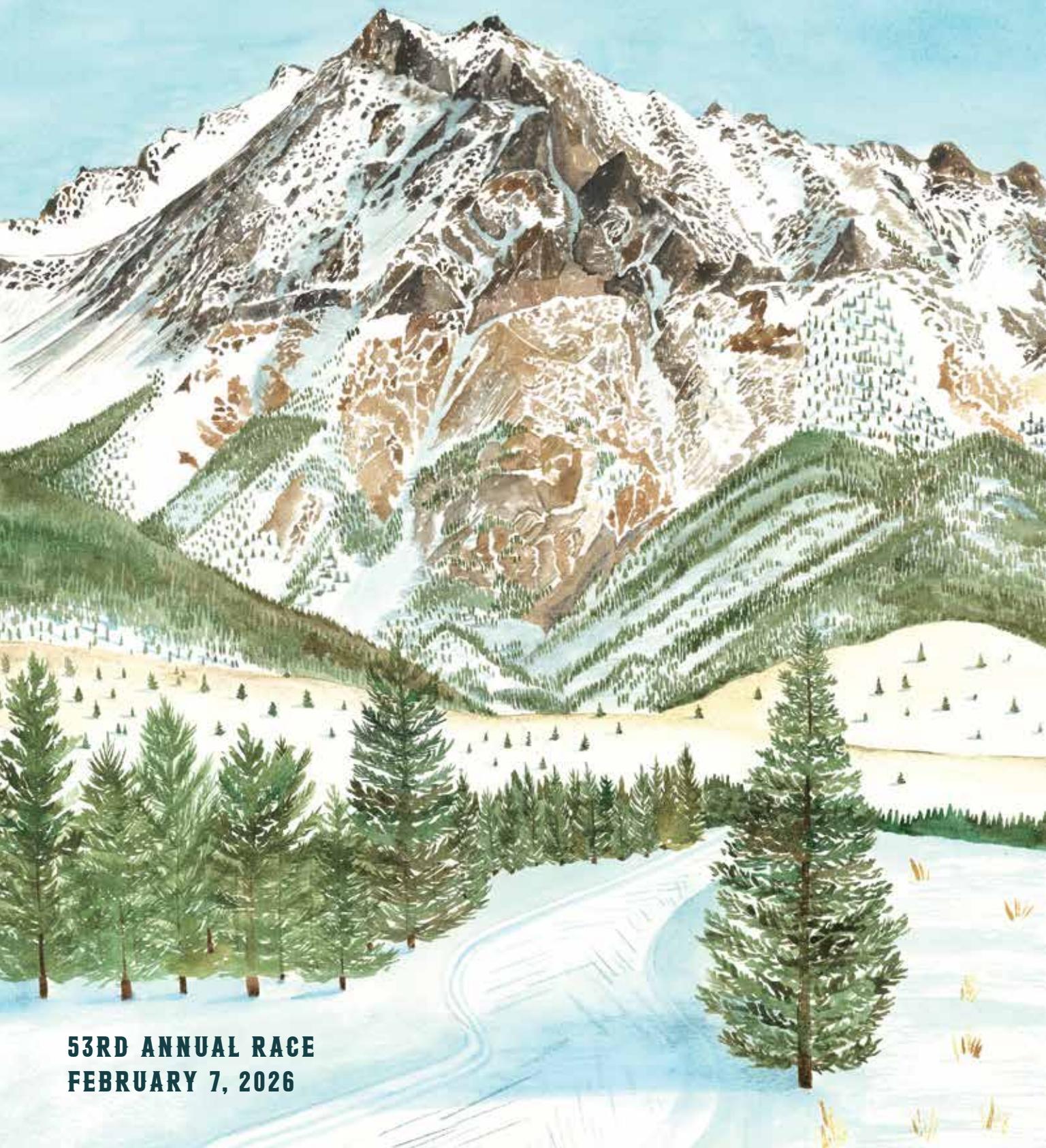


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MESSAGE FROM THE BMT BOD PRESIDENT

The Magic We Share

Winter took a while to arrive this year. Not just in the mountains of Idaho, but across the west. Which leaves all of us Nordic skiers in a tough position — what else to do when all we want is to feel the subtle vibration of perfect corduroy under our skate skis? When you miss the hot cocktail of pain and exhilaration that is cross-country skiing? Some of us resorted to lesser sports like running, late-season mountain biking, or snow dances as a cardio training exercise.

No matter what you did, winter is finally here, and with it, the pent-up energy, stoke and drive that comes with having to wait for something you desperately want. I get the feeling that a lot of us who will line up at the start of the BMT this year do so with some extra drive, passion

and energy. After all, having to wait for something you love makes you appreciate it all the more when it comes. I'd invite you to approach this year's race with an extra sense of appreciation for what this sport and this community has brought into our lives. Because this is magic.

We humans have spent thousands of years slowly perfecting the concept of attaching slippery sticks to our feet and sliding over snow, a medium so ephemeral that today, in 2026, with enough computing power at our fingertips to answer nearly any question or challenge, we still don't actually know when it will come. And when it does, we greet those first beautiful, white flakes with the same sense of hope and anticipation as every skier who came before us. The wait is over. It's here. Let's go revel in it together.

Paddy McIlvoy

Board President, Boulder Mountain Tour



BMT Poster Artist: **HOLLY HARRIS**

Holly Harris first moved to the Wood River Valley after college to teach at The Community School, arriving without any prior connection to the area, but quickly realizing it felt like home.

Her watercolor landscapes grew organically from time spent outside, painting small studies inspired by bike rides, ski days, and time spent at Galena, where she worked as a baker. The Boulder Mountain Tour embodies what she loves most about this place: a remarkable landscape and an equally remarkable community that comes together to celebrate it. Now returning to the Wood River Valley after a hiatus, Holly is deeply honored to paint her favorite playground once again — this time for the Boulder Mountain Tour!

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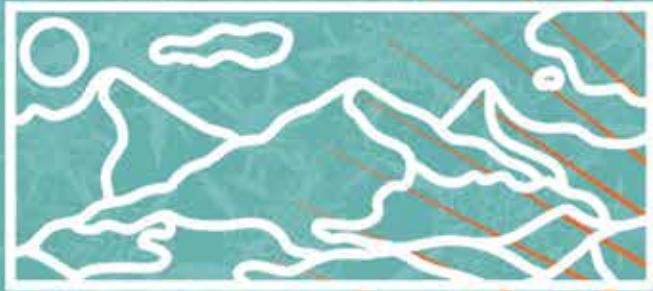
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Better Together, the Muffy Ritz Story

By Jody Zarkos

The Boulder Mountain Tour is observing its 53rd anniversary this February, and you can credit a great deal of the race's longevity to the enthusiasm of Muffy Ritz. It seems anything long-lasting in the valley that has to do with Nordic skiing has Muffy's fingerprints on it.

Last March, Muffy retired from the BMT Board of Directors, outlasting term limits, body parts, and countless others who have served on the board since its inception in 2002.

Thank you, Muffy, for your indefatigable energy, steady guidance, and unwavering belief in this race and this community for more than two decades. The Boulder Mountain Tour is stronger because of you — and so are all of us who have had the good fortune to work alongside you.

MEET MUFFY

When I ask Muffy Ritz to define herself — is she a skier, or a cyclist, or a runner — she laughs and dismisses the question, comfortable without a single label. She has skied across continents and cycled 3,000 miles across the country in the grueling Race Across America, and stood on ski podiums from Russia to Scandinavia. Yet, the identity she values most isn't tied to medals or mileage.

"I'd say the thing I'm most proud of is creating and starting the VAMPS program," the 68-year-old Ritz says. "I'm proud of my own career in athletics, especially Nordic and road biking, but creating the VAMPS and seeing the program thrive for 30 years leaves me feeling really good."

The nascent cross-country ski program that Muffy started in 1996 for four women, has grown into a program for 140+ women and is now the largest and longest-running Nordic ski program for women in the U.S. The VAMPS (Vomen And Muffy's Programs) also spawned the DONS, a similar program for men, and created a culture of Nordic skiers, bound by the singular vision of a woman for whom success is not measured in finish times or finish lines, but rather in the people with whom she has shared the gospel of Nordic skiing.

A Minnesota native, Muffy attended and skied at the University of Colorado-Boulder, earning a degree in exercise physiology. When Muffy raced for the University of Colorado from 1978 to 1980, Title IX was just taking root. She felt fortunate that CU treated its women athletes with respect and provided resources equal to the men's teams.

A member of the U.S. Ski Team from 1982 to 1984, Muffy was also part of the rising ski-marathon movement in the 1980s as part of Team Rossignol. She proved her talent at endurance events by racing eight marathons over back-to-back weekends. She won the prestigious American Birkebeiner in 1985 and 1986.

Before she arrived in the Wood River Valley, Muffy had trained under



Muffy and her ever-present smile

and alongside a few names that loomed large in Nordic skiing. Her Rossignol coach and friend, Jim Fredericks, taught her how to mix intensity with joy. Mark Clark, from Colorado Rocky Mountain School, helped refine her coaching approach as his assistant.

Their influence became the backbone of Muffy's coaching style,

The Muffy Ritz Story continued on page 8



TOGETHER, WE MOVE.

Each winter, the Challenged Athletes Foundation's (CAF) Para Nordic program brings athletes with physical disabilities together to discover the freedom of movement through skiing. What begins as a clinic on snow becomes something greater: a community of athletes, mentors, and supporters moving forward together.

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THE MUFFY RITZ STORY *continued from page 5*

equal parts demanding, compassionate, and fun. She pushes and encourages, showing athletes the version of themselves they didn't yet know enough to believe in.

In a 2022 interview with CRMS, Muffy remarked, "Many of the people I coach are older women and have never had an opportunity to be involved in an athletic group sport until they found The Vamps. They are thrilled when I call them 'athletes.' They love being part of a healthy, social, committed, motivated, creative group of people."

THE ROAD TO KETCHUM

The path to Ketchum was part intention, part serendipity, and part loving peer pressure. Longtime friend EJ Harpham often invited her, showing off the valley's magic one visit at a time. Mike Wolter moved there and told her flat-out she should follow. And during a perimeter ski around Yellowstone Park, it was Bob Rosso who sealed the deal. Somewhere among the trees and snow, he casually mentioned that Rick Kapala was looking to hire a female coach at the Sun Valley Ski Education Foundation.

The job interview? Classic Rick, held in a snowbank at Lake Creek.

"It was so Rick," Muffy laughs. "But it worked."

She took the job, made the leap, never looked back, and, in true Muffy style, made a memorable entrance into her new hometown.

EJ recounts, "The day she arrived, I was up at Elkhorn Village doing a summer art show, so I couldn't meet her at the airport. In typical Muffy fashion, she put on her old-style classic roller-skis (this was the 80's) and ROLLER-SKIED from my house in Indian Creek, up Highway 75, around Elkhorn, and arrived at my art booth, mildly stating that the roller ski was just a bit longer than she anticipated."

NORDIC NIRVANA

Of all the sports she's immersed herself in, cycling, running, skiing, it's Nordic skiing that exacts the highest price.

(Hard to believe this is the answer from a person who has individually competed in the Race Across America three times, with her 1995 time of nine days, six hours, and 32 minutes still the second-fastest women's time in the history of the race.)

She continued, "It's physically the hardest sport I do. But that's why it brings the most joy. It's like drinking cod liver oil — terrible going down, but oh so good for you afterward!"

"I don't want the sport of Nordic skiing to sound awful or painful, but it is those adjectives that make it so special and not appealing to the 'average Joe!' It takes perseverance, guts, ability to suffer, ability to stay calm in your head and body, dedication to training in some of the harshest conditions, dealing with butterflies before every race and even interval sessions, figuring out how not to bonk, how to keep your technique together when every muscle is screaming to stop," Muffy explains.

With sports came lifelong friendships, wild travel stories, and memories etched across landscapes from Russia, Sweden, and Finland to Norway, Italy, Germany, and Austria.

THE BOULDER + MUFFY

When Muffy first moved to town, Harpham told her she had to do this local event called the Boulder Mountain Tour. "It's all downhill," EJ said, a point to which, to this day, Muffy pointedly disagrees.

"Ha! It's not a downhill, and it's not a tour," she says.



A pair of BMT legends, Bob Rosso and Muffy Ritz

"I'd say the thing I'm most proud of is creating and starting the VAMPS program. I'm proud of my own career in athletics, especially Nordic and road biking, but creating the VAMPS and seeing the program thrive for 30 years leaves me feeling really good."

—Muffy Ritz

She raced hard that first year, barely registering the "downhill" portions, but she noticed everything that mattered: the community, the food, the finish-line celebration, and the sheer joy baked into every kilometer. She's raced in almost every BMT since 1991, save for the rare year she was out of town or on crutches.

"The views of the Boulder Mountains still leave me in awe, as I ski the BMT. I actually do look at them during the race. The VAMPS and the VAMPS tent at the finish line with all their treats, smiles, and support are really special too. The color-coded bags, the hats, the Galena feast, the amazing volunteers, what's not to like about the BMT?! Oh yes, and 'It's ALL DOWNHILL!'" Muffy remarks.

In true Muffy fashion, soon, she wasn't just racing it; she was helping guide it. As one of the original BMT board members, alongside Bob Rosso, John Seiller, Andy Munter, and Rick Kapala under race director Kevin Swigert, she had a hand and plenty of sweat equity in the now-renowned and much-loved event. Sound familiar?

VAMPS

In 1996, Carol Rank asked Muffy if she would give her lessons all winter. Muffy laughed: "I don't have that much to teach one person." But if Carol pulled together a group, she'd consider it.

Four women showed up that first winter: Carol, Maryanne Csizmasia, Cinda Lewis, and Katharine Sheldon.

They were hardy. Dedicated. And the spark caught.

The next year, 40 skiers signed up.

Then more coaches joined — Jenny Busdon, Laura Wilson Todd, Jen Douglas, and others.

The program outgrew Lake Creek and moved to Sun Valley, and then to Galena.

Eventually, it swelled to about 140 skiers with 14 coaches.

And Muffy?

She attended every session. Every single one.

"I love to make people do things they didn't think they could do," she says. VAMPS simply gave her the perfect vehicle.

And while she won't claim credit, it's impossible to ignore the impact she has made on our community, hundreds of women who gained strength, confidence, skills, and friendships through a program she never planned to create, but now couldn't imagine life without.

THE ROAD GOES ON FOREVER

Today, Muffy's strongest identity isn't athlete, skier, or coach — though she is undeniably all three. Add connector, catalyst, and innovator to the mix, and you find a truly special person who has shaped the evolution of Nordic skiing, one stride and one person at a time.

"The community of Nordic skiers I've met over the years has become my lifelong friends. We have suffered together, traveled together, laughed together, and been proud of each other — TOGETHER," Muffy exclaims.

Together. It is a simple word that does a lot of heavy lifting. At its core, it speaks to shared intention, common goals, belonging, and the reassurance of not being alone.

Does anyone embody the word together more than Muffy? We don't think so. And for this, and so many other reasons, we are deeply grateful. *



Muffy handing out medals at an awards ceremony

"I don't want the sport of Nordic skiing to sound awful or painful, but it is those adjectives that make it so special and not appealing to the 'average Joe!'"

— Muffy Ritz



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The View from Wave 7

By Ellen Gillespie

Let's make something perfectly clear. This is NOT the Boulder Mountain RACE. It is NOT the Boulder Mountain SCRUM. It is the Boulder Mountain TOUR. Therefore, the only civilized way to participate is, naturally, in Wave 7, aka the Party Wave.

Granted, the snow is a little, shall we say, worn in by Wave 7. However, in what other wave do you ski happily without the risk of being overtaken? Who wants to be snuck up on from behind? No one. Why on earth would you jostle with your fellow skiers to get up Hawk Hill? In Wave 7 it's "After you. No you first. No you." This is followed by a group selfie at the top, of course.

I have witnessed a group of Wave 7 skiers stop at the top of a hill around the 18K marker for a picnic lunch, complete with a bottle of wine. Do any of those elite wave skiers have a lovely picnic snapshot with the Boulders in the background to show for their efforts? I think not.

As for the aid stations, what a perfect time to catch up with the Community School kids and the Suns players. I mean, after all, they've provided food and drink. Dining and dashing would be pretty rude, let's be honest.

As Ferris Bueller famously said, "Life moves pretty fast. If you don't stop and look around every once in a while, you could miss it."

Ferris would definitely be a Wave 7 skier. ❁

Ellen and James Gillespie celebrate the end of a fine tour



Adding cowboy color and panache to Wave 7

Ellen Gillespie has brought up the rear in many BMTs as well as in multiple World-loppet races. While she has never stopped for a picnic lunch, she has plenty of selfies from her races and has befriended aid station workers on three continents. She is the newest member of the BMT Board of Directors, albeit with a previous stint to her credit.

Skiing is BELIEVING

Sun Valley skier, Jake Adicoff, has Paralympic Gold in his sights

By Jody Zarkos

Jake Adicoff was seven years old when he walked through the doorway at the Lake Creek Hut, home of the Sun Valley Ski Education Foundation's cross-country skiing program. At the time, he had no way of knowing he was stepping into his future.

How could he? Jake, the youngest of his family's three kids, just wanted to do what his friends were doing, and with coach Laurie Leman's candy incentive, it was all the motivation he needed to show up for the Devo Program's twice-weekly practice.

"One Sour Patch at each training session was enough to keep me going, plus I was terrible at baseball," Jake remarked with a characteristic wryness. "I liked participating in the team environment and being with my friends."

SVSEF's Kelley Yeates recalled what it was like to coach Jake. "Jake was everybody's bud. Every single person on that team loved that kid."

Due to contracting chicken pox in utero, Jake was born without any vision in his right eye and with limited scope in his left. But, interestingly enough, his brain maps a full visual field.

"I don't see a ton of detail, and the threshold is a lot closer than someone who is nearsighted and can't see detail far away," Jake explained. "So much of this happened at a young age, I wasn't really thinking about processing this stuff."

With his typical sang froid, Jake threw himself into all the sports his friends were playing: soccer, baseball, skiing — both alpine and cross-country — swimming, and riding a bike. He was always in the mix, determined not to be treated any differently than his friends.

SVSEF Coach Kelley Yeates has a classic memory of Jake that stands out as a touch point for other local skiers.

"We have a workout called the Cactus Hill Climb. We go up the hill and come down the backside, and it's all sagebrush, rocky and uneven, and usually wet and snowy. We were hiking down together, and he was fine, so I went up ahead. Halfway down the hill, I thought to myself, 'he can't see where he's going,' and I went back to check on him. He's smiling and having a blast."

"Having 20 or 30 percent eyesight never came out how he acted or behaved. He didn't want to be treated like that. He always just found the fun in every little thing. I think he has a passion for skiing."

"So 20 years later, when my kids are complaining about the Cactus Hill Climb, I tell them the story about Jake."

While a sophomore at Wood River High School, Jake set a goal of trying to make the Junior National Ski Team, which he did.

"It was the first time I committed myself to anything in sport and achieved it. It was a big moment in my self-actualization as a ski racer," he said.



Jake Adicoff and Peter Wolter on top of the podium at the World Championships in Toblach, Italy.

COLLEGE YEARS

Armed with a well-honed identity as a ski racer built by innumerable hours of training, Jake embarked on college at Bowdoin in Brunswick, Maine, where he was a double-major in math and computer science. While college was Jake's preliminary focus, he still threw himself into the East Coast carnival race circuit, a frenetic six-week white circus on snow.

"College skiing in the east is the most fun race circuit," Jake says. "It is a grinding season with six winter carnival weekends in a row. You get in the flow: packing, training, racing, homework, and having three days to reset."

Not only were the carnival weekends bonding for the skiers competing, but they became a galvanizing force for the Bowdoin Polar Bears.

"The team is so committed to what the group is doing. A significant part of it is team scoring. After the men would race, we would run next to the course and be screaming for the women's team at the top of our lungs," Jake said.

Similar to SVSEF's skiing program under Rick Kapala, Bowdoin's head coach, Nathan Alsobrook, established a program where everyone skiing for the Polar Bears developed or enhanced their lifelong love of Nordic skiing.

"It is a group buy-in thing. A lot of skiers on the team got to be really passionate about the sport, and everyone would feed off of it. Bowdoin was previously not a strong Nordic team. It was a cool time to be there. Now they have skiers who are competing for podiums every weekend. I attribute that to Nathan," he said.

After graduating in 2018, Jake worked at Uber as a software engineer in the Bay Area, seemingly having hung up his racing skis, although job flexibility allowed him to get away on weekends to come back home or go to Colorado to ski.

"I missed winter, but what I missed even more was having something driving in my life," he remarked. "I followed the path that I thought

Skiing is Believing continued on page 14



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SKIING IS BELIEVING *continued from page 12*

was expected. I thought I was done ski racing."

Ski racing wasn't done with him, however. Moving back to the valley in 2020 due to the Covid pandemic, Jake picked up where he left off, gravitating toward the Lake Creek Hut and his friends, training, skiing and viewing life through the lens of a committed athlete.

"Jake has always been a 'glue' guy on the Gold Team, and it was the same when he was a member of the Comp Team," Chris Mallory, a longtime SVSEF coach, remarked.

"My friends were here on the Gold Team — Katie (Feldman), Sam, Peter Holmes, and more. So, I went to training sessions and got back into shape. It took me leaving skiing for a few years to understand how important it was to have a big driving force in my life, have something I care about and have people on the same path, and the day-to-day is the social aspect. I didn't get enough of that working — a driving force and people on the same path."

Ketchum is rife with stories of people coming back with the intention of staying for a couple of weeks, and next thing you know, a few years have dissolved.

"It was the classic come home for a couple weeks. And I have been back five years now," Jake said.

In the ensuing five years, Jake has skied his way to the pinnacle of his sport, but the path wasn't always without big learning curves. Credit his analytical mind and focus; he always absorbed the lesson and came back with an answer that was right for him.

"He's always kept it fun, been eager to seek out ways to improve and ways to push his limits. He's someone who's stoked to give back and hop in with our younger skiers, and I know our community is looking



Good times on the SVSEF Dev Team

forward to watching him get after it in Milan, Cortina, this winter," Mallory said.

STARTING OUT

As a 19-year-old in 2014, Jake earned a berth on the US Paralympic Team, skiing at Sochi, Russia.

"I was pretty green," he recalls. "There's a lot of fanfare at the Games. A bit of it was Russian propaganda. The Russian people really care about sports. I was getting pulled aside by random people on the street to take pictures with me because I was wearing a Team USA jacket, and I hadn't even participated in a race."

Skiing with guide Reid Pletcher, himself a SVSEF alumnus, Jake was the top American and sixth overall in the men's 20km freestyle. He went on to take seventh in the 10km classic two days later, again finishing as the top American.

Four years later, in 2018, the Paralympics were held in PyeongChang, South Korea, and fresh off his college circuit in his senior year, Jake had an entirely different set of expectations for himself.

"I went into the Games knowing medals were a possibility. I didn't have that in Sochi, and it put a lot of pressure on me. I had moments of failure. The first race was a 20k skate, and I think I was expecting to be on the podium. I put a lot of pressure on myself, and I exhausted myself with nervousness."

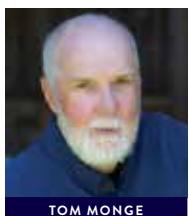
Jake and guide Sawyer Kesselheim finished fifth. In the classic sprint, they were disqualified for a technique infraction, but in the second-to-last race, a 10k classic, things aligned for Jake.

"I had great skis, I felt really good, and I had a really good day out there," he said.

Jake was the silver medalist, finishing behind the legendary Brian McKeever, the most decorated Canadian paralympian of all time with 20 medals — 16 gold — to his credit.

"It was pretty cool. Just a kind of satisfaction that I had gotten a piece of what I came there to do," he summed up.

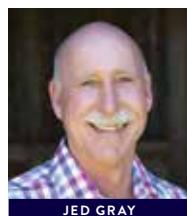
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PARALYMPICS

Jake explains that there are three classes of visual impairment: NS1 (no sight), NS2 (limited sight with light perception and a visual field of less than 5 degrees), and NS3 (visual field constricted to a radius of less than 20 degrees).

Skiing in the NS3 class, Jake can see well enough that he doesn't always need a guide, as was the case when he competed in high school and college, and he acknowledges there are advantages and disadvantages to skiing with a guide.

"You have to sacrifice a little bit of your autonomy as far as racing goes. They tend to take over pacing of the race. When you are skiing alone, you are constantly making very small adjustments throughout the race to manage lactate and how hard you push. You have to surrender that autonomy because you can't have constant conversations. You can talk, and we do, but in general, you need to speed up or slow down."

Another challenge is that Jake is so fit, and with the guide up ahead, they tend to burn out faster as they are pulling a majority of the race, especially if it is flat or windy.

"It doesn't matter how fast they are," Jake remarked.

A single skier can have multiple guides, and Jake is blessed to be surrounded by a cadre of high-octane talent like Peter Wolter, Sam Wood, and Sawyer Kesselheim over the past few years, and they have shared the highs and lows.

"When he came back to skiing in '21, the Gold Team really helped in his success at the 2022 Paralympics. His teammate, Sam Wood, ended up being a fantastic guide for him for a few years, and now Peter Wolter. Having them train side by side, day in and day out, they are like clockwork when it comes to race days, and Jake has been able to have a long career in the sport," Mallory said.

"I am pretty fired up to have some of the top skiers around," Jake said.

DECISION TIME

In 2020, Jake was training but admits, "I was choosing how hard I would go. I wasn't super committed to progressing."

It took his roommate's proposal to propel Jake back to the fast lane.

"In the spring of 2021, Sam (Wood) and I were on a run, and he said, 'I think you should start skiing again, and I will be your guide.' I sat with it for a week. I guess it opened up that it was a real possibility — that I could dust off a three-year dormant career as a skier.

"It was extremely challenging."

Jake leaned on his para coaches based in Bozeman, Montana, but his "main guy" was Chris Mallory, head coach of the SVSEF Gold Team and a fixture at SVSEF for the last 20 years.

"There was a lot of racing that year with the goal to expect the games. But bringing it down to the basics, including how to ski race again, and committing it to memory. A lot of the processes are super mundane. You wake up, how do you control your energy? Are you excited but not too excited? What are you eating? What is your schedule like? What is your warm-up? That year, the biggest fear was overtraining. I hadn't done a serious year of training, and being too tired was a fear that was definitely in the background."

All of Jake's training could not prepare him for the 2022 Paralympics in Beijing, China.

"It was the worst ski trip ever. It was miserable. Stressful with Covid stress. We all knew the narrative the organizing committee put forth. Within 14 days, if you tested positive, you weren't going. In the village, stress continued. Put a damper on good vibes in general. Not unique to me. There were just logistical things. In China, we were allowed to go



In form in 2022

from village to venue and back to the village. It was impossible to escape. We were in a room that had a window into a hallway for almost three weeks."

Despite the challenging circumstances, Jake had some standout moments.

"I went in wanting four gold medals, but I don't know if I believed I could do it. There were some bright moments and a few times when I was enjoying myself," he said.

Jake and Sam skied to silver medals in the long-distance classic race, freestyle sprint, and captured their first Paralympic gold in the 4x2.5 mixed relay.

"There are lots of times, as a ski racer, you get beat down for multiple months, and there are a lot of times when you're not racing well for long periods, and you start to really question your participation in the sport. Through all of this, I will return to this baseline as someone who really cares about it and loves it. I fundamentally know that I am there because I want to be and love the sport," he said.

CIAO, ITALY

Over the last three years, Adicoff has stepped onto podiums on stages throughout the world, epitomizing the SVSEF motto, "From grass roots to the grand stage."

In 15 World Cup starts, he's amassed 10 wins and four second-place finishes. He is a four-time World Champion and four-time runner-up, most recently in Toblach, Italy, not far from where he will compete in his fourth Paralympics, the 50th anniversary of the Paralympic Winter Games, March 6-15 in the Arena di Verona. An estimated 600 athletes will compete in six disciplines: cross-country skiing, alpine skiing, biathlon, ice hockey, snowboard, and wheelchair curling.

"I guess there is a decent chance that this is my final year skiing. In the moments I am not really thinking about. In the goal-setting process with the Para team, my goal is I want four gold medals — three individual medals and a relay. It is attainable. It is going to be a challenge, but I believe it is a possibility. I really believe it is the time. I know that if things go well. If I am racing well and feeling good, it is attainable."

And the young man, who continued a sport in a large part because it gave him a community and purpose, will find all that on a much larger stage that he probably never even envisioned when he walked through the front door of the Lake Creek Hut so many years ago. In the ensuing 23 years, Jake continues to walk through doors. But this time, he knows exactly where he is going. *

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BMT Awards 2025 Rosso Scholarships

By Jody Zarkos

The Boulder Mountain Tour's 2025 recipients of the Bob Rosso Scholarship Fund are Augie Allaire and Payton Daley-Scheinraber, both eighth graders on the Sun Valley Ski Education Foundation Prep Pro Team. The scholarship honors young athletes who demonstrate enthusiasm for Nordic skiing, strong character, and a commitment to community.

Additional nominees for the 2025 award included Nina Fryberger, Rose O'Grady, Ben Wellner, and Max Smith, all recognized for their dedication to the sport and their teams.

The Bob Rosso Scholarship Fund was established by the Boulder Mountain Tour in February 2023 to honor longtime community champion Bob Rosso, coinciding with the Tour's 50th anniversary. Bob helped organize the inaugural Boulder Mountain Tour in 1973 and has been a steadfast supporter of the event, and of Nordic skiing and other sports in the Wood River Valley, ever since.

"If you reflect on all the wonderful people, events, and institutions within our community, one of the common denominators is Bob Rosso,"



Augie Allaire finishing the 2025 BMT

Jody Zarkos, BMT Executive Director said. "Simply by being his energetic, enthusiastic, and encouraging self, Bob has markedly improved the lives of those around him."

Rosso Scholarships, covering 50 percent of program tuition for two skiers along with four additional monetary awards, are given each year to SVSEF Prep athletes who embody the spirit and values Bob has long championed. The Boulder Mountain Tour is working to raise \$100,000 to fund the scholarship in perpetuity, and the fund is 62 percent of the way toward our goal.

This lasting legacy is made possible through the generosity of donors, ensuring that Bob's passion for skiing, community, and mentorship continues to inspire future generations. *

To learn more about the Bob Rosso Scholarship Fund, please visit our website. Scan the QR code below.



Payton Daley-Scheinraber skiing in the 2024 BMT

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. Look for the RESULTS tab on the home page.

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: 12 p.m. 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, Sturtevants, or Galena Lodge. Current trail conditions may be found at <https://wintertraillink.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.

SAVE THE DATE

The 54th annual Boulder Mountain Tour will be held on February 6, 2027. Race registration will open on July 1, 2026.

RACE DAY ESSENTIALS

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



BOULDER MOUNTAIN TOUR CHAMPIONS

2025

Joe Davies 1:28.33
Erika Laven 1:44.01

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

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

2025

Gregory Sirek 50:54
Eleanor Sirek 56:51

2024

Robert Maloney 34:49
Sydney Nelson 38:09

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

BOULDER MOUNTAIN TOUR RACE BASICS

The Zions Bank Boulder Mountain Tour starts at Senate Meadows near Galena Lodge, 23 miles north of Ketchum at 7,400 feet. The course crosses Highway 75 below the lodge, follows the Harriman Trail, and finishes across from Sawtooth National Recreation Area headquarters. The 34km Full Boulder features early moderate climbs and descents before leveling out midway, with 1,239 feet of total climb and a 2,231-foot vertical drop. The 15km Charley Course Half Boulder begins at Baker Creek (6,700 feet) and descends gradually 450 feet. The BMT is designed as a skate race, with classic tracks set along the entire course; classic skiers are timed within the general field.

WAVE	BIB COLOR	NUMBERS	START TIME
#1	Elite Men	HOT PINK	1-70
#2	Elite Women	TANGERINE	101-140
#3	Wave	MINERAL BLUE	201-352
#4	Wave	LILAC	401-552
#5	Wave	KELLY GREEN	601-752
#6	Wave	RED	801-952
#7	Wave	LIGHT BLUE	1001-1152
HALF BOULDER		ASH	1201-1430
			12:00 p.m.

Calendar of Events

WEDNESDAY, FEBRUARY 4

NordicTown USA Sprints

Simplot 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 \$600 in 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. Registration and bib pick up
4:15 p.m. Welcome/Instructions
4:30 p.m. Youth mass start - 1 lap
4:45 p.m. Youth mass start - 2 laps
5:00 p.m. Open/Adaptive class - 4 laps
5:15 p.m. Elite class - 6 laps
Sprint Awards will follow after the conclusion of the final relay

AID STATION AND CUT-OFF TIMES

Aid stations are hosted by the dedicated teams from Sun Valley Community School, the Sun Valley Suns Hockey Team, Wood River Pickleball, and Galena Lodge. Their support plays a vital role in the safety and success of the Boulder, and we're deeply grateful for their efforts.

AID STATION LOCATIONS, HOST, DISTANCE FROM START IN FULL/HALF BOULDER

- #1 Prairie Creek hosted by SV Community School, 12km
- #2 Cathedral Pines hosted by SV Suns, 23/3km
- #3 Frostbite Flats hosted by WR Pickleball, 28/8km
- #4 SNRA hosted by Galena Lodge, 34k/15k

CUTOFF TIMES & DISTANCE REMAINING FROM FINISH

Prairie Creek, 12 p.m. - 22km
Cathedral Pines, 1:30 p.m. - 11km
Frostbite Flats, 2:30 p.m. - 6km
SNRA, official timing ends at 3 p.m.

SAFETY

Staff and volunteers from Galena Backcountry Ski Patrol, the Ketchum, Sun Valley, and Wood River Fire Departments, Wood River St. Luke's, Idaho State Police, and Blaine County Search and Rescue are integral to the BMT, with participant safety as our top priority. Please alert staff if you feel unwell or need assistance. The Boulder reserves the right to remove skiers from the course if their health is at risk or if they do not reach aid stations by posted cut-off times.

FRIDAY, FEBRUARY 6

BMT Packet Pickup and Expo, 10 a.m. to 7 p.m.

The Argyros, Main Street, Ketchum

All racers must pick up their race bag and packet at the BMT Expo. Each racer will receive a souvenir bib, timing chip, race-day information, an official Sauce race hat, and sponsor goodies. The Expo also features event sponsors, industry experts, and local vendors—your best place to get trail, weather, wax, and equipment insights from the pros. Raffle prizes donated by our generous sponsors will be distributed throughout the day, so be sure to check if you've won. If you are arriving in Sun Valley after 7 p.m. on Friday, please notify us in advance. Late arrivals may pick up their bag and bib at Galena Lodge on Saturday between 8-9:30 a.m. This option is available only by prior arrangement and is not an alternative to standard packet pickup.

COURSE INSPECTION

Friday, February 6, 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 7

53rd Annual Zions Bank Boulder Mountain Tour Full Boulder, Senate Meadows, Galena, 10 a.m.

The 53rd annual Boulder Mountain Tour launches at 10 a.m. at Senate Meadows for an exhilarating 34k race down the Harriman Trail. The field features 800 racers in seven waves.

Transportation/Shuttles

Getting From Here to There and Back Again

Whether 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 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.

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

The Charley Course Half-Boulder starts at noon at Baker Creek, offering a shorter 15k course but equally exciting challenge.

SATURDAY, FEBRUARY 7 • 5:30 to 8:30 p.m.

BMT Awards Celebration, The Argyros, Main Street, Ketchum

Let's celebrate a great day for the Boulder Mountain Tour. Racers and the community are invited to join the BMT awards party, featuring friends, music, beverages for purchase, and raffle with prizes from our generous sponsors. You must be present to win. \$10,000 in cash prizes will be awarded to the top three men and women overall, preem winners, and Para racers. Commemorative awards will honor the top three men and women in each age class, Full Boulder Wave Champions, and the Oldest and Youngest racers. The 2026 Jon Engen Award will go to the man and woman who show the greatest improvement from the 2025 BMT. Half-Boulder prizes will be awarded to top overall, class, and team finishers.

SUNDAY, FEBRUARY 8

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.

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. *

2026 LOCAL MOTION COUNTY CROSS-COUNTRY SKI CALENDAR

January 10 Snowmaker Classic Race at Lake Creek

January 10 Aprés Snowmaker Fundraiser by SVSEF

January 11 BCRD Ski Free Day

January 30 Quigley Squigley

January 31 Ski the Rails

February 4 NordicTown USA Sprints

February 7 Zions Bank Boulder Mountain Tour

February 14 Quigley Nordic Cup & Valentine's Day Relay

February 19 Skiing & S'mores

February 21 BCRD Ski Free Day

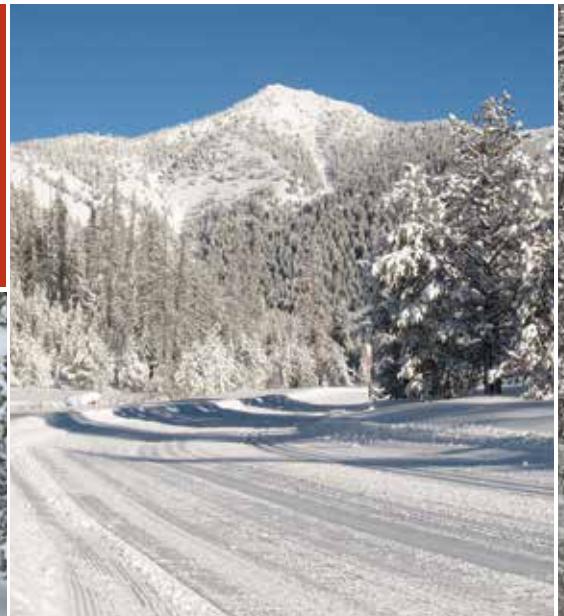
March 7 Esqui Nordico

March 15 Galena Loppet

April 4 Ride, Stride & Glide, Galena

April 5 Closing Day at Galena





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Swiftsure Ranch | WRHS & SVCS Scholarships | Higher Ground
Bald Mountain Rescue Fund | Stellas

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SAVE THE DATE

29th Annual C. Gates Golf Tournament

Sunday, June 7, 2026 | Sun Valley Golf Course

**CHUCK GATES YOUTH
ENDOWMENT**

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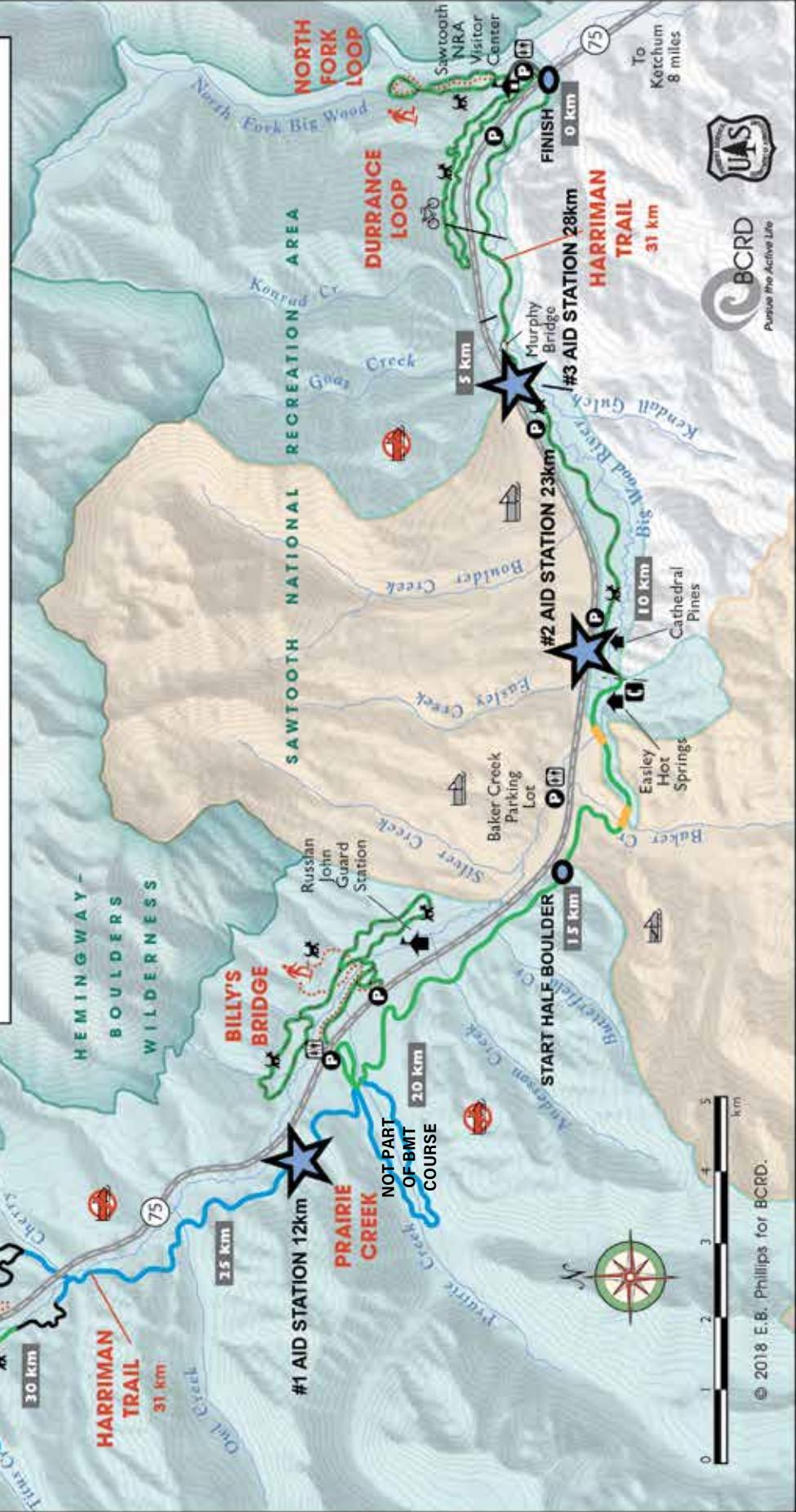
208.726.6851

BOULDER MOUNTAIN TOUR

FEBRUARY 7, 2026

SAWTOOTH NATIONAL RECREATION AREA

HARRIMAN TRAIL



2025 ZIONS BANK BOULDER MOUNTAIN TOUR

By the Numbers - BMT 2025

REGISTRANTS

**TOTAL
REGISTRANTS**
1039

SKIERS

Full Boulder - 816
Half Boulder - 223
Men: 610 - 58.7%
Women: 429 - 41.2%

AGES

12-Under: 40 - 3.8%
13-18: 44 - 4.2%
19-29: 82 - 7.8%
30-39: 184 - 17.7%
40-49: 172 - 16.5%
50-59: 193 - 18.5%
60-69: 206 - 19.8%
70-79: 78 - 7.5%
80-Up: 8 - 0.7%

YOUNGEST TO OLDEST

7 to 84 years old



FULL BOULDER

Registered Men - 506
Finished - 373
Did Not Start - 122
Did Not Finish - 9

Registered Women - 310

Finished - 224
Did Not Start - 74
Did Not Finish - 11

HALF BOULDER

Registered Men - 88
Finished - 63
Did Not Start - 23
Did Not Finish - 2

Registered Women - 135

Finished - 88
Did Not Start - 46

ON THE CLOCK



Winning times: 1-Joe Davies, University of Utah, 1:28.33.06; 2-Garrett Butts, Alaska-Pacific, 1:30.10.05; 3-Reid Goble, Bridger SF, 1:31.12.06. 1-Erica Laven, University of Utah, 1:44.01.02; 2-Annika Landis, Enjoy Winter, 1:44.02.05; 3-Selma Nevin, UU, 1:47.08.02

Para racers: 1-Willie Stewart, CAF, 2:29.10 (standing). 1-Greg Mallory, Hailey/CAF, 2:48.19; 2-Otis Loga, CAF, 3:02.17 (sitting). 1-Jordan Valentine, CAF, 3:55.17 (sitting).

Number of racers who completed the Boulder in 2 hours or less:
73 (353 less than in 2024).

Number of racers who finished between 2 and 3 hours:

389 (142 more than previous year).

Number of racers who finished in over 3 hours: 125 (115 more than previous year)

Number of racers who finished in over 4 hours: 8 (8 more than previous year)

RESULTS

FULL BOULDER

Wave Winners

Wave 3: Dave Burch/Raylene Chew
Wave 4: Neil Johnson/Carolyn Sterrett
Wave 5: Brian Keefe/Eloise Zimbelman
Wave 6: Carter Ros/Devin Delaney
Wave 7: Chris Cooney/Abigail Rideout

AGE CLASS CHAMPIONS

13-Under: Levi Streit/
Payton Daley-Scheingraber
14-17: Nathan Liddell/Josephine Renner
18-24: Joe Davies/Erica Laven
25-29: Reid Goble/Annika Landis
30-34: Brandon Brewster/Anna Marno
35-39: Adam Farabaugh/Erika Flowers
40-44: Stephen Mull/Shayla Swanson
45-49: Peter Abraham/
Jennifer Neuschwander
50-54: Samuel Cordell/Martha Pendl
55-59: Duncan Douglas/Joan Scheingraber
60-64: Barry Makarewicz/Roxanne Toly
65-69: Mike Brumbaugh/Karen Morrow
70-74: Steve Moore/Kim Springer
75-79: Bill Leyrer/Julia Page
80-84: Del Pletcher

Half-Fast (Middle of the Pack) -
David Christopherson, 299th

Jon Engen Award (Closest to 2024 time
by percentage) Emily Rice (1%) and Juerg
Stauffacher (3%)

MOST SKI SEASONS

Pat Armstrong, 80, and
Kathy Schreckengost, 76

FEWEST SKI SEASONS

Ben Wellner, 12, and Penelope Zuck, 12

HALF BOULDER

Winning times

1-Gregory Sirek, Hailey, 50:54.
1-Eleanor Sirek, SVSEF, 56:51.
Para racers: 1-Kevin Hoyt, U of U,
1:12.03. 1-Brittany Chadbourne, CAF,
1:13.39 (sitting).
Para racers: 1-Sarah Pedersen, CAF,
2:37.49 (standing).

AGE CLASS CHAMPIONS

12-Under: Jed Schmidt/
Hazel Schmidt
13-19: Cortland Hayes/Eleanor Sirek
20-29: William Coffin/
Sarah Kaufman
30-39: David Overgaard/
Synneva Hagen-Lillevik
40-49: Ryan Schmidt/
Anne Marie Schmidt
50-59: Gregory Sirek/Eleanor Kelly
60-69: Michael Judge/Kristen Bell
70-79: Kim Barrette/Joa Benson
80-89: Loren Cogdill
Top team: Isaac & Tim
Nueschwander, Team Golden Fang

MOST SKI SEASONS

Reilly McDevitt, 84, and Donna
Finegan, 75.

FEWEST SKI SEASONS

Ford Ramsay, 7, and
Evelyn Strigenz, 9

New Hampshire - 6
Nevada - 2
New York - 7
Ohio - 1
Oregon - 70
Utah - 178
Virginia - 1
Vermont - 3
Washington - 89
Wisconsin - 15
Wyoming - 34

Idaho - 408 (Boise 111, Hailey 101,
Ketchum 94, McCall 32, Sun Valley 26,
Victor 10, Twin Falls 5, Pocatello 4, Idaho
Falls 4, Island Park 2, Bellevue 4, Challis
3, Driggs 3, Kuna 3, Rexburg 2, Filer 1,
Kimberly 1, Stanley 1, Teton 1)

Illinois - 1
Massachusetts - 10
Maine - 1
Michigan - 3
Minnesota - 16
Montana - 113





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Golden Days at Galena

By Julie Johnson

In 1976, my sister Hurley and husband Dan Hamilton bought Galena Lodge from Dale Gelsky and Ralph Rutter. They purchased it with another couple, Dave and Martha Christensen, and their two daughters. Dan and Dave were psychologists who wanted to open a school for troubled teens who struggled with society's background noise.

The forest service would not grant them a permit for a school, as this was the people's land for 'the unwashed public'. So in the summer of '76, they went through very annoying hoops with the powers that be to expand the trails and lodge services.

Eventually, the Christensons sold their share back to the Hamiltons and went in search of a school job in Hailey. Dave was an amazing special ed teacher.

Dan's family didn't know anything about skiing, but they knew a couple of things about running a restaurant. Hurley, on the other hand, couldn't care less about cooking but knew a lot about skiing and running a ski shop. So, a commercial Nordic skiing destination was started.

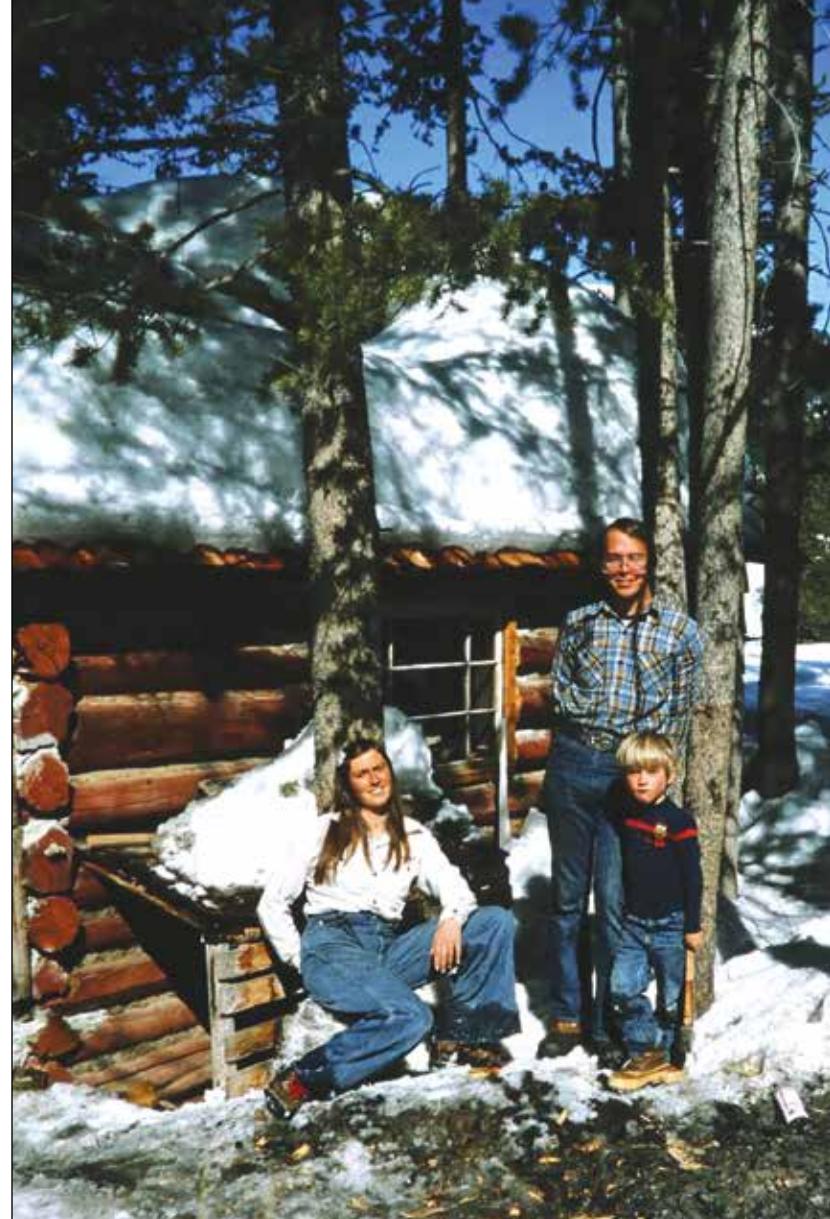
The 1977 Boulder Mountain Tour didn't happen; it was canceled due to a drought. Our grandmother came and planted about 100 tulip bulbs that winter, of which the voles received the most pleasure. Over the next several years, it happened big and continued to gain popularity with each year. The Nordic community had grown exponentially, with the likes of Bob Rosso and Rob Kiesel, who organized the first Boulder race from Galena Lodge in 1973.

The main lodge was powered by a generator that Dan turned on in the mornings and shut down at 10:00 pm. Propane was supplied for the kitchen stoves, which more or less worked above -20. However, the generator had its own constant issues at any temperature, and the water lines crisscrossing under the kitchen floor needed to be thawed with a blowtorch for most of the long winter months. It seemed the boys could fix anything with 'God's tool' – duct tape and a crescent wrench.

Interestingly, we had a group of multi-talented cooks and skiers from Vermont, Indiana, Pennsylvania, Minnesota, Florida, and Tacoma, Washington, all melding together at the abandoned Galena silver mines of the late 1870s in the undiscovered Boulder Mountains.

DRAWN TO GALENA

I was a babysitter, wood splitter, cabin cleaner, shuttle driver, dishwasher, escaping the married life I left behind. My story isn't about training hard and experimenting with ski wax, although we did a lot of waxing, and Klister was still a thing. My story is about staying coherent long enough to cobble together a life. I wish I had been more stable. Cooking stews and soups seemed to make it so. Maybe being lost in the mountains kept me a little bit sane. The



Julie Johnson, Brad Seimer and Andrew Johnson taken in the spring of 1980

smell of wood smoke against cold pine. The rarified air of minus thirty below. Very hard living, but the stars were so bright you could touch them with your hands. When the moon came out, you could see your shadow as long as a summer evening.

POPSICLE

Our lives revolved around dry matches, drinking water, and the next meal. I lived in a dirt-floor log cabin called 'Popsicle' situated just above the original 1879 stables, ironically built exactly one hundred years before my occupancy with Brad Seimer and my three-year-old son. I had intentionally run away from our modern life. Coming of age in the Vietnam era, the civil rights movement, and so many assassinations was like ripping a bandaid the size of your head off your childhood. Living in that drafty log cabin Popsicle was also my atonement for having been born into the richest country in the world by default. I needed to go back to basics. To try to make sense out of senselessness or at least to make peace with it. It turns out nutrition isn't just about physical endurance and peak performance. It is about balancing brain power, mental acuity, and stability.

Galena continued on page 40

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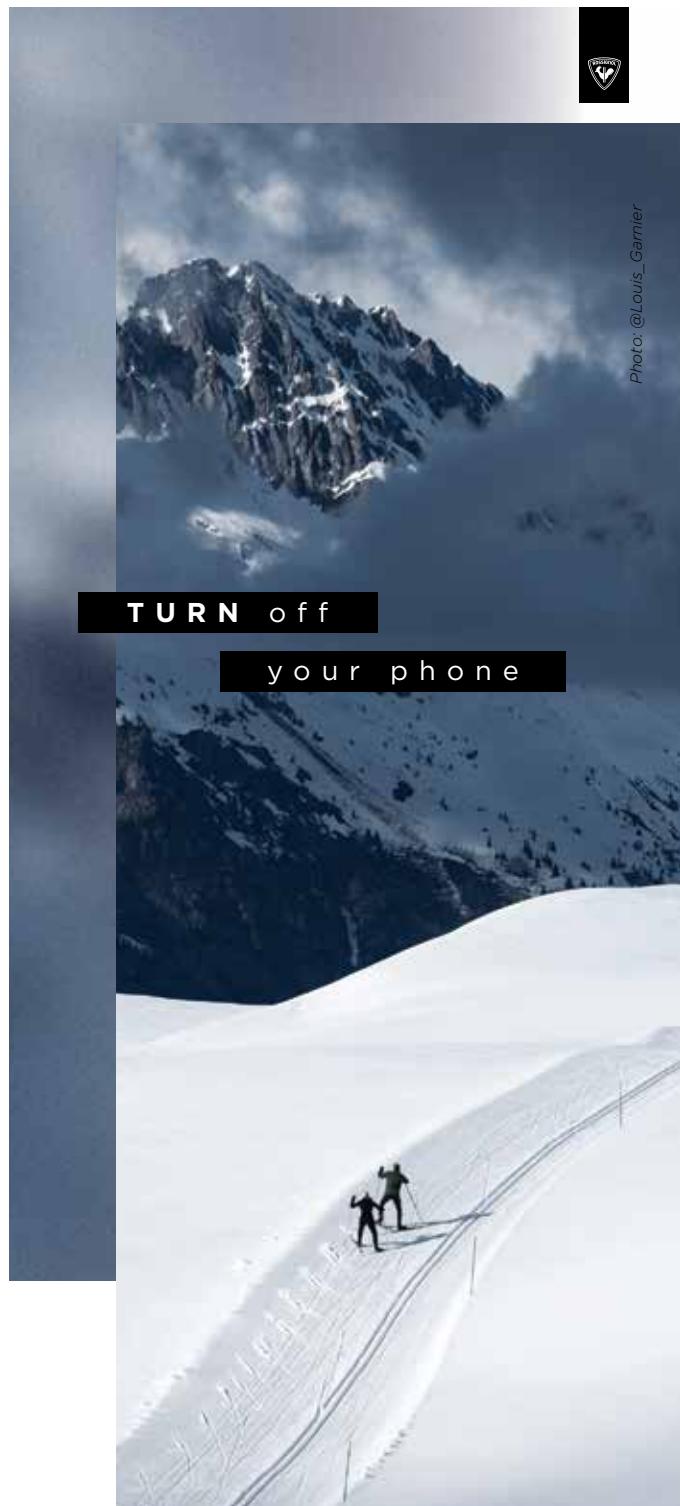


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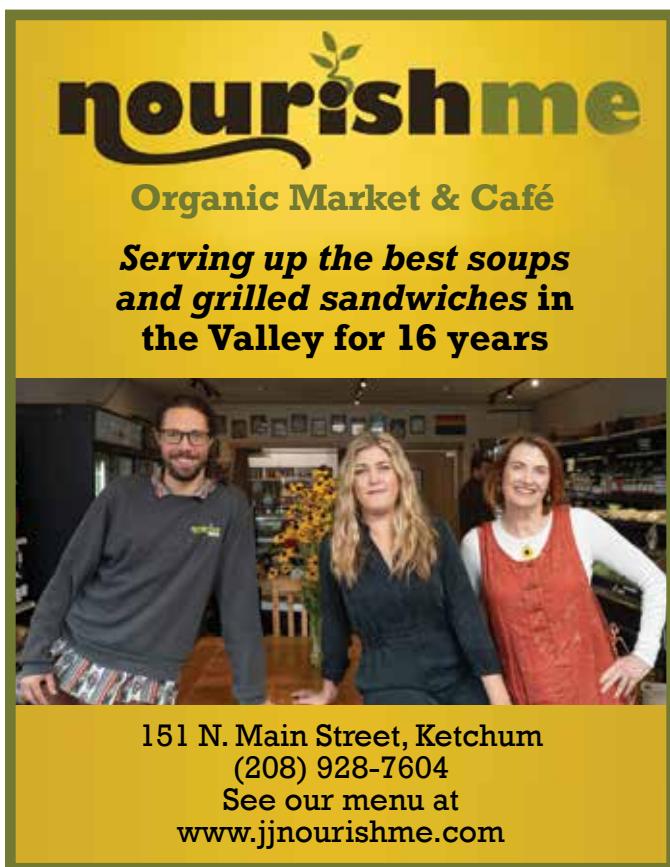
Local Bison Chili

2 pounds ground organic bison
4 cups bison (or any ruminant animal) bone broth
3 poblano peppers, seeded and diced
2 medium onions, diced
2 teaspoons olive oil / coconut oil
6 tablespoons chili powder
1 teaspoon ground coriander
1 teaspoon ground cumin
1 teaspoon Himalayan salt
1/4 teaspoon ground cayenne powder
3 garlic cloves, minced
One 14.5 oz can of whole fire-roasted tomatoes crushed by hand.
One 15.5 oz can of black beans, drained and rinsed.
One 15.5 oz can of red beans, drained and rinsed.
One 15.5 oz can of white hominy, drained and rinsed (optional)
Serves 6-8 (depending on the level of activity)



- In a large cast-iron pan or soup pot, heat 1 teaspoon of oil, then cook the bison until browned through, keeping the meat chunky. Remove cooked meat with a slotted spoon. Drain the liquid from the bottom of the pot, then return it to heat. Add the remaining teaspoon of oil, then sauté the poblano peppers and onion until soft.
- Add chili powder, coriander, cumin, salt, cayenne, and garlic, and cook until spices are fragrant. 1 - 2 minutes.
- Add the roasted tomatoes plus liquid. Scrape the bottom and sides of the pan, removing any browned bits for about 2 minutes.
- Return the bison to the pot, then add black beans, red beans, hominy, and bone broth.
- Simmer until thickened. Adjust with salt and pepper.
- Top with optional sour cream, cheese, cilantro, chopped onion, lime, and avocado.

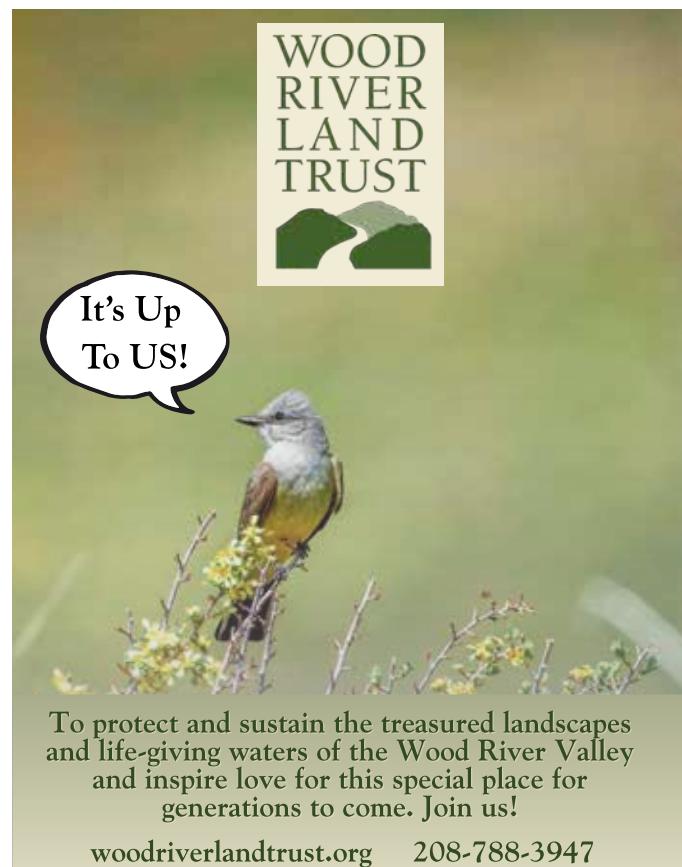
Enjoy!



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A photograph of three people standing inside the Nourish Me Organic Market & Café. On the left is a man with glasses and a beard, wearing a grey sweatshirt. In the center is a woman with long blonde hair, wearing a dark top. On the right is another woman with red hair, wearing a red apron over a white shirt. They are all smiling at the camera.



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A photograph of a Western Kingbird perched on a branch. The bird has a distinctive black cap and a white patch on its wing. It is positioned in front of a blurred background of green foliage and a blue sky. To the right of the bird is the Wood River Land Trust logo, which consists of the organization's name in a serif font above a stylized green mountain range graphic.

PACKING THE TRAILS

Laying out and packing the trail took months of planning and persistence. Brad Seimer and Bob Rosso, who was 'chief of course', spent ridiculous hours going up and down, up and down, grooming with our brand new 1977 Thiokol. The Forest Service didn't allow any trees to be removed, and charged us for any nicked trees by our new Snowcat. Previously, the only equipment was an open cockpit machine they nicknamed 'Agnes' that spent more time broken than not. Bridges needed to be built and shored up. Road crossings were particularly tricky. Snow and temperatures didn't always comply. Getting to the long-anticipated day was a lot of thankless work behind the scenes. But it gave us purpose.

On the big day, we watched through the kitchen window as the racers gathered in the early frozen morning. Lots of hot chocolate, chili, cornbread, and our famous chocolate chip cookies needed to be made. Unlike my sister, I enjoyed cooking and loved feeding a crowd. Nordic skiers weren't known for their *Haut Cuisine*, but that era did bring us great muesli and granola. We made all kinds of creative and tasty oatmeal treats. This was before protein powders, something we now add to our cookies.

I have learned a lot about nutrition since the Galena Lodge days, but the basics of eating nutrient-rich and nutrient-dense foods haven't changed.

The 1970s marked the beginning of processed foods and high-fructose corn syrup. An unfortunate advancement that has sickened several generations of Americans while fattening the pocketbooks of food corporations. Heart disease, diabetes, autoimmune diseases, and



Andrew Johnson and Chase Hamilton, 1979

obesity have soared since the onslaught of ultra-processed cooking oils, corn syrups, and processed grains. The 1980s brought us fat-free and sugar-free everything, which only introduced a storm of chemicals into our diets. The 1990s brought us protein alternatives, such as monocropped soybeans, in everything, including baby formula. The early 2000s demonized eating animals, which led to more chemicals being used to make Frankenfood look-alikes. Then, of course, we get to the gluten-free era, which at first tasted like cardboard. We have come a long way in that world now.

But at the end of the day, the best advice is to eat locally sourced, nutrient-rich foods. On page 39, you will find a great, easy winter chili recipe. Perfect for after any day of skiing. *



Galena Lodge, 1978

Bully For You



Left to right: Ross Coleman, Jim Grewe (Peterson Equipment) Eric Rector, Butch Anctil (Peterson Equipment) Eric Thurmond, Eric Coury, David Coleman. Rear: Nick Chickrell

If you've ever found yourself gliding along perfectly groomed tracks on a bluebird winter morning, you know the quiet magic of Nordic skiing in Blaine County. This year, that magic gets a little quieter, and a whole lot greener.

For decades, the Blaine County Recreation District (BCRD) has poured its heart into creating one of the most beloved Nordic trail systems anywhere. And now, thanks to the generosity and shared vision of the Nordic community, BCRD is bringing a first-of-its-kind innovation to North America: an all-electric PistenBully 100e snow cat.

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The 100e is the world's first fully electric drive snow groomer, running 100% emissions-free and whisper-quiet. With its fast-charging capability and dramatically reduced noise footprint, it represents a leap forward for both environmental stewardship and trail experience.

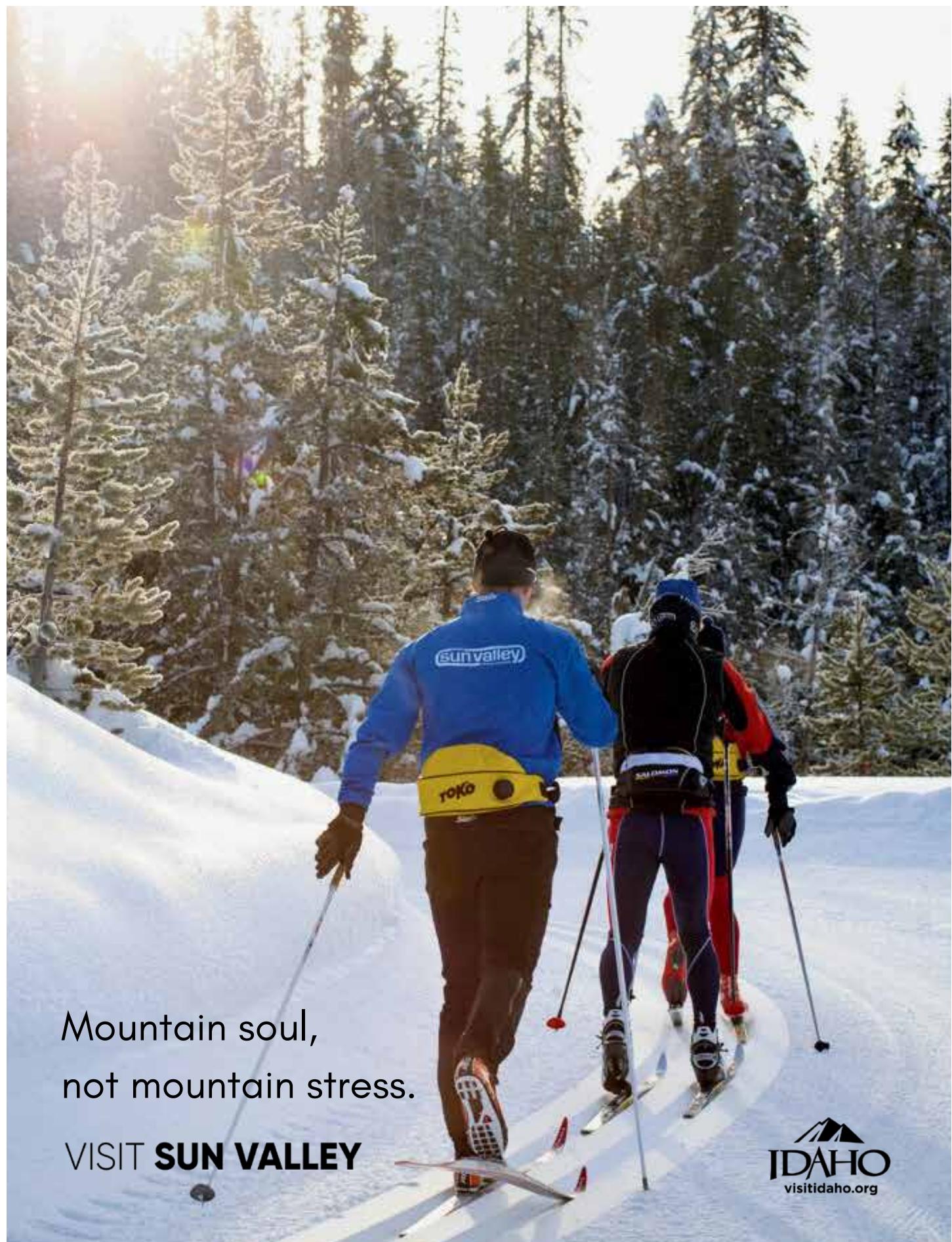
"This community loves its Nordic skiing," says Eric Rector, BCRD's Director of Trails. "Our crew works hard to keep the skiing world-class. Adding the PistenBully 100e to our fleet is a huge step toward the future of grooming, and we're incredibly grateful to Peterson Equipment and PistenBully for helping make it happen."

The new 100e will live at Quigley Trails Park in Hailey, ready to roll out for daily grooming as soon as the season begins. It joins a hard-working fleet that maintains more than 160 kilometers of trails for up to six months each year. Beloved routes made possible by community support, passion, and a shared love of winter.



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At its core, BCRD is about creating healthy, active, and inclusive opportunities for everyone who calls this valley home. This electric snow cat is just one more way the district is embracing the future while honoring the traditions that make our winters so special. *



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PHOTO: DEV/KHALSA



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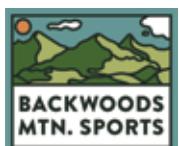
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