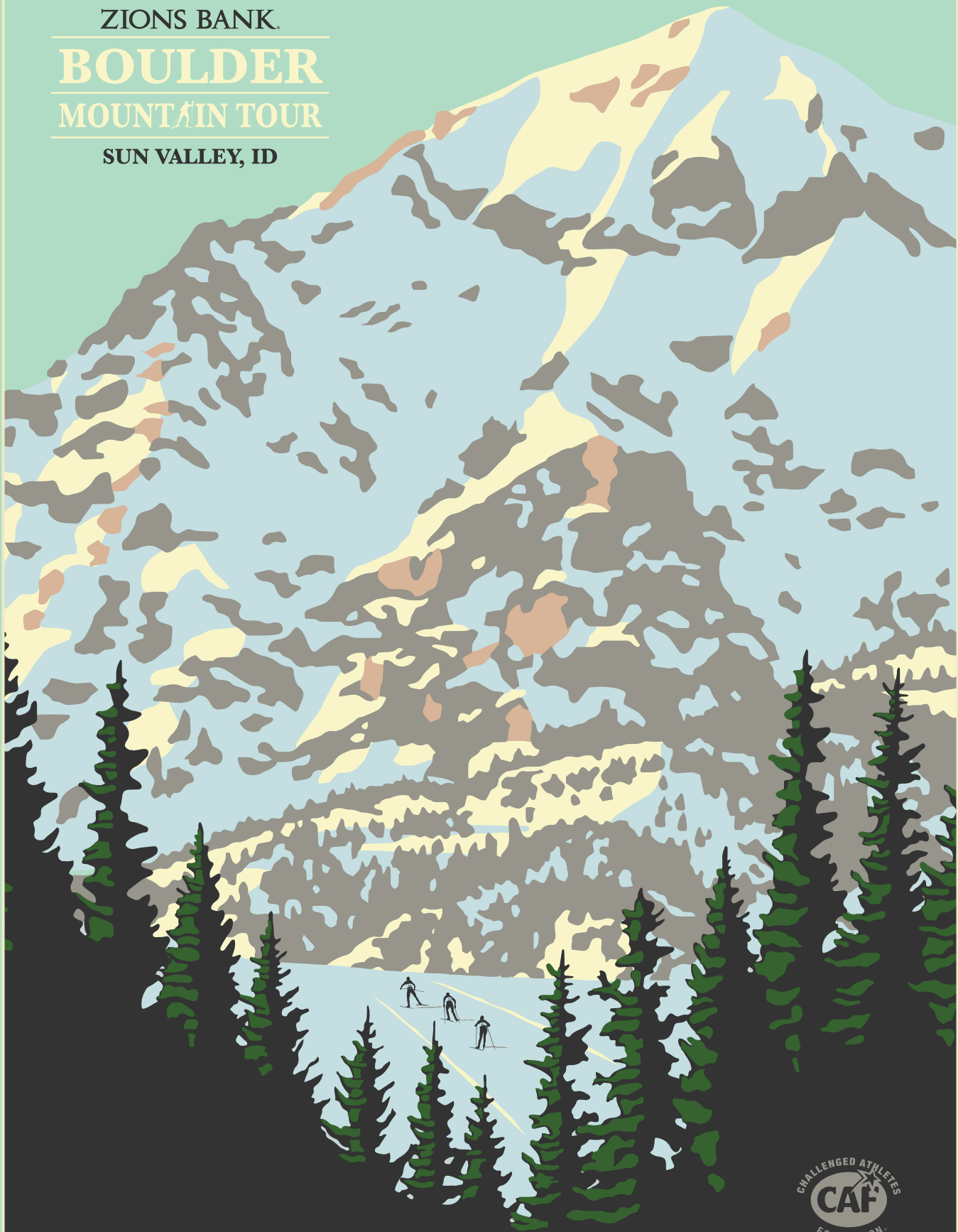


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To learn more about this team, contact Wilson Dippo at wilson@challengedathletes.org



IDAHO

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HELLO!

Welcome to the “Virtually Amazing” 48th annual Zions Bank Boulder Mountain Tour. We are so happy you are with us as we navigate new ways to participate in the BMT while carrying on the traditions of camaraderie, inclusiveness, and community that are the hallmarks of the Boulder Mountain Tour.

No endeavor, especially in the Wood River Valley, is undertaken alone. I offer my sincere thanks to program contributors Katie Feldman, Sarah Goble, Annika Landis, Callan Miranda-Wade, Annie Pokorny, John Reuter, Liz Roquet, Emily Williams, and Erin Zell, as well as designer Judy Stoltzfus and artist Jack Weekes. All of you bring it to the next level.

I am incredibly grateful to the BMT’s stellar board of directors, title sponsor Zions Bank, our sponsors, volunteers, patrons, and partners. You make cross-country skiing a team sport, and this year, more than any other, I am thankful to live and work in a community that cares for one another and our collective endeavors.

Warm regards,
Jody Zarkos
Executive Director, Boulder Mountain Tour

COVER ART BY JACK WEEKES

For the third consecutive year, Jack Weekes of Type B Laboratories created the official Zions Bank Boulder Mountain Tour poster. His vision yielded a panoramic vista of skiers on course under the front side of the Boulder Mountains.

“My inspiration is always to make these mountains look as cool as they are. It’s kind of like a portrait painter painting a person, and when that person finally gets to come over and check out their portrait, you want them to be excited. So imagine if this mountain could check out this print, I would want the mountain to think to itself, ‘damn, I look good,’” Jack remarked.

When not heeding the siren call of the outdoors and Bald Mountain, Weekes creates his art from his studio Type B Laboratories in Ketchum.

“The best part of being an artist for me is probably hanging out in my studio all day screwing around. But my favorite part of all of my art projects is in the very beginning when the options are limitless, and I can just burn through ideas without any worries,” he said.

A limited run of 50 hand screen-printed signed posters is in the works and on sale for \$75. To purchase this year’s poster and/or view a collection of Weekes’ work, please visit <https://www.typeblaboratories.com/>



Program design by Judy Stoltzfus of
Judy's Design House

Photos by Nils Ribi and courtesy photos
Program edited by Jody Zarkos
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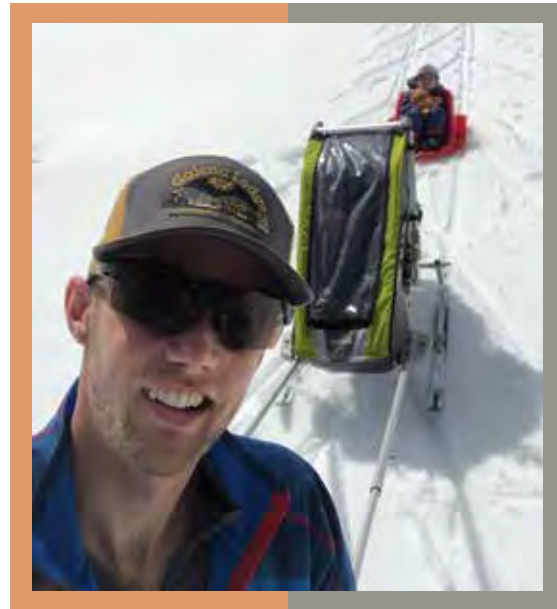
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Welcome to the 2021 Boulder Mountain Tour



We all know that 2020 has been many things. My heart goes out to those who have suffered loss of any kind. I have tried to focus on the silver linings. For me, that started in April, during what is normally one of my busiest work months. Instead of grinding away at my keypad, I was driving our two young kids up to the ski trails at “Billy’s Bridge” to find the sunniest spring skiing. By tying a sled behind a chariot I could pull them both, for 2k at least!

I wasn’t the only one leaving their desk behind. Across the country, everyone was getting out! In recreational towns like Sun Valley, it was extremely apparent (if not a bit frightening at times) that an outdoor movement was underway. You could say it’s too bad that it took a pandemic for us to look up from our daily grindstone and our screens, but sometimes it takes a big nudge to create change. I’m happy for those who were able to make positive improvements in their lives – in some cases their remote work allowed them to travel or move, spend time with their families and create new goals. I’m also reminded that everyone hasn’t been so lucky, so if you can, give back to your community members in need. Give them your time and support and please consider investing in your local community in whatever forms that takes.

There’s a silver lining for the BMT too! After months of trying to “make it work” we’ve stepped outside our norm too, and it turns out the possibilities are endless. This is true for our virtual race in 2021, but I’m confident it will provide new possibilities for our race in the future too. This year is about community, instead of speed, although you’re welcome to ski as fast as you can!

This year we ask you to show us your cross-country backyard and we will unite as a Nordic community. We are grateful for the joy of our outdoor sport, our local trails, and those we enjoy them with.

Enjoy!

John Reuter

President, Boulder Mountain Tour Board of Directors

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2021 BMT Details and Schedule

ABOUT: “Our Boulder, Your Backyard” is the rallying cry for the 2021 Zions Bank Boulder Mountain Tour, February 1-7, 2021. In place of the traditional race in Ketchum, Idaho, participants will ski a 30k or 15k course of their choosing at a location that is convenient for them. Ski trails will be suggested at various areas and resorts throughout the United States, but participants are welcome to chart their own course.




AWARD CATEGORIES: Oldest/Youngest Racers, Best Costume, Most Enthusiastic (based on photos) and Pacesetter (fastest times on official courses). Participants will be recognized on a daily basis with skiers from that day going into a raffle for terrific prizes from our amazing sponsors. Awards will be conducted via Vimeo livestream on a nightly basis with the penultimate results and awards (everyone goes back into the raffle) on Monday, February 8 at 6 p.m.



RESULTS: Times will be submitted by racers for posting on the BMT Leaderboard sponsored by Zenergy. We also encourage participants to share their photos for the BMT Photo Page sponsored by the Challenged Athletes Foundation.

SKI IT FORWARD: The Boulder Mountain Tour, sponsored by Zions Bank, believes in the power and passion of nonprofit organizations performing vital work during these difficult days. To this end, the BMT will expand its “Ski It Forward” award through donations to several regional nonprofit organizations throughout the United States. Racers from that region will vote on the charity of their choice via registration box. The organizations receiving the most votes will receive a charitable contribution from the BMT at the culmination of our event.

Livestream address will be vimeo.com/bmt2021 • Tag Us! [#2021zbbmt](https://twitter.com/2021zbbmt)

FEBRUARY	MONDAY 1	TUESDAY 2	WEDNESDAY 3	THURSDAY 4
	ZIONS BANK BMT SKI DAY #1	ZIONS BANK BMT SKI DAY #2	ZIONS BANK BMT SKI DAY #3	ZIONS BANK BMT SKI DAY #4
	LIVESTREAM BROADCAST	NO LIVESTREAM BROADCAST	LIVESTREAM AWARDS & RAFFLE	LIVESTREAM AWARDS & RAFFLE
	8PM MST		8PM MST	8PM MST
	VIMEO.COM/BMT2021		VIMEO.COM/BMT2021	VIMEO.COM/BMT2021
	FRIDAY 5	SATURDAY 6	SUNDAY 7	MONDAY 8
	ZIONS BANK BMT SKI DAY #5	ZIONS BANK BMT SKI DAY #6	ZIONS BANK BMT SKI DAY #7	ZIONS BANK BMT
	LIVESTREAM AWARDS & RAFFLE	LIVESTREAM AWARDS & RAFFLE	NO LIVESTREAM BROADCAST	FINAL LIVESTREAM BROADCAST, 6PM
	8PM MST	8PM MST	 SUPER BOWL	
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PLAN FOR SUCCESS

Training Guide for the Boulder Mountain Tour

By Annika Landis

My name is Annika and I grew up in Hailey. After four years skiing for Middlebury College in Vermont, I returned to the valley to join the SVSEF Gold Team. I've come a long way since my first Boulder Mountain Tour as a gangly fifth grader and I'd like to share some training tips to help skiers of all levels prepare for this year's virtual "Backyard Boulder."

For any skier, the most important part of training is to build fitness and comfort on skis. Whether you are planning to ski the 15km or 30km, having the stamina to keep up a good pace is essential to having the best experience possible. The best way to build fitness is simple: go skiing! Regardless of the structure (or lack thereof) of your training, here are four key things to keep in mind:

1. Hydrate and fuel regularly! Make sure to get enough electrolytes during training sessions, and to eat a balanced diet that will help fuel your muscles and give you energy.

2. Go EASY on the easy days and HARD on the hard days! Take rest days seriously, and make sure not to do two hard sessions (or more than two hard weeks) back to back. Recovery is what allows your body to *absorb the training* that you are doing, build muscle and maximize fitness gains.

3. Be creative and flexible! The beauty of ski training is that almost any activity can be used to cross-train. If you don't have time to go skiing, jogging, swimming, cycling, and other exercises are excellent substitutions.

4. Be SAFE! If you can, train with people you live with and limit the size of your training group. Remember to practice social distancing on the trails and wear a mask when needed (I keep a mask in my water belt just in case!).

The following is a basic weekly training template that you can use to guide your training. Each week contains a few key workouts. Regardless of what level you're starting at, these three types of workouts provide a good foundation for fitness and strength and can be easily adapted to suit individual needs.



SVSEF Gold Team members dryland training.

(1) DISTANCE TRAINING:

This workout is done at an easy (but consistent!) pace that should start at about one hour, but can be up to three hours in length. The goal of this workout is foundational fitness building and getting your body used to skiing for long periods of time.

(2) INTERVAL TRAINING:

Intervals are short and hard efforts designed to increase your race-specific fitness. Bread and butter interval workouts for skiers of all abilities are 3x8 minutes at L3 pace or 4x4 minutes at L4 pace (see next page for pace descriptions). These can be done as repeats on the same stretch of trail or incorporated into the flow of a loop. (i.e. hard on the climbs, easy on the downhill). Make sure to get adequate rest in between each interval (around half time of the interval).

You can also include a time trial where you pick a distance (5k, 10k, 15k, etc.) or favorite loop and ski it like you would ski a race. This type of workout is fun to include every few weeks to get your mind and body used to a "race" feeling, and more important than ever with limited race opportunities in 2020! Make sure to warm up for at least 15 minutes before you start, including some harder skiing, and ski for at least 15 minutes afterwards to cool down.

(3) STRENGTH TRAINING:

Nordic skiing uses pretty much every muscle in your body and making sure those muscles are strong is key to fast and smooth skiing. Maintaining a regular strength schedule will propel your skiing to the next level. My cornerstone exercises are pull ups, pushups, dips, squats, deadlifts, balance drills, and a variety of core exercises. These can be done almost anywhere and target the important upper body and core strength that is so important to Nordic skiing.

Training Guide continued on page 10

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KEY TRAINING TERMS:

In skiing, we use “levels” that correspond to heart rate/effort to help guide our training:

- Level 1 (L1):** easy, conversational pace
- Level 2 (L2):** think a brisk jog where you are breathing a bit harder but still able to talk.
- Level 3 (L3):** “race pace”. You should be breathing hard, but able to sustain this pace for a while, 30-60 minutes if you had to.
- Level 4 (L4):** “hammer-time” pace. Only sustainable for a few minutes.

BASIC TRAINING TEMPLATES:

These plans are just a guide to help you schedule key workouts into your week. You can adapt each week to fit your individual schedule/training needs. Make sure to have one full day off each week!

NOVICE/BEGINNER:

The focus for a beginner is to build fitness, get comfortable on your skis and use your workouts to practice technical skills. It might be helpful to sign up for a ski clinic (Covid permitting!) or watch some online videos for technique tips that you can practice while skiing.

- Week 1:** Medium (1 intensity session, 2 dist., 1 strength)
- Week 2:** Intensity (2 intensity sessions, 2 dist., 1 strength)
- Week 3:** Volume (2 intensity sessions, 2-3 dist. 2 strength)
- Week 4:** Recovery (1 intensity session, 2 distance, 1 strength)

** Pro Tip ** The most important thing you can do is spend time on your skis. Experiment with different techniques and speeds. Try seeing how far you can glide balancing on one ski. On race day, be confident in the work you’ve done!

INTERMEDIATE:

The focus for an intermediate skier is to continue to build on the fitness you already have, fine tune your skiing technique, and build strength, power, and endurance.

- Week 1:** Medium (2 intensity sessions, 2-3 dist., 2 strength)
- Week 2:** Intensity (3 intensity sessions, 2-3 dist., 2 strength)
- Week 3:** Volume (2 intensity sessions, 2-4 dist. 2 strength)
- Week 4:** Recovery (1 intensity session, 2 distance, 1-2 strength)

** Pro Tip ** Efficient skiing depends on maximizing the glide time on the ski. This requires balance and core stability, and as an intermediate skier, this is where adding balance drills and core as part of your strength routine will translate to big gains on your skis.

EXPERT:

As an expert skier, training for the BMT is all about expanding the top end of your fitness and intensity.

- Week 1:** Medium (2 intensity sessions, 2-3 dist., 2 strength)
- Week 2:** Intensity (3 intensity sessions, 2-3 dist., 2 strength)
- Week 3:** Volume (2 intensity sessions, 2-4 dist. 2 strength)
- Week 4:** Recovery (1 intensity session, 2 distance, 1-2 strength)

** Pro Tip ** Don’t overdo it! Training big hours can be tempting but if you’ve already put in the work over the summer/fall, these next couple months are the time to back off a little and turn your focus to high quality intervals and speed. You want to come into the first week of February feeling well rested, but with enough intensity under your belt to be competitive. ❄️



Annika Landis competing for Middlebury.



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Galena Backcountry Ski Patrol

By Emily Williams



“They were skiers.”

Maureen Pressley, a current Galena Backcountry Ski Patrol member, summed up the organization’s founding members. They were skiers with a primary purpose: to give back and protect their community.

Originally known as the Galena Nordic Ski Patrol, the nonprofit was formed in 1980 by a coalition of local volunteers, spearheaded by Paul “Taul Paul” Seramur. The organization was and is to this day dedicated to providing safety and offering educational opportunities to those recreating in the winter backcountry.

SIGNIFICANCE

To this day, the GBSP remains a humble and significant piece of the winter recreation puzzle here in the Wood River Valley. In addition to assisting Blaine County Search and Rescue, GBSP members volunteer their time to ensure local Nordic races’ safety and provide education to their members and the public in avalanche safety, winter backcountry travel, and first aid training.

“The GBSP was established to assist every Nordic race in the valley with a first aid crew,” Pressley said.

FIRST AID

Today, the GBSP supplies first aid stations, toboggans, and radio communication up and down the Boulder Mountain Tour racecourse in a traditional year. GBSP Members are ready to provide medical assistance, evaluating the safety of the race conditions, and gauging individual racers’ health and well-being in continuing to ski down the course. In large part, thanks to the GBSP, the Boulder runs smoothly and safely every year.

Along with their dedication to ensuring racers’ safety at the BMT, the GBSP trains to perform technical winter rescues in the challenging, remote conditions of Central Idaho.

“When I first joined the GBSP in the mid-1990s, I believe we were the only group which was called out by the sheriff for backcountry winter rescue operations,” Pressley added.

CRITICAL RESOURCE

The GBSP was a critical resource for those who got into trouble. At that time, there was no cell service in the backcountry. It was up to

individual parties to self-rescue or find a way to get to a phone and call in the GBSP. Today, Blaine County and both the Ketchum and Sun Valley Fire Departments have a professional team of paid responders at-the-ready with backcountry rescue equipment.

Maureen notes, “only if it is a multi-day winter rescue event or a massive avalanche where many people are needed for a probe line would we be called out.” Even with these alternate resources, when the snow flies, the GBSP is ready to respond.

“The GBSP was also the first organization that provided avalanche courses before the Avalanche Center existed and before the Guides began offering educational courses,” Pressley said.

To this day, the GBSP offers an affordable avalanche course every winter. Providing the public with avalanche education, decision-making skills, and an introduction to rescue techniques gives them the tools to have a safe and fun experience in the backcountry environment.

DECISION MAKING

Decision making in the backcountry is often tricky. It requires balancing environmental conditions and group dynamics in a wicked learning environment. The better prepared skiers can be before entering that environment, the less likely they are to end up needing to be rescued. By offering the first educational courses locally, the GBSP is ahead of the game in getting our community off to the right start. Developing backcountry safety skills requires significant training, education, and practice.

GBSP member Matt Hansen is applying his training to the influx of new residents and visitors to the Wood River Valley.

“Parking, people skiing on top of people, injuries, and avalanche awareness, could be real issues this year,” Hansen observed.

BE PREPARED

What’s the best way we can help? Be prepared, says Hansen. “The GBSP provides a platform for education and application of skills that advocate safe and courteous ways to enjoy the outdoors. Not everyone can become a guide, but everyone should aspire to practice their craft, so it’s safer for themselves and everyone else.”

“Each of us can do our part by going into the backcountry equipped with the knowledge to care for ourselves and others.”

“I got involved (with the Galena Backcountry Ski Patrol) because the friends I backcountry skied with were members, and I thought it would be the most responsible thing to do, to be a better ski partner. I wanted to know how to self-rescue, and not rely on a rescue group,” explains Pressley.

From firefighters to professional Baldy ski patrollers, to realtors,

electricians, and carpenters, the GBSP are from all backgrounds. What they have in common is a passion for backcountry skiing and a drive to take care of their community.

“The role of the GBSP is to be stewards of the land and sport and to lend a helping hand when an unforgiving winter day goes badly. Our members help deliver positive safety practices to their peers and also people in the parking lot who might be struggling with a binding malfunction,” Hansen said. “You never know when an incident can occur within your group or coming across a group in trouble, so it’s important to have a baseline life-saving skill set when critical decision making matters most.”

Members of the patrol are all true volunteers – they even pay for their own equipment and training. All members are certified by the National Ski Patrol in avalanche safety, are certified in outdoor emergency care, and trained in backcountry rescue.

For Maureen, she was able to take the knowledge learned with the GBSP and apply it in other areas of her life, including as a skipper on a commercial salmon boat around Kodiak Island.

REWARDING

She maintains that the most rewarding part of being a member of the GBSP is “the wonderful skiing I have had in the mountains all over Idaho and afar, my lifelong ski friends that I have met through the patrol, and the fact that I have made good decisions (that are not easy in group situations) to stay safe in the backcountry.”

We are fortunate to have this dedicated group of volunteers, providing skills and education to the public and making the backcountry a safer place for all of us to enjoy. *



Emily Williams grew up chasing her family as they were kayaking rivers, climbing peaks, and skiing the powder of the Wood River Valley. Her passion for the outdoors grew as she did, deepening with every new adventure. Emily started cross-country skiing on the Sun Valley Ski Education Foundation’s (SVSEF) Devo Team in third grade and never looked back. She is now the Head Coach of the South Devo and Striders cross-country ski programs with SVSEF. When Emily is not coaching, she is a passionate environmental advocate and spends her free time writing, reading, and exploring the beautiful mountain ranges, she is lucky enough to call home.

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GALENA

Goings On At Galena Lodge

By Erin Zell

Nestled in the beautiful Boulder Mountains, Galena Lodge is a seasonal day lodge owned by the Blaine County Recreation District. Located 23 miles north of Ketchum, Galena is open in both summer and winter as a hub for hikers, bikers, Nordic skiers and snowshoers, offering great hospitality, delicious food, equipment rentals, clinics and lessons and yurt stays. Surrounded by incredible trails, natural beauty, and a vibrant history, Galena Lodge is a fantastic place to get away from it all with friends and family.

Founded in 1879 as a mining town, Galena boasted close to 800 residents in its heyday, making it the largest community in the Wood River Valley. Fast forward a century and Galena sat idle for 18 months before a community-wide effort known as the “Help Save Galena Campaign” was launched. More than \$500,000 was raised by the community in just a few short months and Galena was donated to the Blaine County Recreation District.

Today the lodge is operated by the dedicated, hard-working and creative Erin Zell and Don Shepler and staff, and is a little oasis in a big wilderness, offering delicious food and drink, as well as elevated and supported outdoor experiences. Galena is a non-profit entity and relies on donations and trail fees to keep it up and running for all to enjoy.

Read on for Erin's description of what is happening at Galena this winter.

GALENA HOURS
Lodge hours are 9 a.m. to 5 p.m. daily

OUTSIDE
Our new food truck, Pearl’s Eats, sits just off the deck with fire pits, benches, and picnic tables for fun, festive outdoor dining. Blankets and warm jackets are recommended!

LUNCH
Served daily from 11 a.m. to 3:30 p.m. We will have an updated and faster menu available for indoor counter service as well as our new food truck with grab-and-go options for outside dining. The food truck will be open on the weekends at the beginning of the season and then daily during the holidays. The food truck will serve soups, chili, curry, stew, cookies, beer, hot cocoa, and hot cocktails. The inside menu will be the same as the food truck plus salads, sandwiches, and french fries. There will be limited indoor seating and we strive to keep the line short to minimize people inside the lodge.



DINNER
We have just made the decision to cancel our dinners through January 1 and possibly longer due to COVID-19. Our number one priority is to keep our staff and customers healthy this winter and after long conversations, we feel that this is an important step in the right direction.

FULL MOON DINNERS
In honor of the Full Moon and the Holidays we will keep our food truck open until 6:30 p.m. from December 23 to January 3. We hope you will come ski or snowshoe in the late afternoon and then stay for food and drink by the fire pits and under the string lights and falling snow. It does sound pretty magical though a little cold. We hope to find that this is a popular event and can do this quite a bit through the winter season.

TAKEOUT
We will be offering a selection of take out food options through the winter that you can pick up while you are at the lodge: soups, stews, breads, lasagnas, desserts, granola, and cocktails. It is a very dynamic menu!

SKI & SNOWSHOE RENTALS
We have set up our new website with online booking for ski and snowshoe rentals this winter in the hopes of easing the flow of people in the shop and ensuring a safer environment for people. <https://www.galenalodge.com/ski-snowshoe.html>

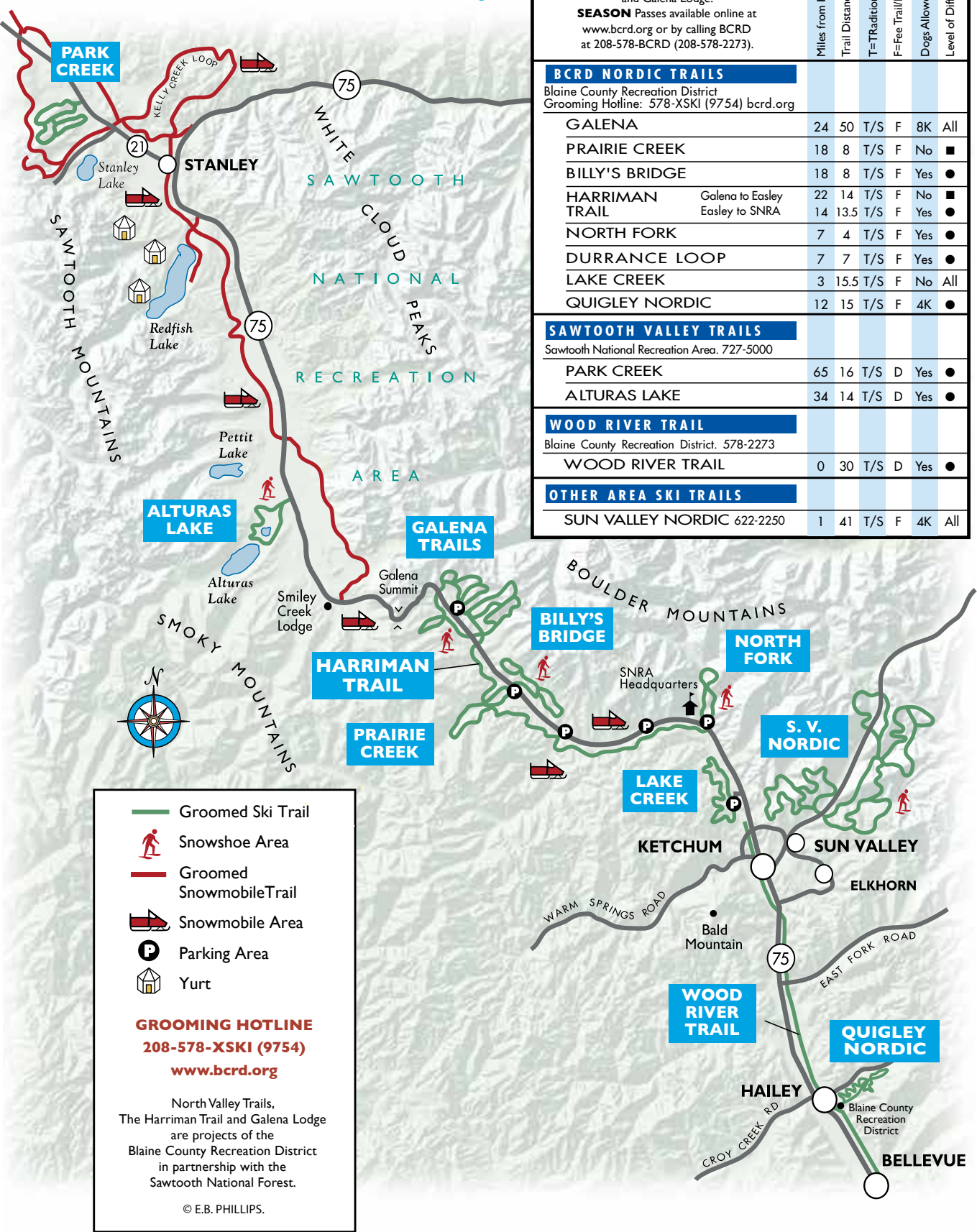
LESSONS, SNOWSHOE TOURS AND YURTS
We expect to be very busy with these and encourage you to book early. VAMPS and DONS are currently live for signups and hugely popular this winter! It is very exciting.

EXTRAS
Not sure if you have had a chance to meet Kyle Oldemeyer and Chelan Pauly but they came back to Galena this summer as managers to help us with so many things at Galena Lodge. You may notice we have a new website, online bookings, and are generally more organized, we owe all of that to those two! They are a huge help for us not only during this pandemic but also in helping Don and I find some work/life balance during the season. So with that said, let’s go for a ski! *

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Does Your Coffee Gear Need an Upgrade?

By Liz Roquet

By now, you’ve probably become a pro at this new work-from-home lifestyle. It used to be when your alarm went off, so began your frenzied series of steps to get out the door to take on the day. Now, mornings require only a presentable appearance from the waist up and a thirty-second commute to the office. Of course, if you have kids learning from home, that’s probably a next-level challenge never before imaged as you toggle between breakfast, meetings, technical problems, reports, and report cards.

No matter what your new morning routine is, it’s undoubtedly changed from last winter when the pandemic landed in our lives. Maybe you’re missing the stop at your favorite local café on the way to work, the deliciously brewed office coffee, or you just don’t have the tools and time at home to make a great cup. Even though these changes might be here to stay, you definitely don’t have to settle for less than delicious coffee in your life. There are so many incredible coffee tools out there that will fit any sipping style and budget. Brewing for one? Love your latte? Sweet and fluffy? Black and simple? Here are a few of our favorite coffee tools to improve your home coffee game.



POUR-OVER BREWING

Easy, dependable, and incredible every time you brew. Pour-over brewing lets you stay in charge of your brew’s flavor with control of your water temperature, pulse intervals, and brew time. The best part is you never waste coffee by brewing more than you’ll drink. Want another cup? Brew a fresh batch in three minutes. Start with just a dripper, or build your pour-over brew bar to the max!
Volume: 1-2 cups
Time needed: 4 minutes
Styles: Glass, ceramic, plastic
Gear needed: Dripper, paper filters, water kettle
Cost: \$-\$\$



PRESS POT BREWING

In this immersion brew method, your coffee is completely underwater for 4 minutes, yielding an extraction that’s rich, complete and heavy in body thanks to the non-dissolvable solids that pass through the screen. So simple, and depending on the pot size you purchase, you can brew for one or a crowd.
Volume: 1-8 cups
Time needed: 5 minutes
Styles: Glass, stainless steel
Gear needed: Press pot, water kettle
Cost: \$-\$\$



AEROPRESS

It is about as close as you can get to an espresso extraction without an espresso machine, featuring brewing with total immersion and pressure. It is incredibly versatile to brew various grind degrees, yielding everything from a dense and rich shot to an American style drip coffee. If you dream of your favorite barista’s cappuccino, this brewer paired with a home milk frother can satisfy your craving without breaking the bank.
Volume: 1 cup
Time needed: 2 minutes
Styles: Plastic
Gear needed: Aeropress, paper filter, water kettle
Cost: \$



COFFEE GRINDER

The quality of your grind has the biggest impact on the flavor of your brewed coffee. Always use a burr grinder. Why? Blade grinders chop up the coffee, leaving you with “boulders and dust.” The grind is inconsistent so that the flavor can be way off in your cup and inconsistent from day to day. Burr grinders create a consistent, repeatable, and adjustable grind, helping you get the most flavor in your cup today and every day. Adjust your grind for the type of coffee. Select fine-ground for short brew cycles (like espresso machines), medium ground for longer brew cycles (like drip machines), and more coarse for immersion brewing (like a French press).
Volume: 1-12 cups
Time needed: 1-2 minutes
Styles: Electric or manual
Gear needed: Grinder
Cost: \$-\$\$\$\$



ELECTRIC DRIP BREWERS

The tried-and-true option for batch brewing. Look for a Specialty Coffee Association approved brewer to ensure the machine can hold the correct water temperature, wet all the grounds, and keep the brewed pot hot without excessively heating from below.
Volume: 4-10 cup
Time needed: 6-7 minutes
Styles: Electric
Cost: \$\$-\$\$\$



CLEVER DRIPPER

A super easy brew method that combines immersion and pour-over brew techniques into one system. Pour hot water over grounds, stir after 30 seconds, and let brew another 3 minutes. Then simply place the dripper on top of your favorite coffee mug, and allow the coffee to filter through to completion. Because this uses a standard #4 filter, you can even brew large batches by using more coffee and brewing into a 32 or 48 oz thermos instead.
Volume: 1-8 cup
Time needed: 4-6 minutes
Styles: Plastic
Gear needed: Aeropress, paper filter, water kettle
Cost: \$



COLD BREW

One of the best things about cold brew coffee is that you can brew a batch and keep it in your fridge for up to two weeks. If you’re always short on time, it’s an excellent option for instant satisfaction. Mix the brewed concentrate with either water or milk, pour over ice, or (gasp) heat up in your microwave to enjoy hot. You’ll be shocked at how great it tastes!
Time needed: 18 hours passive brew time, 30 seconds otherwise
Styles: Glass, metal, plastic
Gear needed: Brewer, storage carafe
Cost: \$-\$\$



MILK FROTHER

Missing the frothy micro-texture milk from your local café? Milk frothers can quickly produce hot textured milk, cold textured milk, no-foam hot milk, or delicious hot chocolate in one step. They work beautifully with alternative milks like oat, soy, and almond as well.
Volume: 1-2 cup
Time needed: 1-3 minutes
Styles: Electric
Cost: \$

Liz Roquet is the owner and roaster at Lizzy’s Fresh Coffee in Ketchum, Idaho, a long-time sponsor of the Boulder Mountain Tour. Find more coffee tips, gear, and info about their nationwide shipping, roasted coffee, and coffee bar at www.lizzysfreshcoffee.com. Lizzy’s is located at 410 10th St, A-3 in Ketchum.

By the Numbers – BMT 2020

REGISTRANTS

Total Registrants **847**
Male **514** (60.6%)
Female **333** (39.3%)

Registrants for Full Boulder - **646** (221 women/425 men)
Registrants for Half Boulder - **201** (112 women/89 men)

581 racers completed Full Boulder
174 racers completed Half Boulder

Total Finishers - **755** (89.1%)



AGE & NUMBER OF REGISTRANTS

Full and Half Boulder (Includes racers removed from registration)

Over 40 - **604** (67.2%)
25-40 - **191** (21.2%)
Under 25 - **104** (11%)

FULL BOULDER - 581 FINISHERS
13-Under - Ella McNeely/Andrew Crouch (7 finishers)
14-17 - Sarah Kilroy/Jackson Monz (14 finishers)
18-24 - Guro Jordheim/Johnny Hagenbuch (35 finishers)
25-29 - Mary Rose/Kevin Bolger (39 finishers)
30-34 - Erika Flowers/Matt Gelso (55 finishers)
35-39 - Kellie Carim/Joshua Korn (40 finishers)
40-44 - Kathryn Roberts/Sam Krieg (52 finishers)
45-49 - Brooke Hovey/Joe Jensen (59 finishers)
50-54 - Barbara Kreisle/John Bauer (61 finishers)
55-59 - Kim Kawaguchi/Barry Makarewicz (78 finishers)
60-64 - Elizabeth Youngman/Kris Thoreson (74 finishers)
65-69 - Janet Conway/Steve Moore (42 finishers)
70-74 - Linda McClatchy/Peter Darienzo (22 finishers)
75-79 - Del Pletcher (3 finishers)
80-84 - Steve Swanson (1 finisher)

HALF BOULDER - 174 FINISHERS
Parent Assist - McCallen & Brady Campbell
12-Under - Cora Scott/Toby Klasner (29 finishers)
13-19 - Samantha Herman/Reed Wuepper (8 finishers)
20-29 - Anna Nistler/Kevin Cornell (11 finishers)
30-39 - Ellen Miller/Hunter Hagenbuch (15 finishers)
40-49 - Lindsay Burch/Brady Campbell (19 finishers)
50-59 - Joney Otteson/Rusty Snow (43 finishers)
60-69 - Leslie Howa/Rob Murphy (22 finishers)
70-79 - Donna Finegan/Tom Usher (21 finishers)
80-89 - Shauna Thoreson/Duane Reed (5 finishers)
90-over - Charley French (1 finisher)

FULL BOULDER
Oldest participants - Dagmar Eriksson 74 and Steve Swanson 81
Youngest participants - Sarah Leidecker 12 and Jonas Benson 11

HALF BOULDER
Oldest participants - Shauna Thoreson 86 and Charley French 93
Youngest participants - Isla Sundby 7 and Cody Lloyd 7

WHERE WE LIVE

UNITED STATES		
Idaho	398	
Utah	180	
Oregon	84	
Washington	54	
Montana	34	
California	27	
Wyoming	21	
Colorado	16	
Alaska	10	
Minnesota	8	
Nevada	8	
Wisconsin	8	
Maine	4	
Vermont	3	
Massachusetts	2	
Michigan	2	
Missouri	2	
New Hampshire	2	
Arizona	1	
Florida	1	
Georgia	1	
Illinois	1	
New Mexico	1	
New York	1	
Ohio	1	
Virginia	1	
COUNTRIES		
USA		
Canada		
France		



ON THE CLOCK

FULL BOULDER - Mean Time: 1:56.14
Winning Times: Johnny Hagenbuch, Ketchum 1:17.07
and Guro Jordheim, Salt Lake City 1:25.50

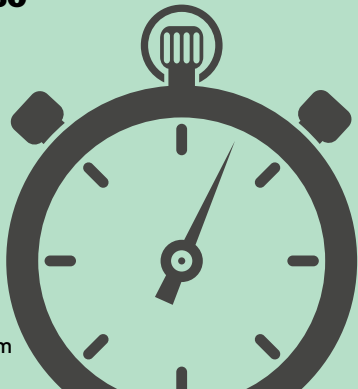
HALF BOULDER - Mean Time: 1:01.43
Winning Times: Reed Wuepper, Bend 38:15 and
Cora Scott, Hailey 43:28

WAVE CLASS WINNERS, FULL BOULDER

Wave 3 - Sloan Storey/James Roloff
Wave 4 - Eloise Zimbelman/Will Sladek
Wave 5 - Maria Gesior/Ruslan Reiter
Wave 6 - Naomi Goldberg/Jeff Aken
Wave 7 - Justin Calvin/Clint Mortley

Number of racers who finished Full Boulder in
less than two hours - **321** (57 more than 2019)

Number of racers who finished Full Boulder between
two and three and a half hours - **260**



All in the Family

By Sarah Goble



Sarah Goble with brother Reid. Above right, Skiing for Michigan Tech

When we would go out for family skis the snow fairy would drop little candies into the snow for my brother and I to find. Spoiler alert, my parents created the snow fairy with the intention of keeping their children’s meltdowns at a minimum. It worked, we would spot a candy in the trail and race each other to get there first. The sibling competition has always kept a spark lit in my brother and me. While the excitement of the snow fairy faded with time, we have always found new ways to push each other, and we have our parents to thank for getting us out and making skiing fun.

The older sister younger brother combo can be great for some sibling rivalry, as we were the same size and same speed for many years. Every time we entered a local kids race or citizens race, the goal was always the same, beat my brother. We’re lucky they don’t hand out many DQs in citizens races, as we weren’t the cleanest of competitors. One race, as we were nearing the finish, I was shoved off the trail just before the line, but just far enough from everyone that he would get away with it. I however, had some tactics of my own that I was not afraid to use if it got me the sibling win. As we were once again nearing the finish on a different course, I repeatedly stepped on his pole in hopes it would come off his hand or break. Of course it did, and



the rest is history. Though these heated competitions were thrilling, they didn’t last forever. Our biological differences soon took over and I was left far behind, but we taught each other something valuable. We taught each other the joy and thrill you can get from some friendly competition.

We went on to ski for the same college team, continuing to motivate and push one another. At first, I wasn’t thrilled to be going to the same school as my brother, hoping that college would be the time to branch out away from my family. I soon learned that I was very fortunate to have my family still involved in my skiing career. Being not too far from where we grew up and on the same team with my brother allowed my parents to come support us at most races. Skiing has always been something we have all had in common and enjoyed doing, making it really great that we were able to continue that even after we left home.

Today, we no longer need the snow fairy to get outside and enjoy skiing. Countless hours and cold crisp days have taught us the joy and tranquility of Nordic skiing. It’s become a unique part of each of our lives. While it has changed over the years, we all still love to ski and value the days we get to be on the trails together. *

Hi, my name is Sarah Goble and this is my first year on the SVSEF Gold Team. Prior to this year, I Nordic skied and ran cross country for Michigan Technological University. I am from Harbor Springs, Michigan, so I am a firm believer that no lakes can compare to the Great Lakes. Also, being from the Midwest, I find ketchup to be spicy and anything higher than 400ft gives me altitude sickness. In my free time I enjoy cooking, felting, and reading/listening to audio books. I am excited to compete in my first Boulder Mountain Tour and even though the format is different, it is always fun to gear up and throw down.

Good Luck BMT Skiers!

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Food for Three Scenarios

By Katie Feldman



SKI PICNIC

Pack the backpack and grab your gear! Whether you're heading out for some off-trail touring or sticking to the corduroy, here are some of my favorite things to pack for a ski picnic:

- A thermos of tea. Something warm and slightly sweet is a treat to sip on while your cheeks are cold, and the air is dry. My go-to is some herbal tea with a spoonful of honey. If I'm heading out for a long adventure, I opt for something with caffeine like black tea or coffee (the Bad Dog Roast from Lizzy's Fresh Coffee is my favorite, and they also carry a fantastic insulated mug with a locking lid!)
- A thermos of soup. Ideally, I'd bring along a serving of my mom's homemade minestrone, but I can't access that every day. Whether you're working with homemade or canned, some hot soup feels like a delicacy when you're out in the snow. I recommend bringing some bread or crackers along for dipping as well.
- A tarp or waterproof blanket for sitting. No one wants a wet bum ruining their ski day, and it's nice to sit down without worrying about it!
- A treat! My personal favorite is a chocolate chip cookie or pretty much any flavor of muffin. Galena Lodge has a variety of delicious fresh-baked goods, including some stellar gluten-free chocolate chip cookies, so I like to stop by there if I'm heading north.
- A back-up snack. If you end up being out longer than planned or are hungrier than you anticipated, it's nice to always bring something extra. A granola bar, a PB&J, or even a banana will do the trick!

POST-SKI RECOVERY

After a race, interval set, or distance session, the body needs some nourishment. I like to keep a bar or a PB&J in my water belt for a few bites right as I finish a workout. Between waxing/putting away equipment, commuting home, and cooking, it can be a while before you have access to a full meal. When you get to sit down, strive for a balance of carbs, protein, and fat, and don't forget some veggies or fruit! Here are some of my favorite things to eat right after a ski:



- A smoothie. In the summer, when it's hot out, I'm usually not hungry right after a big workout. To kickstart my recovery, I can bring a smoothie in a thermos, and it will still be cool and refreshing after sitting in a hot car. My favorite is a classic strawberry, banana, spinach, and protein powder blend, but I'll use whatever is in season or my freezer.
- A granola bar. There are many great energy bars out there full of protein and carbs, but my favorites are Kate's Real Food bars. Their "Handle Bar," a dark chocolate, cherry, and almond granola bar, is my top choice. I always keep a couple of these in my car for mid-and post-workout snacks.
- A muffin and a mug of tea. During the winter, I always bring a thermos of tea for after the ski. Not only does it taste delicious and warm me up, but it helps me stay on top of hydration. The muffin goes down easy and starts replenishing my system.
- A protein shake. I find this to be the best option after a really hard effort where I might not feel hungry or thirsty but need some nutrients and calories. I've been enjoying a lot of the flavors from Drink Wholesome, especially the mocha. They use only real food ingredients that we can all pronounce and have vegan options. As a bonus, a former Nordic ski racer started the company.

PRE-RACE FUELING

Before a race, you really don't need to eat anything special. Instead, you're going to have the easiest time both eating and digesting something familiar. If you find it's hard to get a full breakfast in right before a race, try eating a little extra at dinner the night before. In the morning, a few bites will help top off your energy stores and take some of the stress off of getting a whole meal into your system. Here's how I fuel on the morning of a race:

- Breakfast: a bowl of oatmeal and a big mug of black tea. I opt for a simple hot water/oats combination and add toppings from there. Typically, I actually keep it really boring with just some maple syrup and a spoonful of peanut butter to help keep me full for longer. This is an easy to make and easy to get down option for me. On days when I have more time or am feeling bored with the usual, I add in berries, almond milk, nuts, seeds, and/or a sprinkle of granola on top.
- I keep at least a single Kate's Real Food bar, and a packet of Skratc Sport Chews with me throughout the commute to the venue and during my warmup. If I'm hungry, I'll eat a few bites of the bar, and if I'm not, I'll at least try to get a few gummies in my system about 20 minutes before my start. I keep Skratc Sport Hydration in my water belt and sip on it throughout the morning. This helps me ensure I arrive at the start line well hydrated and with some extra carbs to keep me firing throughout the race.
- If the race is in the afternoon, I eat a bigger breakfast, like scrambled eggs and toast, and then a carbohydrate-dense snack about an hour before I start my warmup. There are many options here: PB&J, a granola bar, a bowl of cereal, anything along those lines. My personal favorite is some rice with butter and soy sauce.



Race day nerves can do all sorts of things to the stomach. I always try to keep in mind that I'm already anxious about the hard effort; I don't need to spend more energy on what and how much I'm going to eat. Eat what you think will be tasty and will sit well. This is generally oatmeal for me, but sometimes I can only manage a couple pieces of toast. Other days I feel really hungry and will want to eat more protein, like scrambled eggs. Find what works for you, and make it a regular pre-training meal so your body will be ready for it on race day. *

Katie Feldman grew up in Sun Valley, Idaho, where she played soccer and raced both cross country and alpine skiing. As her love for winter grew, she headed to Vermont to study at Middlebury College and race for the Panthers. She returned to Sun Valley after graduating in 2018 to join the SVSEF Gold Team and pursue ski racing full-time. In her first two seasons with the Gold Team, Feldman was the back-to-back second-place finisher in very close women's races at the Boulder Mountain Tour. In 2019, she finished third in the American Birkebeiner and traveled to Europe to race in the OPA Cup. In 2020, she qualified for the World Cup Sprint Tour in Quebec and Minneapolis. Entering her third season with the Gold Team, Feldman's goals include winning the BMT and earning World Cup starts. Although the pandemic leaves a cloud of uncertainty hanging over the race schedule, she's looking forward to spending a lot of time on the local trails and making the most out of any race opportunity she gets.

Here's to snowflakes
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In place of the traditional Boulder Mountain Tour on the Harriman Trail in the Sawtooth National Forest in Ketchum, Idaho, this year's BMT encourages participants to experience "Our Boulder, Your Backyard," skiing a course of their own choosing from February 1-7.

Area partners are establishing 15 and 30 kilometer courses for the BMT throughout the United States. But we encourage participants to ski what they can and where they can. There are no limits to this year's virtually amazing BMT.

We thank one and all for their efforts and enthusiasm and support of the BMT during these unprecedented times.



SOLDIER HOLLOW, UTAH

Trail description: The 15km Boulder Mountain Tour trail at Soldier Hollow is one of the most challenging and inspiring cross country ski trails you can find. Beginning and ending in the 2002 Olympic and Paralympic stadium, the route uses much of the FIS homologated Olympic trails offering active terrain with a constant variety of climbs and exceptionally groomed descents. Boulder Mountain Tour participants will face a unique and rewarding challenge at Soldier Hollow.

About us: Nestled above the picturesque town of Midway and resting in the shadow of the Wasatch Mountains lies Soldier Hollow Nordic Center at Wasatch Mountain State Park. Although it is primarily known as an Olympic venue, Soldier Hollow hosts a variety of activities throughout the fall, spring and summer. Athletes at world-class levels and weekend enthusiasts can enjoy the facility on a year-round basis.

Website: www.soldierhollow.com



MEISSNER NORDIC COMMUNITY, BEND, OREGON

Trail description: The BMT course will be the same as this year's Tour of Meissner 30km classic, which will be held the Saturday before the BMT. The course starts at 5,797 vertical feet and wends its way up and down with the lowest elevation at 5,032 feet before finishing at 5,853.



About us: The Meissner Nordic Community Ski Trails are located entirely within the Deschutes National Forest and operate under a Grooming Agreement issued by the United States Forest Service (USFS). Partnering together for over 20 years, Meissner Nordic Ski Club and the USFS provide winter recreation December 1st through March 31st to cross-country skiers and snowshoers. The groomed ski trails and snowshoe trails start at Virginia Meissner Sno-Park, located west of Bend on Cascade Lakes Highway near mile marker 14. The high point in the trail system is at 5,860 feet and the low point is at 5,020 feet.

Website: <https://meissnernordic.org/tour-of-meissner-map/>



WASHBURN SKI TRAILS, RHINELANDER, WISCONSIN

Trail description: RASTA has established a 7.5k race course for the Boulder Mountain Tour (BMT) that explores the varied terrain of the Washburn cross country ski trails. All racers will start from the Perch Lake Shelter and follow a well-marked race course that leads skiers out into an undulating course that we are sure all skiers will enjoy. Upon finishing a lap, the racer then completes additional laps to complete their 15k or 30k race. GPS tracks of the 7.5k course can be downloaded at <http://rastatrails.org/events/>

About us: The Rhinelander Area Silent Trails Association (RASTA) maintains the Oneida County, Washburn, Lake Silent Sports Trails Area cross country ski trails which are located adjacent to Perch Lake Park. The trailhead has a warming shelter that provides access to 20 miles of cross country ski trails that are groomed for both classic and freestyle techniques.

ADDITIONAL VENUES

Craftsbury Outdoor Center, Vermont
Teton Trails and Pathways, Driggs, Idaho
Tahoe Cross Country, California
Mt Bachelor, Oregon
West Yellowstone, Montana

Skiing is Believing: New Winter Programs for Para-Athletes

By Jody Zarkos

Wilson Dippo caught the bug for cross-country skiing as a 12-year-old watching the Winter Games in Salt Lake City. “My best friend started skate skiing right before the 2002 Olympics. I went and watched some races at Soldier Hollow and was hooked,” Dippo recalled.

A decade later, Dippo was the one who people were watching. Racing for the Intermountain Team at Junior Olympics (Houghton, Soldier Hollow, Anchorage), Dippo went on to ski for the Polar Bears of Bowdoin College, serving as team captain two years before graduating in 2012. After graduation, Dippo opted to stay in Maine and coach the cross-country ski team at rival Bates College.

“He’s a fabulous guy. His heart has always been in the right place when it comes to youth athletics,” said Rick Kapala, cross-country program director at the Sun Valley Ski Education Foundation and Dippo’s coach at Junior Nationals.

While subsequently serving as head coach of the Bogus Basin Nordic Team, Dippo spent a lot of time with a team parent and Nordic Paralympian Willie Stewart.

“We often talked about integrating adaptive athletes into the team. I invited Eileen Carey, the Para Team Director, to come out to Boise for a coaches clinic and an adaptive clinic. The clinic went great, and the U.S. Para Team invited me to coach at a junior development camp at Lake Placid. As part of the process, BBNT was certified as Paralympic Sports Club.”

When Challenged Athletes Foundation (CAF) and U.S. Paralympics Nordic Skiing (USPN) announced a partnership to develop adaptive athletes from their first-time experience to the top levels of Nordic skiing and biathlon, Dippo was an obvious choice.

GREAT LEADERSHIP

“The great thing that Wilson brings to his leadership in this very important organization is he has occupied every role in skiing to this point,” Kapala remarked. “He has been a competitor, coach, and event organizer. He has a thorough and complete grasp of all the elements and players in cross-country skiing, and it informs everything he does and how to expand opportunities for kids who are bringing physical challenges to the sport.”

Jenn Skeesick, Regional Director, CAF-Idaho remarked, “This will be the first season that CAF has a specialist focusing on winter programming, racing, and athlete development. “CAF athletes will now not only have a skilled professional to introduce them to the sport but a mentor to guide them to elite level training and competition.”



“We want to make it so that anyone here in Idaho who wants to try Nordic skiing has the ability to do so.”

— Wilson Dippo

A national non-profit organization founded in 1994, the CAF seeks to provide opportunities and support to people with physical challenges so they can pursue active and healthy lifestyles through physical fitness and competitive athletics. This support ranges from providing prosthetics and wheelchairs to creating access to training and competition.

Founded by Jim MacLaren in San Diego, the Idaho chapter represents CAF’s first foray into organized winter sports to create opportunities for adaptive athletes with clear pathways to Paralympic competition.

2022 USSA JUNIOR NATIONAL CHAMPIONSHIPS

To this end, there is a terrific opportunity on the horizon for adaptive winter athletes. Sun Valley will host the 2022 USSA Junior National Championships, March 7-12. When Sun Valley landed the event, Dippo wasted no time in carving out an opportunity for para-athletes to compete. Kapala, who serves as the Chief of the Organizing Committee, readily agreed.

“I am really hoping Wilson and CAF can use this event to subsequently make Paralympic participation for junior athletes a standing element going forward, and it just always becomes a category,” Kapala remarked.

For now, Dippo says CAF-Idaho’s goal is fundamental. “We want to make it so that anyone here in Idaho who wants to try Nordic skiing has the ability to do so.”

Wilson plans to bring a group of athletes to participate in the 2021 Zions Bank Boulder Mountain Tour to ski the 15k course. While the BMT has always welcomed adaptive athletes this could be the largest presence of adaptive skiers in the event’s 48-year history.

Kapala summed up, “I think what Wilson and the CAF are doing in Idaho will go a long way in activating programming and activating the sport, and the sport is going to welcome these athletes. Idaho will serve as a model for other states and ski organizations to get on board with what Wilson is able to create.”

If joy is a precursor to success, Dippo and CAF-Idaho are halfway there. “The best part of my job is working with the athletes. Any day on snow is a good day!” Dippo exclaimed.

CAF-Idaho supports athletes with adaptive sports equipment, training and competition expenses and mentorship opportunities. More athletes than ever are participating in adaptive snow sports in Idaho. Here are a few of the incredible athletes who have benefited from CAF’s support and are currently working with Dippo.



JAXON PALMER

SPORT: SIT-SKIING

Physical Disability: Spina Bifida

Jaxon has a contagious laugh that brings joy everywhere he goes. He enjoys rock climbing, skiing, riding his bike, and trying new sports. Jaxon has received grants from CAF to attend clinics in Nordic skiing, biathlon, sledge hockey and more.



WILLIE STEWART

SPORT: DOWNHILL SKIING

Physical Disability: Arm Amputee

A passionate athlete in high school, Willie lost his arm as a result of a construction accident in 1980. He went on to become an accomplished adaptive athlete across a variety of endurance and winter sports. As an ambassador for CAF-Idaho, he is now mentoring the next generation to find their passion and pursue their dreams.



CATHERINE “ANNIE” CAREY

SPORT: DOWNHILL SKIING

Physical Disability: Drop Foot, Limb Difference

Adopted from China by an American family, Annie underwent surgery that resulted in drop foot and nerve damage. It has never stopped her from being an athlete. Annie sets high goals in triathlon, track & field and swimming. Through CAF-Idaho, she is developing her skills in snow sports.

To learn more about CAF and adaptive athletes, please visit www.challengedathletes.org.

If you would like to be on Team CAF for the 2021 Zions Bank Boulder Mountain Tour, please contact

Wilson Dippo at wilson@challengedathletes.org. All adaptive athletes will receive training support, a CAF bib and hat, and \$100 stipend to be applied to equipment, passes or other training expenses. Learn more at challengedathletes.org/idaho

Heritage Club

A treasured winter tradition in the Wood River Valley, the Boulder Mountain Tour began as a group of friends wanting to get outside and tour the Sawtooth National Forest. It evolved into a stop on the race calendar for Olympians, World Cup, and a benchmark for Saturday morning skiers. It remains an event that offers something for everyone – even burgers and beers at the Sun Valley Suns aid station.

In an average year, the BMT, sponsored by Zions Bank since 2015, attracts upwards of 1,000 participants of all ages and abilities, invigorating our valley's ski culture, and showcasing the people and places that make it such a special place.

Established last year by the BMT, the Heritage Club is essentially a “rainy day” fund to safeguard the financial health and future of the 48-year-old event. When created, no one could have foreseen the world was about to veer off course. The thinking was to have a financial reserve so the event could continue in perpetuity – along the lines of poor weather, low snow, or lack of participation, not pandemics.

Buoyed by cornerstone donations by Buddy Wilton, Jr. and Shay Doll, and Michele and Tom Praggastis, the BMT established the Heritage Club in the form of an investment account with a goal of the endowment eventually reaching \$350,000. Also generously donating to the endowment were John Reuter and Lexie Praggastis, Sue and Tim Hamilton, Svea and Chris Grover, Tom Bowman and Patty Lousen, Andy Munter and Janet Kellam, Muffy Ritz, Del Pletcher, and Neil Zussman.

The Heritage Club celebrates the Boulder Mountain Tour's history, tradition, and sportsmanship while safeguarding the event's future and cross-country skiing in the Wood River Valley through access, support, and scholarships.

Tax-deductible donations to the Boulder Mountain Tour Heritage Club may be sent to P.O. Box 5868, Ketchum, Idaho, 83340. BMT Ltd is a nonprofit organization. Our tax identification number is 35-2169508.

Observing its fifth decade, the Boulder is one of the oldest continuously-run events in the valley, and the longest-running cross-country ski marathon in the United States, dating back to January of 1973. We will hold this year's “Virtually Amazing” Zions Bank Boulder Mountain Tour February 1-7, 2021. *

STILL SKIING

Skiing As An End In Itself

By Annie Pokorny

2020 gave us a lot of time to think, you know?

I'm a little rusty on my philosophy, but I recall spending a great deal of my time in college debating the difference between a means to an end and an end in itself. This debate is largely attributed to Immanuel Kant (another old guy in a wig) who went against the grain of eighteenth century utilitarian thought to say that using human beings as a means to an end was ethically wrong. Rather, we should treat all rational beings as ends in themselves. Put simply, people have inherent value that does not depend on something else.

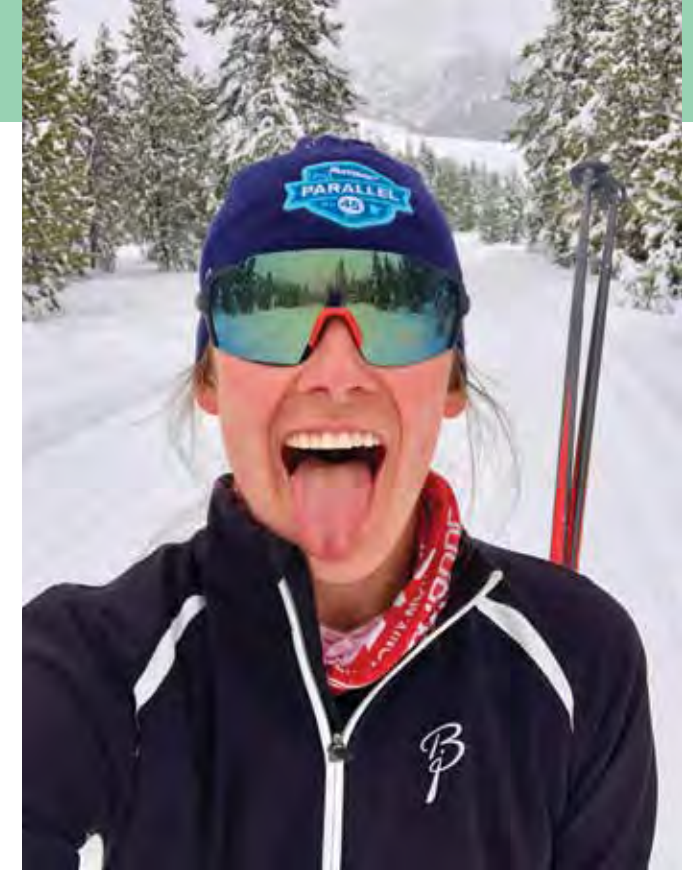
I'm sure that I'm missing quite a bit of nuance here, but there is something to this “end in itself” idea and I like to extend it into many parts of my life to remind myself why I do what I do. Philosophy homework? Means to an end. Friendships? Ends in themselves! Dating? Means to an end. Love? End in itself. You get the picture.

Skiing? Well, that's a little more complicated.

As athletes and competitors, skiers thrive in a world of numbers and steps that accomplish a greater goal. If you do well in one race, it may qualify you for a certain team, entry into a faster wave, or the chance to compete at the next level. “No pain no gain” mentalities create champions in this sport. Each training session logged, interval completed, mile run, and weight lifted are means to that end. It gets pretty easy to assign self-worth to a number on a results sheet, and begin training with the sole purpose of making that number smaller.

But what happens when there are no results sheets? Last year we got to find out.

In March 2020, the World Cup, spring loppets, and junior and senior national competitions were all cut short. What so many athletes had been building toward all season dissolved into thin air. How do you train when there's nothing to train for? You don't. “Training” morphed into “adventuring,” or “exploring.” It returned to playing. We were forced to look at each outing on skis as its own reason for going – it did not depend on anything else. We became present in each breath and stride, in a renewed sense. Each turn on the course became a new small adventure or fun challenge. We weren't on the trail for something else, we were just...there. I think we all had a moment this spring where we thought “holy moly, I really do love this sport” – and it wasn't on the racecourse.



Because, even with no racing, there was still plenty of skiing to be had. Nearly overnight, 100K challenges rippled across social media. Socially distanced tours became a fad. The neckie was vindicated, with Nordies across town recognized each other in the grocery store or post office by their stylized buff, sharing a nod that said “I'm one of you, we're on the same team.”

Earlier in the year, as marathons were cancelled across the globe, writer and runner Martin Fritz Huber wrote, “Racing and running are not the same thing”. Turns out, racing and skiing are not the same thing, either. I don't know anyone who stopped skiing because the season was cancelled. Further, I don't know anyone who quit skiing because the better part of the 20/21 schedule was up in the air. So, there has to be something more. There has to be inherent value. It's too darn special a sport for there not to be.

For me, it was a welcome reminder. Fresh air, silent moments, and the satisfaction in knowing I pushed myself are all motivating enough for me to dive into this sport and revel in the simple pleasure of just going out for a ski. Performing or perhaps doing better than expected in a virtual event may just be cherries on top. You may have something different that you discovered keeps you coming back – something that makes skiing an end in itself. Whatever it is, indulge in it and enjoy, and don't forget that feeling when racing as we knew it comes back. *

Annie Pokorny is a former SVSEF junior athlete turned former SVSEF Gold Team athlete doing her darndest today to resemble any kind of athlete. In addition to her days with SVSEF, she enjoys fond memories of her days racing for Spokane Nordic, SMS T2, and Middlebury College. Now a full-time Ketchum, Idaho resident with a full-time job, she's grateful for the opportunity to return to the trails each winter as an active member of the local ski community.



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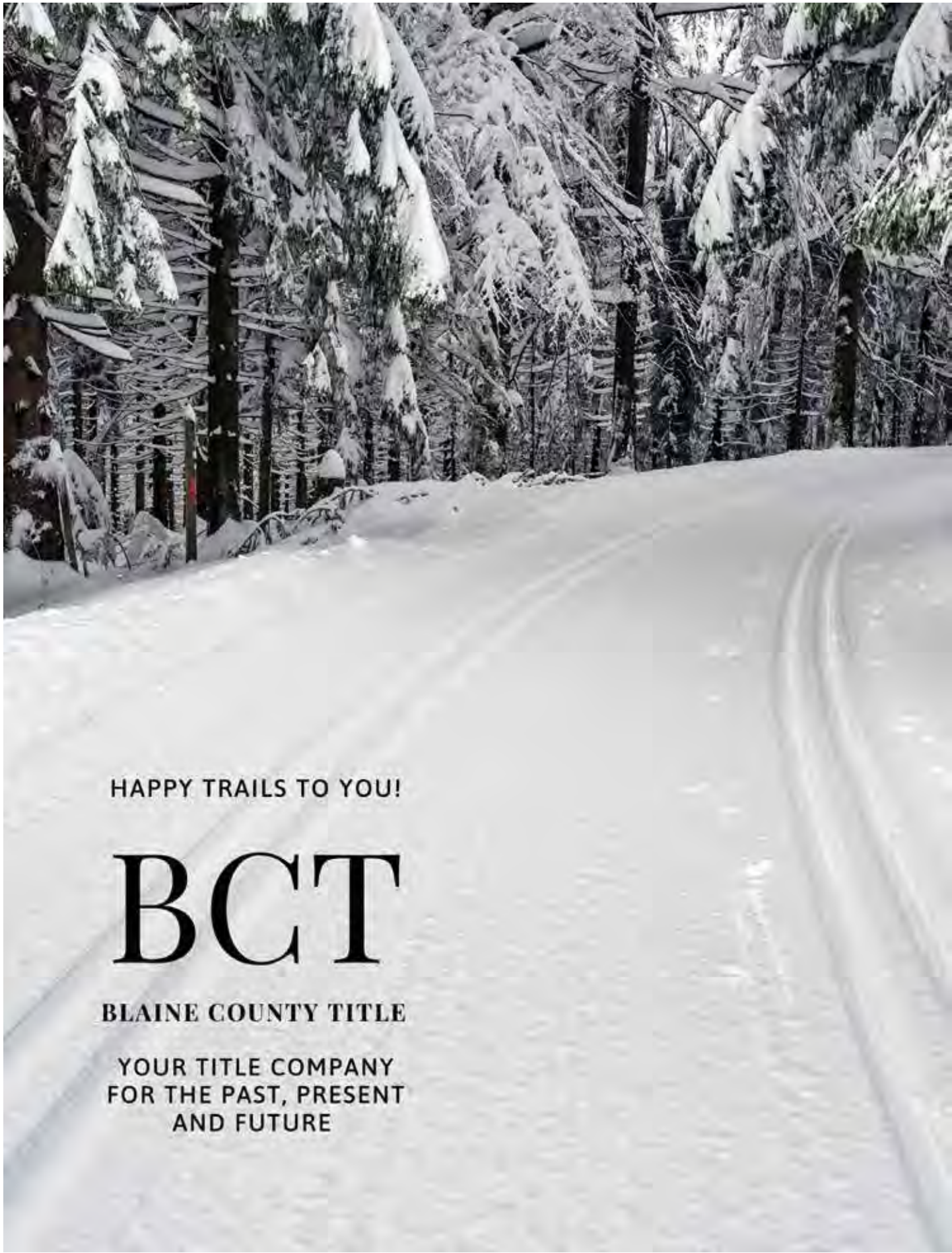










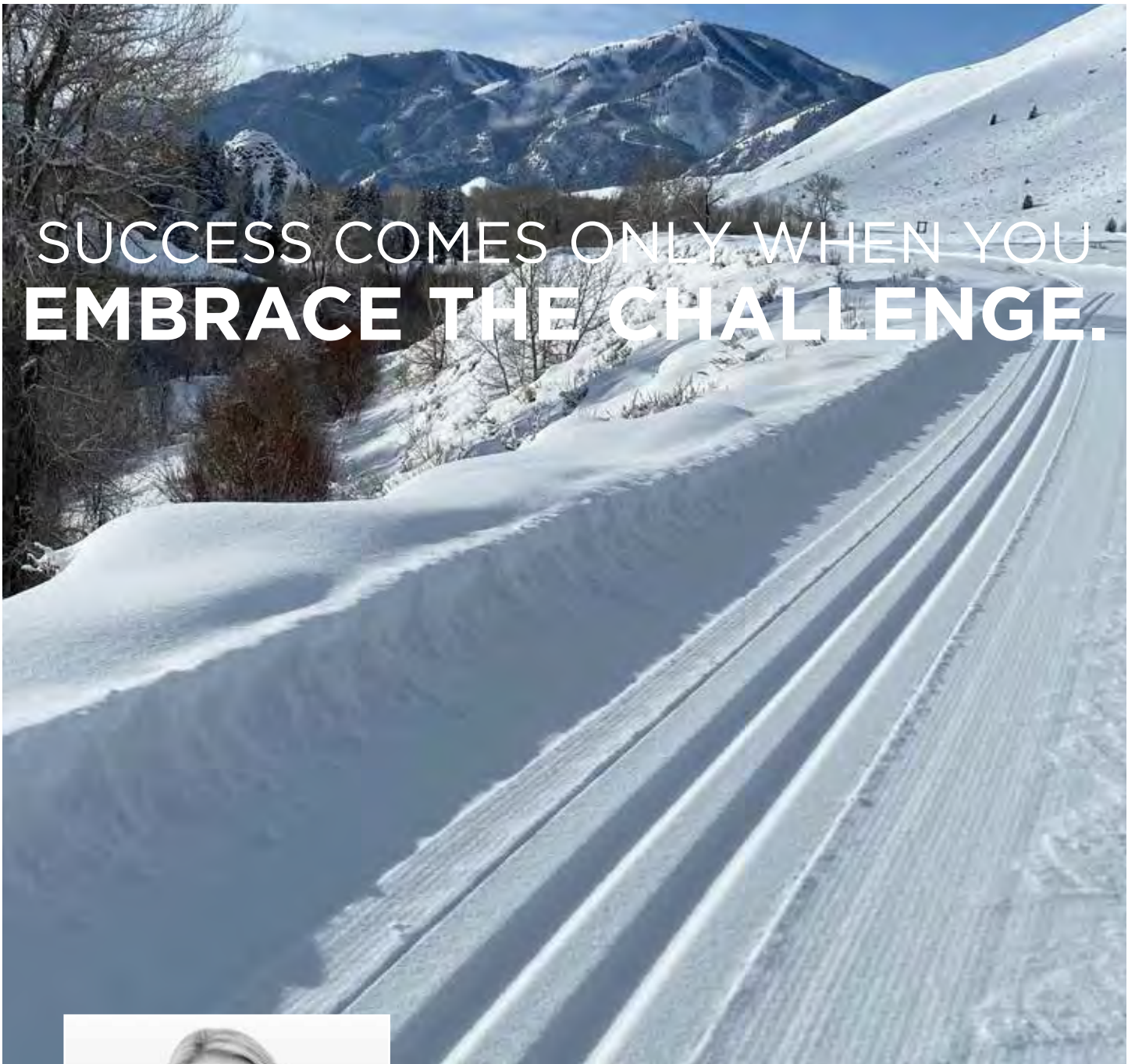


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