

Over the past 31 years, the Suns have taken off the first weekend in



February to help at Boulder, manning an aid station at Cathedral Pines. This act is a testament to the team's commitment to our community, providing skiers with much-needed refreshments and a boost of energy as they ski through.

Like the Boulder, the team has evolved its execution over the years. They conduct the aid station with much more finesse than when they started. They are more like skiers and less like hockey players. "We had an 11-year record where we accidentally took out a skier," goalie Dave Stone recalled.

"Oh, I had to convince them to do it right," Hunter said. "I told them, 'You can't hand it out like you're buying them a beer at Whiskey's. You have to hold the water out and let them take it from you.'

Another potential "hazard" of the aid station is how much fun the players make it, and often, skiers stay longer than intended.

As the finish line announcer for Boulder for a couple of decades, I often heard skiers lament their slow times, blaming the conviviality at the Suns' station and being unable to tear themselves away from their newfound friends.

"People in the back of the pack would get three or four beers and a few burgers in them before they got to Phantom Hill. I would think, I hope they make it. They always did, though," Hunter said.

Third-generation player Parker Weekes and his teammate Ben McLean are organizing aid station efforts this year. Their dedication to this initiative reflects the Suns' spirit of giving back.

"It is one of my favorite days of the year, to be honest. It is so much fun being together, helping cheer on the racers as well as supplying them with much-needed snacks," Parker said. His enthusiasm is infectious, and it's clear that the Suns are not just operating the aid station but also looking forward to it as a day of fun, camaraderie, and support for the racers.

"Stay tuned as we put together the best aid station of the BMT," Parker exclaimed.

So, when you reach the Cathedral Pines aid station, located 23 km from the start of the Full Boulder and 3 km into the Half Boulder, and you need a boost, prepare yourself for enthusiastic cheering and support from athletes who know how to encourage. They readily share their passion every week, year after year.

"Honestly, I am stunned they are still doing it, but it's great," Hunter said. "We support the community, and the community supports us." ❄️



Flipping burgers for friends.

**REDLINE**  
**SKATE X**

**FORWARD  
FASTER.**

CONNECTS TO THE BINDING DIFFERENTLY  
THAN ANY OTHER XC BOOT SYSTEM,  
GIVING A HUGE ADVANTAGE IN PUSH OFF.

**MADSHUS**

# BMT Racer Checklist

Whether you are a seasoned veteran or brand-new to the Zions Bank Boulder Mountain Tour, this A to Z information will 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, use your BMT race bags 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. Mark everything with a name and bib number. Before heading to the starting line, ensure that all your gear is in your bag and is securely zipped. The BMT assumes no responsibility for loose or lost items. Cell phones, wallets, and 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 to be transported and make sure your name and bib number are clearly marked on your ski tag.



## COURSE ETIQUETTE

Slower skiers should keep to the right so faster skiers may pass more easily. If a racer catches you, **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 inform them in a friendly manner. **We're all friends out here.** Your bib number must be visible, front and back. Place bib over camelbacks and jackets.



## ELITE CHECK-IN ON RACE DAY

Rick Kapala will direct elite racers in waves #1 and #2 to their lane assignment upon entering the start area. Lane assignments will correspond to the bib number. Please allow yourself enough time to get organized at the start.



## LANE ASSIGNMENTS FOR ALL WAVES

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 through 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.



## 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.



## PROTESTS

Any race protests must be lodged with the race jury before you leave the finish area. A Rapid Cam will be in place at the finish line to verify the results.



## RESULTS

Zone4 is the Boulder Mountain Tour's official timer. As soon as official race results are available, they will be posted at the finish area. Once confirmed, we will publish official results on the BMT website.

**SAVE  
THE DATE**

The 53rd annual Boulder Mountain Tour will be held on February 7, 2026.  
Race registration will open on July 1, 2025.

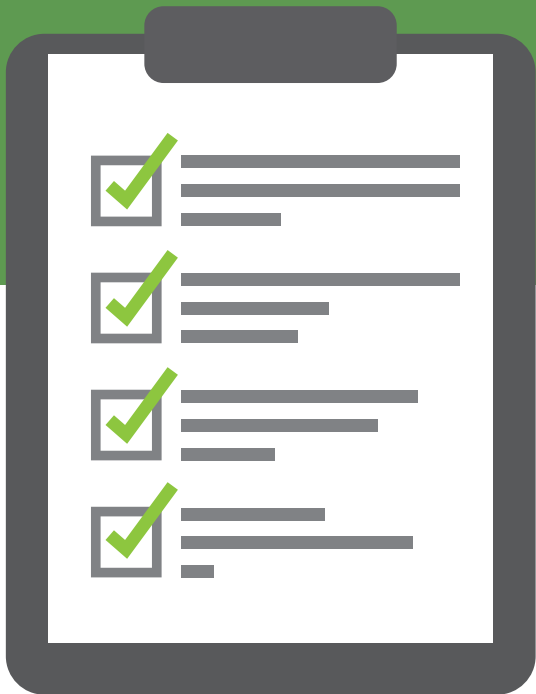




Details can be found at [www.bouldermountaintour.com](http://www.bouldermountaintour.com)

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.



### HALF BOULDER START

We ask Charley Course Half Boulder participants to self-seed by degree of seriousness. This year, we will utilize two waves: competitive racers in the first wave and 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: noon. The race will begin when there is a large enough gap to merge onto the race course without impacting the Full Boulder field.



### 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 [wintertrailink.bcrd.org](http://wintertrailink.bcrd.org).



### LOST AND FOUND

Found items will be brought to the finish area and placed near the road, where 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.

# Race Day Essentials

- RACE BIB
- TIMING CHIP
- SKIS, BOOTS, POLES
- HAVE FUN!!!



# Boulder Basics

## BOULDER MOUNTAIN TOUR RACE 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	SEAFOAM	1-60	10:00 a.m.
#2 Elite Women	LILAC	101-135	10:02 a.m.
#3 Wave	HOT PINK	200-350	10:10 a.m.
#4 Wave	STORM	400-550	10:14 a.m.
#5 Wave	ORANGE	600-750	10:18 a.m.
#6 Wave	MINT	800-950	10:20 a.m.
#7 Wave	LEMON	1000-1150	10:22 a.m.
Half Boulder	LIGHT BLUE	1200-1450	12:00 p.m.

## Calendar of Events

### THURSDAY, JANUARY 30

#### NordicTown USA Sprints

#### Simplet Lot, 2nd Avenue & Fourth Street, Ketchum

The NordicTown USA Sprints is a celebration of cross-country skiing, pitting teams of two in a head-to-head freestyle relay format on a 400-meter oval. The event features elite racers from the field, Para skiers, and top juniors from the Sun Valley Ski Education Foundation. The top teams will win cash prizes courtesy of the BMT. Join the fun as a participant or spectator. Day of race signup only. Hot drinks and cookies provided by Sun Valley Community School. Details, Kelley Yeates (208) 726-3899.

#### SCHEDULE

3:30 p.m. Elite/Comp/Para registration

4:00 p.m. Devo and Prep bib pickup

4:15 p.m. Devo Team

4:30 p.m. Prep Team Family Relay

4:45 p.m. Para Class

5:15 p.m. Elite Class

Sprint Awards will follow after the conclusion of the final relay

38 | bouldermountaintour.com

## 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. <i>Timing stops at 3 p.m.</i>

## 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. The Boulder reserves the right to remove skiers from the race course if we feel their health is in jeopardy or they do arrive at aid stations by the posted cut-off time. ❄️

### FRIDAY, JANUARY 31

#### BMT Packet Pickup and Expo, 10 a.m. to 7 p.m. The Argyros, Main Street, 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 Sauce 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? The Expo 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. 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. **Please note: This is NOT an either/or option.**

### COURSE INSPECTION

#### Friday, January 31, 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.

### SATURDAY, FEBRUARY 1

#### 52nd Annual Zions Bank Boulder Mountain Tour

#### Full Boulder, Senate Meadows, Galena, 10 a.m.

#### Charley Course Half Boulder, Baker Creek, 12 p.m.

The 52nd annual Boulder Mountain Tour launches at 10 a.m. on the Harriman Trail, promising an exhilarating trip down the Harriman. A field of 800 racers will challenge themselves over 34 kilometers. The 15k Charley Course Half-Boulder begins at Baker Creek at noon.



# Transportation/Shuttles

## Getting From Here to There and Back Again

**W**hether you are a participant or spectator, we strive to make getting where you need to go safe and easy.

### RACE SHUTTLES

**Hemingway Elementary Steam School**  
111 8th Street East, Ketchum

### FULL BOULDER

Our shuttle buses are here to make your journey to and from the race stress-free. They will transport racers and spectators from Ketchum to Galena Lodge and back to Ketchum from the finish. Buses will start transporting racers from Hemingway Elementary to Galena at 7:15 a.m. and continue until 9:30 a.m. for the Full Boulder. We recommend racers in waves 1-2-3 travel between 7:15 and 8:15 a.m. The average travel time is 35 minutes, weather-dependent. Buses will depart as they fill up, ensuring a smooth and convenient journey for all.

### CHARLEY COURSE HALF BOULDER

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

### DROP-OFFS

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

### SPECTATOR AND SUPPORT CREWS

For the safety of all involved, please note that tracking your racer down the highway corridor is prohibited. Idaho State Police will cite anyone trailing a racer. We prioritize safety first for all involved. Please cheer on your skier from the start or welcome them at the finish line, knowing that we have taken these measures to ensure your safety and protection.

### WATCHING THE RACE

Spectators wanting to watch the race start at Galena may board the buses between 9 and 9:30 a.m. as room allows. Racers in the early waves will be given priority seating. There will be two spectator buses from Galena to the finish area—the first at 10:30 a.m. and the second at 11 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. Parking is available on Barlow Road, a quarter-mile south of the finish area, for spectators who want to drive their vehicles. A free shuttle bus will run continuously from Barlow Road between 9:30 a.m. to 3 p.m.

### PARKING RESTRICTIONS

Galena Lodge has no public parking until all racers have crossed the highway at approximately 10:30 a.m. Public parking is highly discouraged at SNRA Headquarters (including the road) unless you are eligible for handicapped parking. Lot attendants will be on hand and may ask you to park elsewhere. Parking along the Highway 75 corridor is generally prohibited, extremely limited, and allowed only in designated turnouts. However, parking is available on Barlow Road, a quarter-mile south of the finish area, and a shuttle bus will run continuously. When parking, enter at the southern end of Barlow Road to accommodate one-way traffic. Law enforcement will be patrolling to help keep the event safe. Violators will be towed at their own expense, ensuring that the parking area remains available for all our attendees. ❄️

## SATURDAY, FEBRUARY 1 • 5:30 TO 9 p.m.

### BMT Awards Celebration

#### The Argyros, Main Street, Ketchum

Cash prizes will be given to the top three men and women overall, preem winners, and Para racers. We will present commemorative prizes to the top three males and females in each age class in the Full Boulder, Wave Champions, and Oldest/Youngest racers. The 2025 Jon Engen honorees will be the man and woman who improve their time the most from the 2024 BMT. Half Boulder prizes go to the fastest overall, class, and team winners. The whole town and 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 and a massive raffle with great prizes from our generous sponsors and supporters are all on tap. You must be present to win.

## SUNDAY, FEBRUARY 2

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

All participants will receive free trail passes. Food and beverages will be available. Industry representatives will help you try out the latest and greatest gear.

## 2025 LOCAL MOTION COUNTY CROSS COUNTRY SKI CALENDAR

**December 14** BCRD Ski Free Day

**December 21** Winterstart Skate Race at Lake Creek

**January 11** Snowmaker Classic Race at Lake Creek

**January 12** BCRD Ski Free Day

**January 18** Billy Goat Loppet Skate Race at Sun Valley

**January 30** USA NordicTown Sprints in Ketchum

**February 1** Boulder Mountain Tour

**February 8** Ski the Rails

**February 15** Nordic Cup at Quigley (morning)

**February 15** South Valley 5K at Quigley (afternoon)

**February 22** BCRD Ski Free Day

**February 22** IMD Nordic Junior Qualifier, Classic Sprint at Lake Creek

**February 23** IMD Nordic Junior Qualifier, Freestyle at Lake Creek

**March 1** Sawtooth Ski Festival, Park Creek Chili Feed

**March 2** Sawtooth Ski Festival, Alturas Soup Kitchen Social

**March 16** Galena Inga-Loppet

**April 6** Ride, Stride & Glide and Closing Day at Galena

**MEN & WOMEN'S  
SMALL GROUP SKATE &  
CLASSIC SKI CLINICS**

**VAMPS**




**VISIT VAMPSDONS.COM TO SIGN UP**



**swix**

**ALL SEASONS & ALL GOALS  
COVERED**



125 km of world-class ski trails • ski shop • snowshoe tours  
charming day lodge with sundeck • fresh baked goods and espresso  
hearty lunches • Nordic ski school • overnight yurts with dinner delivery

Open daily 9am to 5pm • 24 miles north of Ketchum on Highway 75 on the North Valley Trails

**208-726-4010 • [www.galenalodge.com](http://www.galenalodge.com)**





Blaine County Recreation District  
operates more than  
160 kilometers of Nordic skiing  
and 36 kilometers of  
snowshoe trails throughout  
the Wood River Valley.

PHOTO: DEVKHALSA



BCRD provides healthy, active, and  
diverse recreational opportunities  
for our community.

**To learn more visit [bcrd.org](http://bcrd.org)**

# Better Together: Elaboration on Collaboration

I come from a family of six kids, cut my teeth on team sports, and truly feel like anything worth doing is made better by doing it with other people. For me, one of the most joyful aspects of the Zions Bank Boulder Mountain Tour is the fact it has always been and always will be a collaborative effort.

By the time you read this, many months of planning, sweat equity, money, and effort will have gone into executing the BMT. There is not a single part of this event that does not have multiple fingerprints on it. Truly. Our community's support for the BMT is genuinely comprehensive. It comes from all corners of our valley and, in many cases, beyond. This labor of love includes the 300-plus volunteers who happily show up, rolling up their sleeves for the task at hand, to our local hospital, fire and police departments, state police, restaurants, businesses, the forest service, area rangers, and several nonprofit organizations such as the BCRD, SVSEF, Galena Backcountry Ski Patrol, Galena Lodge, Sun Valley Community School, Sun Valley Suns, and Wood River Ham Radio.

We want to express our gratitude to our valued sponsors, who recognize the significance of the Boulder to our community and consistently back it, year after year. We especially want to thank our title sponsor, Zions Bank, for their unwavering support over the past 11 years. Our appreciation for having such a fantastic partner knows no depth.

I greatly appreciate and would love to acknowledge the following people who have performed heavy lifting for the BMT for more decades than they would probably care to count. Thank you to Jenny Busdon, Ted Angle, Bobby Noyes, Pete Stephenson, Andy Munter, Sue Hamilton, Janet Kellam, Kelley Yeates, John Seiller, Sean Petersen, Travis Jones, Eric Rector, Jim Keller, Mike Wolter, Bryce Turzian, Mat Hall and Joe Yelda. To give of yourselves year after year is genuinely an act of selflessness and



*Sean Petersen (right) has been performing the course sweep for decades. He is never without a smile on his face at the finish. His brother, Deeder, was along to help.*

involvement that enlivens our mountain town and enriches our happy ski community.

The BMT Board of Directors is an exceptional team of people with whom I feel lucky to work alongside and share equally in Boulder's success. Thank you to Muffy Ritz, Svea Grover, Mary Rose, Annie Van Fossan, Paddy McIlvoy, Rick Kapala, Matt Gelso, Al Pokorny, and Roger Squier. You are the best!

Sincere thanks to my family, especially my husband, Chris, who picks up the slack in our lives when I put my head down to work in January and pick it up in February. Your kindness and understanding

are a testament to the person you are, especially when boxes pile up on your side of the garage three months out of the year.

And to our skiers, thank you for being part of Boulder and bringing your enthusiasm and energy to our race. Your enjoyment and engagement make everything we do worthwhile.

Wishing you a fantastic ski down the Harriman Trail! ❄️

Warmest regards,  
Jody Zarkos  
BMT Executive Director



*Our hard-working bag volunteers, headed up by Pete Stephenson.*



# We Couldn't Do It Without You!

## ZIONS BANK®





**BACKWOODS  
MTN.  
SPORTS**



## **ALL THINGS NORDIC**

***Rossignol ❄ Salomon ❄ Swix ❄ Leki***

**RACE SPECIAL 50% OFF SELECT SWIX WAX**

**At the “Y” of Main and Warm Springs, Ketchum  
(208)726-8818**

**[www.backwoodsmountainsports.com](http://www.backwoodsmountainsports.com)**



# GOOD LUCK TO ALL BMT RACERS!



BUILDING RELATIONSHIPS | EXCEEDING EXPECTATIONS | CREATING SOLUTIONS

[LLOYDCONSTRUCTIONINC.COM](http://LLOYDCONSTRUCTIONINC.COM) | KETCHUM, ID

FOR BANKING BUILT TO  
KEEP UP WITH LIFE,  
Zions Bank is for you.



**ZIONS BANK**<sup>®</sup>

A division of Zions Bancorporation, N.A. Member FDIC