

A stylized illustration of a winter landscape. In the foreground, a skier with the number 20 on their back is seen from behind, standing on a snowy slope. The skier is wearing a blue bib with the number 20. The background features a range of snow-capped mountains under a pale yellow sky. On the left and right sides, there are stylized evergreen trees with blue and yellow foliage. The overall color palette is dominated by yellow, blue, and white.

47TH ANNUAL  
ZIONS BANK®

---

**BOULDER**

---

**MOUNTAIN TOUR**

---

SUN VALLEY, ID

**FEBRUARY 1, 2020**



**SENTINEL**

**FIRE & SECURITY**

**(208) 726-4788 • [www.sentinel-fire.com](http://www.sentinel-fire.com)**



*Happy Trails  
to all the  
Boulder participants.*





*After you lose yourself in the moment  
you deserve a home where you can find yourself*

Elkhorn Beauty with Baldy Views  
4BD | 3BA | \$1,490,000



In-Town Luxury Penthouse  
4BD | 4.5BA | \$2,750,000



Bigwood Contemporary  
4BD | 3.5BA | \$3,995,000



Hotel Living at its Finest  
3BD | 3.5BA | \$3,900,000

**BERKSHIRE  
HATHAWAY**  
HomeServices  
Sun Valley Properties

FOR MORE INFORMATION CALL  
**SUE ENGELMANN**  
208-720-0680

# Boulder Mountain Tour Board of Directors 2019–2020

## OFFICERS

President **John Reuter**

Vice-President **Martha Pendl**

Treasurer **Sue Hamilton**

Secretary **Muffy Ritz**

## BOARD MEMBERS

Tom Bowman

Svea Grover

Paddy McIlvoy

Andy Munter

Ivana Radlova

Bob Rosso

John Seiller

## Boulder Mountain Tour Committee Heads

Ted Angle, Volunteers

Jenny Busdon, Registration

Kirk Flannigan, SNRA

Julie Gallagher, Bib Bags

Roberta Heinrich, Bib Bags

Travis Jones, Announcer

Rick Kapala, Chief of Start

Jim Keating, BCRD

Jamie Lieberman, Finish Area

Bill Marshall, Communications

Paddy McIlvoy, Course

Ashley McQueen, Start & Sprints

Andy Munter, Buses & Blue Rooms

Bobby Noyes, Timing

Eric Rector, Grooming

John Reuter, Finish Area

Nils Ribi, Photography

Susan Ribi, Banners

Bob Rosso, Chief of Course

Frank Rowland, Banners

Don Shepler, Galena Lodge

Pete Stephenson, Bag Transfer

Tom Bowman, Aid Stations

Bryce Turzian, Road Crossing

Mike Wolter, Race Secretary & Course Assistant

Dave Yasenek, Galena Parking

Kelley Yeates, Start & Sprints

Joe Yelda, Communications

Jody Zarkos, Executive Director

Erin Zell, Galena Lodge

# Table of Contents

|              |   |
|--------------|---|
| <b>2</b>     | Board of Directors/Volunteer Committee Heads        |
| <b>3</b>     | Welcome   |
| <b>6</b>     | Wonderful World, Beautiful People by Emily Williams |
| <b>10</b>    | Boulder Mountain Tour Course Map                    |
| <b>11</b>    | Race for Your Life by Michael Sinnott               |
| <b>13</b>    | Belly Up to the Bar by Annie Pokorny                |
| <b>14</b>    | Don-Gone Good Food by Don Shepler                   |
| <b>18-19</b> | Sun Valley Nordic Festival Calendar of Events       |
| <b>20-21</b> | Boulder Mountain Tour Racer Checklist               |
| <b>22</b>    | Boulder Mountain Tour Basics                        |
| <b>23</b>    | Transportation and Shuttles                         |
| <b>24</b>    | Happy Tails to You by Emily Williams                |
| <b>27</b>    | Vistas, Views and V2 by Mary Rose                   |
| <b>33</b>    | We're Everywhere by Matt Gelso                      |
| <b>34</b>    | The Boulder by the Numbers                          |
| <b>35</b>    | NordicTown USA Sprints                              |
| <b>40</b>    | Nordic Trail Map                                    |
| <b>43</b>    | Sponsor Acknowledgement                             |
| <b>44</b>    | In Closing by Jody Zarkos                           |



**Jack Weekes of Type B Laboratories** created the official poster for the 2020 Zions Bank Boulder Mountain Tour. It is the second consecutive year Jack has created and donated his work to the BMT. 2020's artwork depicts a racer on-course during the race, shadowed by the eponymous Boulder Mountains.

"In my mind they are coming out of the trees somewhere around Baker Creek and about to take a right turn toward Phantom Hill. The actual place may not exist," Weekes remarked.

A limited run of 50 posters is available for purchase online at [www.typeblaboratories.com](http://www.typeblaboratories.com). Viewers may also take in Weekes large body of work emphasizing the mountains and valley in which we work and play.



Program design by Judy Stoltzfus of  
Judy's Design House

Photography courtesy of Nils Ribi, Steve Butler, Emily Williams  
Program edited by Jody Zarkos  
Maps courtesy of Evelyn Phillips

To advertise in the 2021 Boulder Mountain Tour program, or if you have a story idea, please contact [bouldermountaintour@gmail.com](mailto:bouldermountaintour@gmail.com)





PHOTO: NILS RIBI

# Welcome to the 2020 Boulder Mountain Tour

If you ask me about racing, be prepared to get an earful. I'm a huge fan and I always will be. When I first started racing as a young kid, the incentive at the finish line was getting a lollipop. Some thirty years later, the incentive is the post-race buzz. It's that blend of accomplishment, exhaustion, and pride you get after pushing yourself above your limit. If you spend a little time at the Boulder Mountain Tour finish line you'll see what I mean. There's a palpable hum of happiness, in several different forms, arising for many different reasons.

In adult life, the majority of time is dedicated to the required "to-dos." The best stuff in life, though, is elective. It takes a whole lot of grit to overcome the inertia of everyday life but it's always worth it. Ask me what I did on any given day, and there's a rare chance I'll have any memory. But ask me about the first Saturday of February, and I'll just ask, "which year?" I get an undeniable thrill from

pummeling myself, surrounded by others in their own personal pain-cave as we wind our way down the Harriman Trail. Despite the battle on the trail, my nemeses have become my comrades by the finish and we all get to experience that post-race euphoria. The joy of the BMT lingers around town for a few days, and I'm sure I'm not the only one who uncomfortably settles back into work on Monday thinking, "could I go faster next year?"

So I'm ecstatic that you're here, for whatever reason gets you to the BMT start line. Together, we celebrate skiing, our community, and share an elective challenge. Together, we're a Nordic family.

Warm regards,  
John Reuter  
President, Boulder Mountain Tour Board of Directors  
Fellow Ski Racer

## ALL THINGS NORDIC

ROSSIGNOL ❄️ SALOMON ❄️ START ❄️ LEKI ❄️ SWIX



SKATE, CLASSIC, BACKCOUNTRY SKI AND SNOWSHOE

WINTER GEAR RENTALS

BMT WAXING

**208-726-8818**

At the "Y" of Warm Springs Road in Ketchum

@backwoodsmountainsports



# FIND YOUR BALANCE



SUN VALLEY  
SKI ACADEMY

SUN VALLEY COMMUNITY SCHOOL

**BEST OF LUCK TO ALL BOULDER MOUNTAIN TOUR COMPETITORS!**

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

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





# The Valley's Great Outdoor Store

Since 1976

**Boulder Mountain Tour Race Specialists**

**"We Specialize in *FAST*  
– Come wax with us!"**

## The Elephant's Perch

people powered sports specialists  
SINCE 1976  
OPEN DAILY 9-6

**LOCATED IN THE CENTER OF KETCHUM**

Corner of East Avenue and Sun Valley Road  
208.726.3497 • [www.elephantsperch.com](http://www.elephantsperch.com)



**FAMILY OWNED AND OPERATED FOR THREE GENERATIONS**

# Atkinsons'

MARKET

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



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



# Wonderful World, Beautiful People

By Emily Williams

Every year, on the first weekend in February, hundreds of enthusiastic skiers line up at Galena Lodge to race the 34 kilometers to the finish line of the Boulder Mountain Tour. For the racers, their journey is just beginning. But for the race organizers and volunteers the sound of the starting gun represents the conclusion of months of careful preparation, and sets in motion the final, masterfully planned, process of executing a world-class race.

Volunteers are the lifeblood of the Boulder Mountain Tour. From coordinating bib bags to managing aid stations to timing, our tight-knit community makes this race happen again and again. Most have been involved with the BMT for more than two decades and remain dedicated supporters of this iconic event.

This list is by no means exhaustive, and we thank everyone for their unflagging enthusiasm and expertise!



## Head of Volunteers TED ANGLE

**Years volunteering:** 34  
**Hometown:** Seattle, Washington  
**Skiing start:** I started skiing on the West Seattle golf course in grade school. Skiing in one form or another and playing in the snow has always been a part of my life.

**History with the BMT:** I like to support and get involved in the things I have a strong interest in and passion for. I started out as a racer in the Tour, and evolved into a volunteer. I have held many volunteer positions over the years: aid station set-up, trail maintenance, timer, communications relay, parking assistance, and now the head of volunteers. I enjoy working with like-minded folks who want to help.

**What keeps you involved with the BMT?** I get the satisfaction that I'm helping to support and perpetuate a sport and lifestyle that has so many benefits: camaraderie, healthy workout, a beautiful setting. This is a great XC skiing community; easy to work with and a joy to recreate with.



## Bib Bags GAY RILEY

**Years volunteering:** 22  
**Hometown:** Nevada. Wood River Valley resident for 45 years  
**Skiing start:** I cross-country ski and snowshoe in the winter – anything to play outside.

**History with the BMT:** In 1998 the Ketchum Chamber of Commerce, under whose umbrella the BMT had previously been managed, hired Roberta Heinrich and myself to move the race forward as its own entity. We oversaw the race with the BMT board of directors from 1999 through 2002. We have stayed on the committee since then organizing our beloved bib bag volunteers!

**Favorite part about the BMT?** The people we work with. Those devoted, tireless members of the BMT committee as well as the ever-changing roster of engaged volunteers.



## Bib Bags ROBERTA HEINRICH

**Years volunteering:** 22  
**Hometown:** Lake Minnetonka, Minnesota  
**Skiing start:** I began cross-country skiing in 1971 and have been an on-again, off-again skier ever since. I appreciate the physical benefits of the

sport and the incredible system of trails that are available here in one of the most beautiful areas in the country

**History with the BMT:** I began racing in the BMT in the mid 1980s. Since that time, I have been aware of the importance and potential of the race on a community level as well as its national significance in the Nordic world. From 1999 to 2002, my business partner and I were co-directors of the BMT. We grew the race to 1,000 racers, 350 volunteers and 33 committee members.

**What keeps you involved with the BMT?** There is a true sense of community, purpose and pride in putting together a world-class race. I continue to participate because I believe it is truly a great event for our community and because of the people I have come to know and work with over the last 20 years.



## Registration

### JENNY BUSDON

**Years volunteering:** 20-plus

**Hometown:** Staffordshire, England

**Skiing start:** Nordic skiing has always been my passion for many years. My husband, Nello, and I graduated from the Canadian Association of Nordic Ski

Instructors and developed a successful after-school ski program for kids in Whistler. My family competed in European Loppet races and many local races. When we moved from Canada to the USA in 1984, it was the dry snow of Sun Valley that was the big draw. To use blue wax instead of klister was a delight!

**History with the BMT:** I have volunteered to head the BMT registration room for the past 20-plus years. I love the energy that this race brings to the community; being in the registration room you witness this first hand. It is great to see the familiar faces that come from all over the USA and Canada each year to enjoy what this race offers.

**What keeps you involved with the BMT?** I love to give back to this community I adore and to the sport of Nordic skiing that brings me so much joy. I entered the Boulder Mountain Tour for the first time in 1985 and continued to do it until four years ago. Having participated in so many races (I won a gold medal in the Masters Worlds, racing for the USA in Canmore, Canada in 1995) the BMT is very special. I was inducted into the Sun Valley Ski Hall of Fame in 2012.



## Race Secretary

### MIKE WOLTER

**Years volunteering:** 15-plus

**Hometown:** Minneapolis, Minnesota

**Skiing start:** I was born into a family who loved skiing, and began skiing at the age of two. I ended up competing at the collegiate level and beyond, traveling and racing in many national and international events. I moved

to Ketchum after a conversation with Rick Kapala convinced me to continue ski racing. Today, my two amazing kids are both continuing their ski racing in college as SVSEF alumni, and enjoying the life of skiing like I did. . .How lucky am I to be part of a multi-generational family of skiers?

**History with the BMT:** I attended and raced for the Montana State University Ski Team in the mid-80s where I became good friends with Jon Engen. We decided to race the Boulder Mountain Tour together in 1989. Unfortunately, the weather turned just before the race and the roads were closed. We had to cancel our trip, but race organizers were so kind and still sent us our gift bags!

**What keeps you involved with the BMT?** I competed most of my life and am so happy I can now return the favor! I have many great relationships from a lifetime of skiing, now I get to reconnect with many

old friends who come to participate in the BMT every year. The BMT stands out from other marathon ski races thanks to the views down the course, the participants, and the people who put the event together (now and in the past!). The best thing I've learned about volunteering for the BMT are all the people involved. . .who they are, what they do, and why they appreciate this sport as much as I do.



## Buses and Biffies

### ANDY MUNTER

**Years volunteering:** 40-plus

**Hometown:** Duluth, Minnesota

**Skiing start:** I did some cross-country skiing in college while working part time at a local ski shop, but it wasn't until I got to Ketchum that it became much more of a lifestyle. I skied the Boulder most years and lots of other fun races around town. And then, lots of days with now 38-year-old baby Henry on my back, young Henry in a sled, and little kid Henry skiing on his own.

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

**What keeps you involved with the BMT?** The BMT's history sets it apart from other races. It is called the Boulder Mountain Tour for a reason. Although the majority of skiers have always been skiing as fast as possible, many locals would enter the "tour" with lunch and maybe a bottle of wine in their backpack, especially for all those years that the trail was groomed only for the race. Some of that energy still exists with people that ski it every year as a community event, with less importance placed on their finish time. Working on the BMT is not just about the race, I also see the passion of the lifestyle and connection to snow and winter that the skiers embody. When I'm shuttling out-of-town skiers, I consistently hear them comment on how beautiful the Boulder Mountains are, how great the tracks are, and how friendly the community is. All reminders of the gratitude I feel for what an incredible community we live in, including our generous race sponsors and agency partners who make the BMT possible every year.

*Continued next page*



## Chief of Start RICK KAPALA

**Years volunteering:** 30

**Hometown:** Detroit Michigan. Has lived in Wood River Valley since 1987

**Skiing start:** 1974

**History with the BMT:** I have skied a few BMT's but mostly have helped with the start crew. I learned the "start trade" from Bill and Annie Vanderbilt way back

when. In my role and that of the Sun Valley Ski Foundation Nordic Team is that the SVSEF Nordic staff and parents as well as other supportive volunteers have committed to owning the organization of the BMT start. That is where all the fun begins!

**What keeps you involved with the BMT?** A couple things. The enthusiasm of the skiers is really amazing. Folks just love being a part of the event. And, the fellow volunteers are really motivated to deliver a great experience to all the participants and that powers all of us to stay involved and give back to the community.



**Food + Start**

## ERIN ZELL AND DON SHEPLER

**Years volunteering:** 14

**Hometown:** All over the place, mostly Virginia

**Skiing start:** We started skiing by breaking trails up and down the mountains in Oregon on winter routes, we never spent much time on groomed trails until we moved to the Wood River Valley. Our first groomed experience was in the free learn-to-ski clinics at Galena during Demo Days with Bob Rosso. We immediately got skate and classic skis and never looked back!

**History with the BMT:** We inherited our role with the BMT when we started operating Galena Lodge. Galena plays a few roles in the BMT. First off, we are the start location, everyone is dropped off at the Lodge to await the start of the race. We also provide the soup and cookies at the end of the race. Though this is not strictly a volunteer role, we provide some staff volunteers to help us with this role. We serve close to 60 gallons of soup and about 1,500 cookies and brownies that day. It takes the better part of an entire workday for one person to bake and package all the cookies and brownies (even after they are mixed). We trade off racing the event or managing the food tent at the finish line each year and they're down at the finish setting up and heating soup before the racers even start!

**What have you learned volunteering at the BMT?** We pretty much just love being involved with the BMT. From the racers that come up to check out the course early to the volunteers that show up at 6 a.m. the day of the race to the support staff that helps us set up and take down the food tent, it is all an incredible community day! Volunteering allows you to be involved in an event in a different way. It is rewarding, engaging and fun without the pressure of having to race. It is so important to support community events, they are the backbone of our community.



**Bag Transfer Coordinator**

## PETE STEPHENSON

**Years volunteering:** 30+

**Hometown:** Newport Beach, California

**Skiing start:** I was invited to join a group of skiers from the Elephant's Perch on a tour out to Boulder City in 1974. It was my first time on skis. We were on wooden skis and klister for the 14-mile round-trip journey. Looking back, it was incredible spring corn skiing. I kept trying to telemark and would just crash and burn. A friend skied up after one of my crashes and asked, "You wonder why we do this? That's why! You crash and burn, and get back up!" That's all I've done here since.

**History with the BMT:** In the early days of the BMT, everyone who raced

*Volunteers continued on page 16*





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



VOTED VALLEY'S BEST SKI SHOP

# HAILEY IS YOUR NORDIC HEADQUARTERS

**SERVICE   RETAIL   RENTALS**

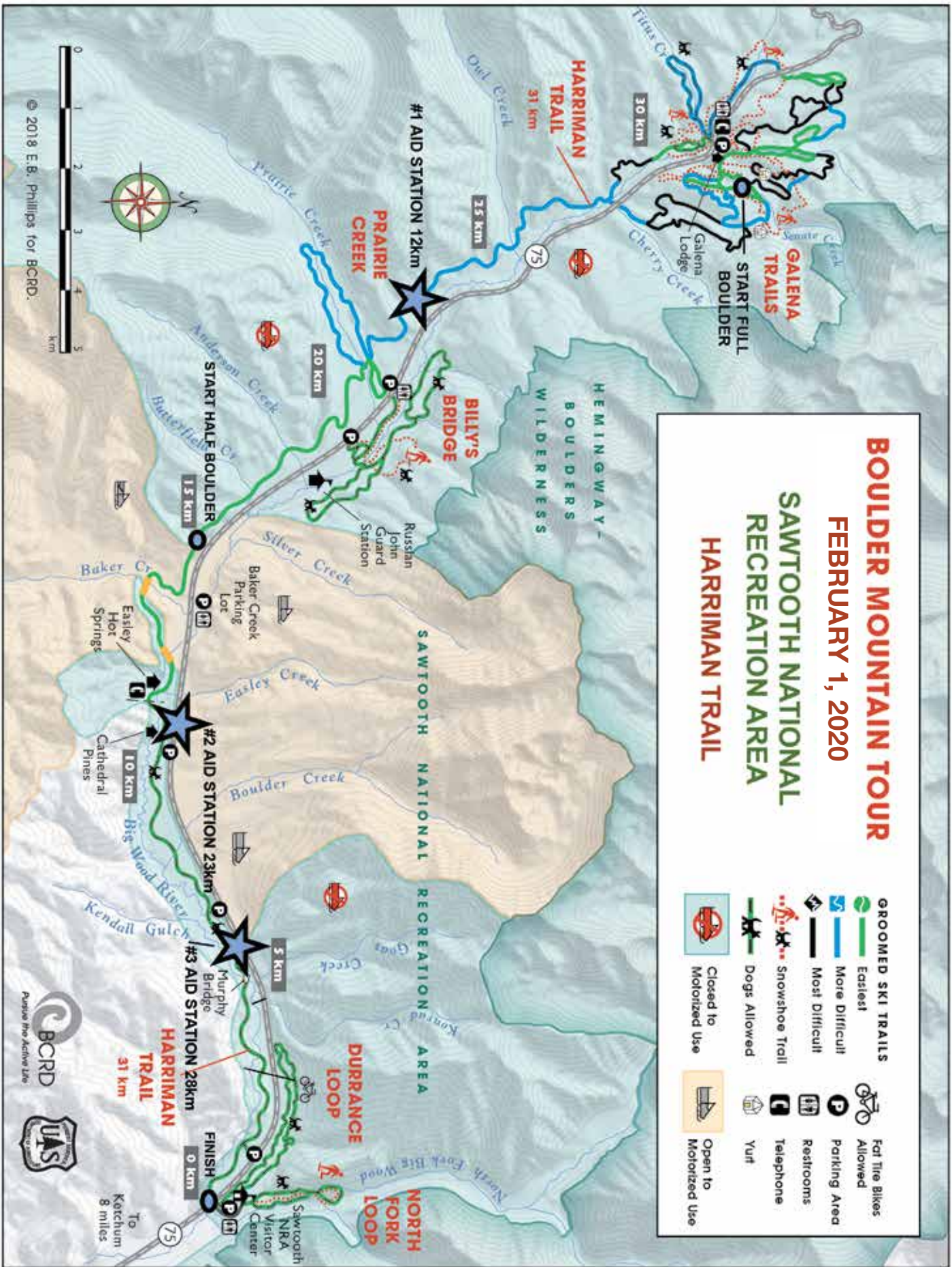
ROSSIGNOL | FISCHER | SWIX | SALOMON | HOLMENKOL



A PROUD PARTNER OF THE BOULDER MOUNTAIN TOUR  
AND BOULDER NORDIC SPORT

Corner of Main & Carbonate, Downtown Hailey  
208-788-7847 • [sturtevant-sv.com](http://sturtevant-sv.com)  
VISIT OUR NEW LOCATION AT THE LIMELIGHT







# Race for Your Life

By Michael Sinnott

Last December I was in the post office and ran into a friend. She asked the dreaded question.

“You doin’ the Boulder?”

A laundry list of reasons not to participate scrolled through my subconscious. I was out of shape. I didn’t have the time. I was never going to be faster than I used to be. What if a friend beat me? What if a friend’s kid beat me? It’s cold. Have you seen how much powder is in the backcountry? I can do it on my own anyway. On and on and on. I was NOT doing the Boulder.

My girlfriend looked at me and echoed the same question. “Yeah – ARE you doin’ the Boulder?”

She was a brand-new skier, and she was doing the Boulder. She had been on skis a total of two times before signing up. I had encouraged her, told her she would have no problems what-so-ever. It was all downhill. It was a great way to motivate her to learn. It would be fun.

She was doing the Boulder. I was not.

I left the post office (not doing the Boulder) and brewed on the questions for a day, then for a few days more. Why wasn’t I signed up? I loved skiing (still do) and I loved the Boulder (still do). I actively push people to register, yet there I was, finding any excuse not to follow my own advice. I realized I was scared, and I was avoiding my fear by avoiding the Boulder. I needed to reset my thinking and face my fears.

There are a lot of reasons NOT to do the Boulder. If your goal is to not race, you can convince yourself to pass this year, push it down the line, and maybe train for next year. It’s easy, if you focus on why NOT to do the Boulder. Instead, I needed to think about all the wonderful reasons TO ski.

I used to be a good skier, and I knew my motivation, technique, and fitness were a shell of my “glory days.” For a few years this served as an excuse to keep me away from the start line. In fact, it is precisely the reason why, even more than ever, I need to keep putting on spandex, dragging myself out the door, and competing.

## EXTRA MOTIVATION

As I age, fitness becomes harder and harder to maintain. It is harder to stay active on my own, yet an active lifestyle is increasingly important in my efforts to stay healthy. A race on the horizon adds the extra motivation I need to get out the door. It’s a reason to push myself, a reason to stay out a little longer, and a reason to head all-the-way to Galena. Race starts are powerful motivators.

People are notoriously bad with long-term goals (ahem, global warming). Instead of focusing on the long term (life fitness), I shifted my world view to short-term motivation (race-day fitness) and suddenly I was much more motivated to exercise.

My other big reason to compete – the community. My girlfriend was new to skiing and this was a chance to join her in her journey; to discuss race tactics and share in common goals. We had friends to ski with, and a reason to meet them a day here or a day there. The looming February date providing reason to convene.



I have friends who I only see on race day. They live in another state, and we bump into each other when our race schedules overlap. I have fond memories of toeing the line in a small Midwest town, only to look around and find a friend from Oregon or Alaska waving in the cold mountain air. If I stop racing, this camaraderie dies out. I will lose touch with my friends, and my community grows a little smaller.

## NO REGRETS

With a few positive influences in mind, I decided to race. I signed up and put my name down, ready to show the world what I could do. You know what? I didn’t regret it for an instant. I was out of shape. The race hurt. I bonked. I found a second wind, then a third, fourth and fifth. I struggled and wondered when they had put in so many uphill. And it was FUN!

Sure, I could have skied the course on my own, but I would not have done it nearly as fast. Pacing behind other racers. Trying to drop the guy I recognize from the line in Atkinsons. Fighting the urge to take a rest.

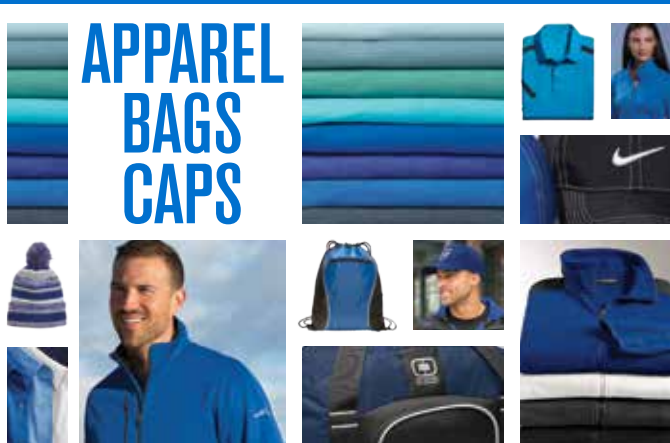
After the race, I convened on Grumpy’s to compare race notes. “Did you hold off the women’s elite racers?” “I heard the leader broke a pole.” “My wax was fast out there!” Everyone has the incredible shared experience, with a unique view and hours of anecdotes. We recall the year that it snowed six inches, and the backlog at the road crossing. We talk about the guy who rode up on the bus, fell asleep, and drooled on my shoulder. We laugh at the guy who took his warmups off too early, and froze his hands waiting in the bathroom line. A million little events happen every race. A million little events that add up for one shared experience, unique every year, growing every year, and thrilling every year. If you choose not to race, you miss out. You can never get it back.

This year, I had no reservations. I signed up again, and I look forward to racing. I even signed up my brother-in-law (surprise!), because sometimes it just takes a little extra push.

See you on the trails! \*

*Michael Sinnott is a former cross country ski racer from Sun Valley, Idaho, and was the captain of the Dartmouth Cross Country Team. He raced in numerous World Cups, won the BMT in 2008, and most recently finished third in the 2019 BMT team sprints (novice division). He is a coach with SVSEF and advocate for all things Idaho.*





**davis embroidery**   
 inc  
 SCREEN PRINTING ▾ PROMOTIONAL PRODUCTS

Custom Embroidered Apparel  
 Screen Printing  
 Promotional Products

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

**208.726.1948**  
**800.568.1948**

270 Northwood Way Suite 104, Ketchum, ID  
[www.davisembroidery.com](http://www.davisembroidery.com)



We proudly support  
 the 47th Annual  
 Boulder Mountain Tour!

**YOUR RENTAL SOURCE!**

**LOCATIONS:**

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

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

# Belly Up to the Bar

By Annie Pokorny



**O**h the many lives we lead as skiers. I formerly toed the line as one of the elite racers in the BMT. I, like many of this weekend's racers obsessed over layers and feed zones and fluorinated waxes (R.I.P.). I, too, have a long history of interval sets, training plans, and strength reps. I'm proud of the many finishes I had as a "serious" skier, and the many places the sport took me.

Recently, though, as a change of career led me to spend more time in the office than on the trail, I've discovered what wondrous places exist for the "not-so-serious" skiers, even the "still-serious-but-not-serious-serious" skiers. What's this magical place you ask?

The bar.

As I've transitioned from a daily doer to weekend warrior, I've learned the secrets of the various nooks and crannies about the Wood River Valley. It was with dutiful ambition that I conducted these studies, so that I may lay before my fellow Nordies the fruits of my research. It was hard work, but someone's gotta do it. The following is a comprehensive overview of the bar-hopping opportunities post (or pre) race.

## FOR THE CYCLISTS AMONG US

Come one, come all spandex-clad athletes to PowerHouse to imbibe in a worldly selection of beers and endurance sports to match. Located in Hailey, this European sports bar is perfect for the skier who wants to take down recovery carbs while watching the Vasa on TV.

## FOR THE FANCY

If you prefer to drink from the top shelf, Knob Hill Inn is a splendid place to warm your bones. Take advantage of their escargot appetizers and elegant atmosphere, just don't forget your brushed corduroys (or your wallet).

## FOR CLASSIC KETCHUM

There are at least five different bar owners who would contend for this designation, but locals know that it's a 50/50 split between Lefty's and Grumpy's. Located about two blocks away from each other, both have bar burgers, novelty beer selection, and local color. Why just choose one?

## FOR THE ON-TREND

Boho Lounge and Warfield Distillery are relatively new to our scene — with rooftop bars in the summer and cozy indoor seating each winter. Visit them for a good place to sit and chat with a friend, artisan cocktail in hand.

## FOR THE LATE NIGHT

The Cellar Pub not only sells food later than any other Sun Valley establishment (orders end at 10 p.m.), but they have nightly drink specials, brand new Big Buck Hunter, and wall adornments to match. Make it here to fraternize with your fellow Sun Valley bon vivants.

## FOR THE LATE-LATE NIGHT

If you make it to the Casino bar after 11 p.m. I am proud of you. You also probably came from a dance party at Whiskey Jacques, which is even better. \*

*Annie Pokorny is a former SVSEF Gold Team member and current member of the team at Sun Valley's Tugboat Institute. Although her life includes less interval training than before, she still spends a great deal of time on the trail celebrating the local Nordic ski community.*



PHOTO: HILLARY MAYBERY

# Don-Gone Good Food

By Don Shepler

There's a reason Galena Lodge is not only a destination ski area, but a sought-after lunch spot as well. Don Shepler's kitchen wizardry is worth the drive, and his baked goods are definitely worth the calories. Here are two recipes Don shared with us. Of the cookie recipe, Don says, "I wouldn't call them healthy, but they are good."

## CHOCOLATE CHIP AND ALMOND COOKIES

- 1 cup butter
- 1 cup white sugar
- ½ cup brown sugar
- 2 eggs
- 2 teaspoons vanilla
- 1 teaspoon baking soda
- 1 teaspoon salt
- 2 ¼ cup all-purpose flour
- 12 ounces chocolate chips
- 6 ounces sliced almonds

With a stand or hand mixer, cream together butter and sugars until they are well mixed, add eggs, and whip till slightly pale, add vanilla and stop the mixer. Add flour, salt and soda and mix slowly until just combined. Add chocolate chips and nuts and mix until distributed.

I scoop these out into ping-pong ball sized pieces and bake at 350 degrees for about 7-8 minutes. If you chill the balls you can achieve a chewier cookie, or bake longer for a crispier cookie.



## CURRIED RED LENTIL SOUP

**A quick lentil soup that should hit most dietary needs (except pure carnivore), is tasty and provides some quick energy or recovery calories!**

- A little oil to saute
- 1 tablespoon curry powder
- 1 teaspoon turmeric (a little extra for inflammation)
- ½ teaspoon chili powder (this is subjective)
- 1 cup diced celery
- 1 cup diced carrots
- 2 cup diced onions
- 1 inch chunk of ginger, peeled and chopped fine
- 3 cup dried red lentils (red cook the fastest)
- 3 quarters of veggie stock or water
- Salt and pepper to taste
- Lime or lemon juice to taste

### In a pot that will hold at least a gallon:

Start heating the oil over medium to high heat, when you can see the oil shimmering, add your dry spices and stir them in and cook until you can smell the spices. Add celery, carrots, onions and ginger to your oil and spices, cook these until the veggies start to soften and everything is coated with oil and spices. Add a little salt and pepper at this point, add your dry lentils and stir, add the stock or water.

Simmer everything until it's all nice and soft, add liquid if needed. I like to puree half the soup and add it back so there's a nice thick base with some chunky veggies and lentils, but you could puree it all or leave it alone. Finish seasoning with you salt, pepper and lemon or lime! Serve with some pita bread and a dollop of plain yogurt. \*



# ZENERGY

HEALTH CLUB • SPA • BOUTIQUE

## RELAX & RESTORE

A Zenergy spa appointment grants all-day access to our globally acclaimed 50,000 square foot health & wellness facility. Enhance your spa experience by enjoying leisure time in our outstanding hot tub, saunas and steam baths, or fit in a workout in our gym, pools, or fitness studios.

Cardio & Weight Training Gym | Luxury Day Spa | Activewear Boutique | Sports Rehab Clinic  
Indoor & Outdoor Heated Saline Pools | Oversized Outdoor Jacuzzi | Indoor Tennis Courts  
Yoga, Pilates, Group Fitness & Spin Studios | Himalayan Salt Saunas | Eucalyptus Steam Baths

visit [zenergysv.com](http://zenergysv.com) | 208.725.0595

KETCHUM, IDAHO

## mason family



**ENOTECA**  
restaurant & wine bar

Traditional Italian Cuisine  
and Wine Bar

Corner of SV Road & Main St  
208.928.6280  
[ketchum-enoteca.com](http://ketchum-enoteca.com)



**KETCHUM**  
— GRILL —

A Ketchum Culinary  
Destination for 28 Years

520 East Ave  
208.726.4660  
[ketchumgrill.com](http://ketchumgrill.com)



town square tavern

World Cuisine in the  
Heart of Ketchum

360 East Ave N  
208.726.6969  
[ketchumtavern.com](http://ketchumtavern.com)

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

helped put the race on. Many hands make light work. In the 1980s, I became a paid fireman and stopped racing, but stayed on with the race committee as bag transfer coordinator.

**What keeps you involved with the BMT?** For me, volunteering is what you do for your community. It has always been an important part of my life. I love running into people in the grocery store who say, "See you at the BMT" and I get to wave and yell back, "Yep, you will!" My favorite part of race day is working with volunteers to meet racers just after the finish line with their bag of dry clothes. The look on those skiers' faces and their appreciation is the most incredible moment. I've stayed involved with the race for moments like those and because of the other passionate, dedicated people I get to work with. It is just a whole lot of fun, and the only way to spend the first weekend in February!



## First Aid Stations TOM BOWMAN

**Years volunteering:** 25-plus

**Hometown:** Salinas, California

**Skiing start:** When I was in college, I rowed for San Diego State University and eventually made the U.S. National lightweight rowing team, so I had a solid aerobic background when we moved

here. Cross-country skiing shares many of the same traits as rowing; your fitness and technique are equally important.

**History with the BMT:** I volunteered for many years on the start set up crew and finish line. Last year, I learned the complexities of setting up the four aid stations along the course. I was recruited to the Board of Directors a few years ago when the BMT was transitioning from being run for many years by Kevin Swigert.

**What keeps you involved with the BMT?** I continue volunteering to be able to feel that in whatever small way, I am contributing and making a difference to one of the very important pieces of our community. One of the things that makes our community so strong is the individual commitment to volunteer and non-profit organizations. The most rewarding part of volunteering is being a part of the community institution, which is the BMT.



## Back Up Timing BOBBY NOYES

**Years volunteering:** 18

**Hometown:** Long Island, New York

**Skiing start:** I started skiing as a way to enjoy the snow in New York. It would snow for a few hours, and I would bust out my first pair of wooden skis with three-pin bindings as a teenager and get out in my backyard.

**History with the BMT:** I used to compete in the 1980s. The trail was only groomed a few weeks before the race happened, so it was your only chance to get out and ski the course. Eventually, the BCRD started grooming all the time and you didn't have to race to ski the trail. I decided that if I wasn't going to race anymore I might as well help out, and started helping with back up timing.

**What keeps you involved with the BMT?** It isn't about what you're doing but the people you're doing it with. My daughter was a competitive XC racer with the SVSEF team, and I started volunteering to help with timing at her races. I ended up timing for the BMT because of my experience helping at those races. I've competed in other long-distance ski races and the BMT truly stands apart. It is a really great event and its fun working with other people who are supporting it.



## Photographer NILS RIBÍ

**Years volunteering:** 20-plus

**Hometown:** Bitterroot Valley, Montana

**Skiing start:** My father was a member of the Swiss national biathlon team, each winter he brought me and my brother to Sun Valley to ski when we were young. While we skied on Baldy, he would go off and cross-country ski with Leif Odmark.

There is nothing more calming for the

soul than enjoying the beauty of nature while exercising on snow.

**History with the BMT:** I began working at the BMT start area, after a few years, we created a crew to focus on setting up all the start area sponsor banners to make sure they looked excellent for the sponsors and participants. For the past thirteen years I've also volunteered my photography for BMT publicity.

**What keeps you involved with the BMT?** The most rewarding part of volunteering at the BMT for me is seeing so many happy faces of friends and people you don't know having a great time all on one day. We live in a great community filled with wonderful, giving volunteers and it is special to work with and be around them.



## Finish Area Construction JOHN REUTER

**Years volunteering:** 8-plus

**Hometown:** Bethel, Maine

**Skiing start:** I began racing in the Bill Koch Youth Ski League as soon as I could shuffle on snow and be incentivized by a lollipop at the finish. I skied through middle school, high school, and most of my time at Bates College.

**History with the BMT:** I had skied the BMT a few times and Bob Rosso approached me about serving on the



board. Aside from my roles on the board (they made me Board President when I didn't show up for a meeting one day) I've worked at the start line several times. The last two years I organized the race finish. It takes several days, and I've been blessed to have a crew of wonderful volunteers to set up and take-down everything you see at the SNRA finish. I'm grateful to Nappy and his crew for having done this work for the last century, it's no small task!

**What keeps you involved with the BMT?** Despite having been involved in this race for about 10 years — as a skier, volunteer, board member — it took me until 2018 to fully get it. Specifically, I remember two moments. The first, I was in Atkinsons' Market a day or two before the race, and everywhere you looked, people were obviously here to race. You know the look — they're fit, wearing Nordic clothes, and look confused in the aisles of an unfamiliar grocery store. The impact was obvious, our little town was filling up during an off-peak week in February! The second moment was watching local David Lloyd trying to keep up with his smiling 5-or-6 year-old son as he crossed the finish line. The impact of a local event like this is captured in moments, and it's moments like these that make the Wood River Valley a great place to live. Volunteers make the community go round. Period.



## Chief of Course BOB ROSSO

**Years volunteering:** 47

**Hometown:** Newport Beach, California

**Skiing start:** We used to roll up to these old ski areas in the mountains of California and then we would make the run up to Mammoth. One year I wanted to get away from the scene, I heard about Sun Valley from some friends, packed all my belongings

and the rest is history. In the 70s, the cross-country skiing was out on the golf course. It was a great crew of people.

**What keeps you involved with the BMT:** It's the basic stuff. All my life I have been active in sports; surfing, biking, running, skiing, swimming... The people I have met through these sports are really important to me, and the people that help are the lifeblood of our community. It really makes a difference when you step in to help, and someone steps up with you. When that happens, nothing can stop you and the energy it takes to make these events go year after year. \*

*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. She started cross-country skiing on the Sun Valley Ski Education Foundation's Devo Team in third grade and never looked back. She is now the Head Coach of South Devo and Striders cross-country ski programs with SVSEF.*

FLAVORFUL | MINDFUL | BEAUTIFUL



voce  
REAL FRUIT TEA

Voce was founded in the mountains of Idaho, where being close to nature is a way of life. Like you, we value transparency and honesty, and we are dedicated to creating a healthy, reliable, and enjoyable experience for our customers.

Voce is also a family business, so it's fitting that our teas are good for the whole family, kids and adults alike.

## TASTE THE TRUTH

- Made with real fruit that looks as good as it tastes
- 100% certified organic ingredients
- No added sugar, flavorings, or preservatives
- Compostable bags and packaging
- Low carb, vegan, and GMO free



info@vocetea.com www.vocetea.com  
Follow us @vocetea



# Calendar of Events

## SATURDAY, JANUARY 25

### Galena & the Trails Winter Benefit

Limelight Room, Sun Valley Inn • 5:30 p.m.

The Galena and Trails Winter Benefit brings friends together to celebrate the importance of our local treasure. This year marks the 26th anniversary of the community's efforts to "Save Galena Lodge" from being torn down. This year's benefit includes dinner, drinks, dancing, silent and live auctions, and paddle raise. A great time for a good cause! Hosted by the Blaine County Recreation District.

## WEDNESDAY, JANUARY 29

### NordicTown USA Sprints

Simplot Lot, 2nd Avenue & Fourth Street, Ketchum

The NordicTown USA Sprints pit teams of two in a head-to-head freestyle relay format on a 400-meter oval. The event features elite racers from the field, as well as top juniors from the Sun Valley Ski Education Foundation. The ever-popular "Regs and Dregs" class for citizen racers is a highlight and costumes are encouraged. Cash prizes to the top teams and prizes for best costumes will be awarded. Come join the fun as a participant or spectator. Day of race signup only. There will be a toasty bonfire and hot drinks provided by Zions Bank and Sun Valley Community School. Details, SVSEF 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. Regs and Dregs - 4 laps
- 5:15 p.m. Elite class - 8 laps

### Kickoff Party and Sprint Awards

Limelight Hotel, Main Street, Ketchum  
5:30-8 p.m.

We're launching the Sun Valley Nordic Festival and start of the Boulder Mountain Tour with live music, food and drink specials, and a healthy dose of frivolity and fun at our race headquarters, Limelight Hotel. Get your groove on with Ketchum's own Pisten Bullys, who play a rollicking mix of alt country, original rock and classic favorites. Awards will be given out to our Sprint and Costume winners.

## THURSDAY, JANUARY 30

### SVSEF Gold Team Race Clinic

Sun Valley Resort  
10-12 p.m.

World-class racers from the Sun Valley Ski Education Foundation Gold Team will offer tips, tactics and video review for making this year's Boulder Mountain Tour your best ever. Clinic is free to Boulder participants. Check-in for a free trail pass courtesy of Sun Valley Resort.

## FRIDAY, JANUARY 31

### Race Bag/Package Pick Up and BMT Expo

Limelight Hotel, Main Street, Ketchum  
10-8 p.m.

All racers should plan on picking up their race bag and packet at the BMT Expo. Each racer receives a bib, timing chip, race-day details, SWIX souvenir hat, and goodies. The BMT Expo features event sponsors, industry insiders and local vendors. Want to get the lowdown on trails, temps, wax and equipment from the pros? This is the spot to do it.

### Coffee Friday at Lizzy's Fresh Coffee

Enjoy all-day hours at Lizzy's. Drop in to enjoy handcrafted coffee at the bar or grab it and go, buy our signature BMT Race Roast, signature coffees, mugs, coffee gear, and good gab over the perfect cuppa. Details, 208.806.0212.





PHOTO: NILS RIBI

## SATURDAY, FEBRUARY 1

### Boulder Mountain Tour

**Harriman Trail, Sawtooth National Forest  
10 a.m.**

The 47th annual Boulder Mountain Tour launches down the Harriman Trail at 10 a.m. A field of 800 racers will challenge themselves over 34-kilometers. The 15k Half-Boulder begins at Baker Creek at 11:30 a.m. Both end at across from SNRA Headquarters. Spectators can catch the elite class finish shortly after 11 a.m.

### BMT Block Party and Awards Bash

**Ketchum Town Square  
5-7:30 p.m.**

The whole town - and, of course, race participants - are encouraged to celebrate the BMT, cross country skiing, and our vibrant community at our penultimate party. Food and beverage trucks, awards, and a good time will be highlighted. DJ Nate (did someone say karaoke?) will be spinning our favorite party tunes. Raffle prizes include skis, boots, poles, clothing, bags and training aids from our generous sponsors and supporters. You must be present to win.

## SUNDAY, FEB 2

### Demo Day and Barbeque

**Sun Valley Nordic Center  
10-3 p.m.**

Check out the latest and greatest equipment and goods from Fischer, Rossignol, Swix, Toko, Salomon, Alpina, Leki and Start at Demo Day hosted by The Elephant's Perch, Backwoods Mountain Sports and Sun Valley Nordic Center. Demo Day is free for all BMT participants. Just bring your race bib for a trail pass. Discounted trail pass for all others is \$10. Burgers, brats and veggie burgers will be available from 11-2 p.m.

## SATURDAY, FEB 8

### Ski The Rails

**10-1 p.m.**

Ski The Rails is a free cross-country ski tour along the Wood River Trail and is suitable for Nordic skiers of all ages and abilities and their dogs. Beginning in Ketchum, Nordic skiers find aid stations along the Wood River Trail as they make their way south to Hailey. Tourers finish their ski at the Sun Valley Brewery with a bonfire and live music. Before the tour begins, buses shuttle skiers from Hailey to Ketchum so that their car is at the finish. Voila!

# BMT Racer Checklist

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

## REGISTRATION

The 2020 Zions Bank Boulder Mountain Tour is limited to 1,000 entrants; 770 in the Full Boulder and 230 in the Half Boulder. The deadline to register for the BMT is January 26, 2020. No week-of-race entries will be accepted. Register online at [www.skireg.com](http://www.skireg.com).

## TRAIL PASSES

All Full and Half Boulder participants are eligible to receive a Boulder Pass, which is good for four days of skiing (including race day) on the North Valley Trail System. Enjoy access to more than 200 kilometers of skiing meticulously maintained by the Blaine County Recreation District. Present a copy of your entry at the following vendors to receive a trail pass; Backwoods Mountain Sports, The Elephant's Perch, Sturtevant's, or Galena Lodge. The Boulder Pass will also be available at the BMT Expo. The pass is intended for 2020 registered racers only. Family and friends may purchase a 1-or-3-day pass at any of the merchants listed above or the fee box at area trailheads. Current trail conditions may be found at <https://wintertrailink.bcrd.org>.

## COURSE INSPECTION

**Friday, January 31, 8 a.m.-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 the course by 4 o'clock to allow ample time for grooming for race day.

## RACE BAG/PACKET PICK UP AND BMT EXPO

**Friday, January 31, 10-8 p.m.**

**Limelight Hotel, Main Street, Ketchum**

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

## RACE SHUTTLES

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

Shuttle buses will transport racers from Ketchum to Galena Lodge and back to Ketchum from the finish. Private vehicles are not allowed to transport racers to the start and we encourage all participants to take a shuttle. Buses will begin transporting racers from Hemingway Elementary to Galena at 7 a.m. and run through 9:15 a.m. for the Full Boulder. Average travel time is 35 minutes, weather dependent. Buses will depart as they fill up. Elite racers and waves 3 and 4 should take the earlier buses. Half Boulder shuttles run between 10-10:45 a.m. Return shuttles from the finish area to Hemingway will leave every 20 minutes from 12-3 p.m.

## LANE ASSIGNMENTS

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

## WAVE START - HALF BOULDER

For the first time, the Half Boulder will employ three wave starts to allow for better integration with racers already on the course. Half Boulder participants are asked to self-seed by degree of seriousness. Competitive racers will line up in the first wave, participants in the second wave, and touring skiers in the third wave.

## ELITE CHECK-IN

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

## COURSE ETIQUETTE

Slower skiers should keep to the right so faster skiers may pass more easily. If you are caught by a racer, do not impede their right to pass; yes, we are talking to you Elite and Wave 3 men. Your bib number must be clearly visible front and back. Place bib over Camelbacks and jackets.

## CLOTHING TRANSPORT

For a comfortable experience, BMT race bags should be used to store warm-up and post-race change of clothes. All bags, including ski bags, will be transported from the start to the finish area by race organizers. Everything must be clearly marked with name and bib number. Before heading to the starting line, ensure that all your gear





47TH ANNUAL

ZIONS BANK  
**BOULDER  
MOUNTAIN TOUR**  
SUN VALLEY, ID

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

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

Registered racers will be asked to OPT in to this service at the end of January.



PHOTO: STEVE BUTLER

is in your bag and it is securely zipped. The BMT assumes no responsibility for loose items. Cell phones, wallets and/or valuables should not be stored in your race bag. Once everything is securely stashed, place your bag under the sign designating your wave at the start area. You will find your bag at the corresponding area at the finish area.

### TIMING CHIPS

All racers will be assigned a timing chip at the packet pick up and will be asked to show ID before receiving their chip. Timing chips are non-transferable and specific to each racer's wave start and bib number. Secure the chip to your ankle, just above boot top. If you drop out of the race, **it is imperative to return your chip** to the finish, or mail it back in a padded envelope to BMT, P.O. Box 5868 Ketchum, Idaho, 83340. There is a \$100 replacement fee for unreturned chips.

### RESULTS

Prime Time Timing is the official timer of the Boulder. Unofficial race results will be posted in the finish area as soon as they are available. Official results will be

posted to the BMT website as soon as they are confirmed and also available for viewing at the Awards Ceremony. Any protests must be lodged with the race jury before you leave the finish area. FinishLynx and IdentiLynx systems will be in place at the finish line for results verification.

### BMT BLOCK PARTY AND AWARDS BASH

**Saturday, February 1, 5-7:30 p.m.**

**Ketchum Town Square, East Avenue and Fourth Street**

Cash prizes will be given to the top three men and women overall, Preem winners, and fastest man and woman in each wave. Commemorative prizes and medals will be presented to the top three male and female in each age class. Most Improved Skiers will receive the Jon Engen Award given to the man and woman who improve their time the most from the previous year. You must be present to win raffle prizes. \*

**SAVE  
THE DATE**

**The 48th annual Boulder Mountain Tour is February 6, 2021. See you there!**



# Boulder Basics

The Zions Bank Boulder Mountain Tour starts at Senate Meadows near Galena Lodge, 23 miles north of Ketchum, elevation 7,400. The course crosses Highway 75 below the lodge and continues down the Harriman Trail finishing across from Sawtooth National Recreation Area headquarters. The 34-kilometer course begins with some moderate but challenging climbs and descents and then levels out around the halfway point. The total elevation drop for the Full Boulder is 1,150 feet. The Half Boulder begins at Baker Creek, elevation 6,700 feet, and encompasses a gradual 450-foot vertical drop over 15k. Overall, the BMT is designed as a skate race but classic tracks are set the length of the course. Classic and adaptive skiers are welcome and timed in the general field.

### WAVE START TIMES

All waves will start on time. Be ready when the horn sounds. You must start in your assigned wave or face disqualification, as wave starts are pre-entered into the timing company's database. Race bibs are color-coded on each shoulder according to wave. The Half Boulder starts at 11:30 a.m. employing three waves. As with all elective starts, faster skiers will be at the front. Please place yourself accordingly.

| WAVE           | BIB COLOR | NUMBERS   | START TIME |
|----------------|-----------|-----------|------------|
| #1 Elite Men   | RED       | 1-75      | 10:00 a.m. |
| #2 Elite Women | ORANGE    | 101-150   | 10:02 a.m. |
| #3             | YELLOW    | 201-350   | 10:10 a.m. |
| #4             | BLACK     | 401-550   | 10:14 a.m. |
| #5             | BLUE      | 601-750   | 10:18 a.m. |
| #6             | GREEN     | 801-900   | 10:20 a.m. |
| #7             | PURPLE    | 1001-1100 | 10:22 a.m. |
| Half Boulder   | PINK      | 1151-1380 | 11:30 a.m. |

### WATCHING THE RACE

Spectators will be able to view the BMT start and finish solely through utilizing public transportation. To watch the start, take one of the shuttle buses from Hemingway between 7-9:15 a.m. There will be three spectator buses from Galena to the finish area at 10:15 a.m. (bus to catch if you want to see the elite finishers), 10:45 a.m. and 11:15 a.m. Elite racers generally cross the finish line shortly after 11 a.m.

### PARKING RESTRICTIONS

There is no public parking at Galena Lodge until all racers have crossed the highway at approximately 11:30 a.m. and no public parking whatsoever at the SNRA. Parking along the Highway 75 corridor is extremely limited and only allowed in designated turnouts. Spectators can park on Barlow Road, a quarter-mile south of the finish area. Shuttles will run continuously between 9:30 a.m. and 12:30 p.m.

### AID STATION AND CUT-OFF TIMES

Aid Stations are hosted and manned by the good people at Sun Valley Community School, Sun Valley Suns Hockey Team, Sturtevant's, Galena Lodge and Girls on the Run. We appreciate these organizations' efforts and the important role they play in the success of the Boulder.

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

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

Each Aid Station will have hot and cold drinks, gels, fruit, and loaner poles. Hot soup, bread, drinks, fruit and cookies will be available to all racers at the finish. A warming tent may be provided if the weather is unfavorable.

### LOST AND FOUND

If you lose an item, every effort will be made to return it to you. This is made easier by clearly marking anything you are bringing to the race. There will be a Lost and Found located at the finish area. Any items not claimed will be transported to the Awards Ceremony. Remaining items will be taken to The Elephant's Perch in Ketchum for one week. Please do not assume any items left on the course will be collected.

### SAFETY

The Galena Backcountry Ski Patrol, Ketchum Fire Department, Wood River St. Luke's, and Blaine County Search and Rescue are all an integral part of the BMT as each participant's safety is our number one priority. Members of the GBSP, a response team trained in snow travel and rescue, will be present at all aid stations and along the course. If you do not reach an aid station by cut off time, GBSP may pull you off course if your health and safety is deemed at risk. Transportation to the finish area will be provided. If you encounter a skier who is injured or in need of aid, please notify the closest aid station volunteer and/or GBSP. A staffed medical tent is located at the finish area. \*



# Transportation/Shuttles

## YOU AUTO KNOW Getting From Here to There and Back Again

Whether you are a racer or spectator, getting to and from the Boulder is easy thanks to the good folks at Mountain Rides, or if you stick to these time-tested tips.

### Race Shuttles

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

Shuttle buses will transport racers and spectators from Ketchum to Galena Lodge and back to Ketchum from the finish. Buses will begin transporting racers from Hemingway Elementary to Galena at 7 a.m. and run through 9:15 a.m. for the Full Boulder and 10-10:45 a.m. for the Half Boulder. Average travel time is 35 minutes, weather dependent. Buses will depart as they fill up. Return shuttles from the finish area to Hemingway will leave every 20 minutes from 12-3 p.m.

### Drop-Offs

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

### Watching the Race

To watch the start, take one of the shuttle buses from Hemingway between 7-9:15 a.m. There will be three spectator buses from Galena to the finish area at 10:15 a.m. (bus to catch if you want to see the elite finishers), 10:45 a.m. and 11:15 a.m. Elite racers generally cross the finish line shortly after 11 a.m. For spectators that want to drive their own vehicle, parking is available on Barlow Road, a quarter-mile south of the finish area. Shuttles will run continuously from Barlow Road between 9:30 a.m. to 2:30 p.m.

### Spectator and Support Crews

Tracking your racer down the highway corridor is prohibited. Idaho State Police will cite anyone trailing a racer. Safety first - for all involved.

### Parking Restrictions

There is no public parking at Galena Lodge until all racers have crossed the highway at approximately 11:30 a.m. and no public parking whatsoever at the SNRA, unless you are eligible for handicapped parking. Lot attendants will be on hand to ensure these restrictions. Parking along the Highway 75 Corridor is discouraged, extremely limited and only allowed in designated turnouts. Law enforcement will be patrolling to enforce all traffic regulations and help keep the event as safe as possible. Violators will be towed at their own expense.

# Happy Tails to You

By Emily Williams

**I**n the Wood River Valley, we REALLY love our animals — particularly our furry, four legged best friends. You need look no further than the caliber of our dog-friendly cross-country ski trails to understand the degree to which we appreciate our pups. Whether you're looking for a quick lunch break hit, or a daylong ski, our local dog trails have it all.

## GALENA TRAILS, NORTH OF KETCHUM

The Galena Trail system is a 30-minute scenic drive north of Ketchum. The trails offer spectacular, secluded skiing through dense forest on over 6 km of dog-friendly trails. When the trees do open up, you're offered glimpses of the peaks of the Boulder Mountains towering above you. One of the best parts (if not THE best part) of the skiing at Galena is Galena Lodge. The Lodge serves some of the best food in the Wood River Valley, and offers a welcome chance to warm up around a cozy fire after a long ski. Be sure to treat yourself to a Don Bar for energy during your ski, or to refuel after.

### North Wood River: 2km, out and back

A gradual, rolling climb alongside the headwaters of the Bigwood River gives you a great chance to escape the more heavily trafficked loops in the same area. There are two short, steeper climbs, but this trail is moderate and very accessible.

### Cabin Loop: 1km, loop

Just off the Harriman Trail, this loop is a great option for first-timers to the Galena Trails, or as a quick add-on to your ski. It is a gradual loop that starts by descending down the Harriman before turning east into the willows alongside the Bigwood River and then heading back up toward Galena Lodge and the Harriman Trail.

### Titus Creek: 3.5km, loop

Titus Creek Loop crosses Titus Creek before gradually climbing up to the highest point of the trail. You're shrouded in quiet over the course of the loop as you navigate through the heavily forested hillside. The fast downhill is a welcome rest on your way back down. We recommend skiing the loop counter-clockwise for maximum downhill fun.



## HARRIMAN TRAIL, NORTH OF KETCHUM

The Harriman Trail is the route that the Boulder Mountain Tour travels for the majority of the race. The Harriman runs 34 kilometers from Galena Lodge at its northern point all the way down to the Sawtooth National Recreation Area Headquarters. Dogs are permitted on the lower 10 kilometers of the Harriman Trail. Originally, Harriman was only groomed for the BMT, giving skiers a short window to ski the course during a season. Now, it is groomed all winter long. You'll run into many longtime locals out for a ski on the Harriman whether for a quick after work cruise or an all-day ski on the weekend. True to its name, this ski offers incredible views of the Boulder Mountains as it winds along the foothills of the Smoky Mountains.

### SNRA to Cathedral Pines, 10km, out and back

The lower 10km of the Harriman follows the Big Wood River, ducking in and out of Aspen groves, and eventually winding through the winter-red willows of Frostbite Flats. This out and back ski is a gradual uphill heading North, with a few rolling hills just past the Cathedral Pines Campground. Keep a lookout for wildlife, you'll often spot elk, fox, and sometimes even moose in this area.

*Happy Tails continued on page 28*



Ketchum's local resource for awesome  
amateur nordic coaching!  
Come out and play!



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

Wishing you more fun than pain  
this Boulder Mountain Tour!



## SUN VALLEY GARDEN CENTER

Open seven days a week  
North Main Street, Bellevue, Idaho

## McCall 2020 Re-Mastered



January 18, 2020 - McCall, Idaho

10:00am at Ponderosa State Park

A great tune up event for the Boulder Mountain Tour  
held annually two weeks before.

idaho  
nordic

JUG MOUNTAIN RANCH  
MCCALL, IDAHO



ACECO  
INDUSTRIAL JOINTS



Great racer raffle  
including a new  
pair of skis hand  
selected for you  
from BNS!

Saturday, January 18  
Freestyle Event  
Ponderosa State Park  
2008 World Masters Course  
15K, 30K, & 45K

REGISTRATION DEADLINES:  
Now - January 18 = \$50.00  
Day of Registration = \$60.00

For Additional Information  
[mccallnordic.com](http://mccallnordic.com)

Make McCall Idaho another one of your Nordic skiing destinations!

## Sun Valley Associates

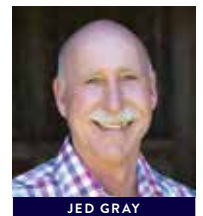
REAL ESTATE BROKERS



TOM MONGE



JIM FIGGE



JED GRAY



JASON BUCK



TERRY PALMER



ALEX HIGGINS

## PUT OUR TEAM TO WORK FOR YOU

700 SUN VALLEY ROAD • 208.622.4100 • [SVASSOCIATES.COM](http://SVASSOCIATES.COM)





# CONRAD BROTHERS

## GENERAL CONTRACTORS

Commercial // Residential // Remodels  
208.726.3830 [www.conradbrothersconstruction.com](http://www.conradbrothersconstruction.com)

## SERVING BREAKFAST, LUNCH, WINE AND BEER



*Fresh-Baked Breads • Zero Trans Fat Kitchen • Boxed Excursion Lunches*



*Voted Best of the Valley every year since 1985*

ASK FOR THE **NORDIC SKIER** DISCOUNT

One block East of the Post Office • Corner of 4th Street and 1st Avenue  
726-7703 • [perryssunvalley.com](http://perryssunvalley.com) • Open 7:00 am Daily

# Vistas, Views and V2

By Mary Rose

**A**t some point even the most focused Nordic skiers pick up their head to marvel at the beauty of the frozen outdoors. In the Wood River Valley, we have some trails with inspiring vistas that are relatively easy to access. Here are a handful of great ski tours to give you the best bang for your viewing buck.

**PRAIRIE CREEK TO BAKER CREEK** is one of the most scenic sections of the Harriman Trail. This section of trail stretches 10 kilometers and features many nice views of the Boulder Mountains to the east. The rolling terrain is also really fun to ski with some gentle climbs and a few long descents.

**PRAIRIE CREEK LOOP**, just a bit south of Galena Lodge, is a nice 8km segment to the west of the highway. I prefer to classic ski this clockwise since it has some really nice striding terrain. The trail climbs up through the trees for 4km before a gradual descent brings you back to the trailhead and into an amazing view corridor of the Boulder Mountains.

**DIAMONDBACK** is part of the Sun Valley Resort trail system and is one of the most stunning loops in the valley. Starting at the Nordic Center, you begin climbing immediately and end up on top of the hill that overlooks Ketchum, Sun Valley, Bald Mountain, the Boulder Mountains, and Smoky Mountains. Once on top of the hill, the loop rolls along the ridge before a really exciting – and twisting – descent.

**PARK CREEK** is located at the base of the Sawtooth Mountain Range. It is just a few miles beyond Stanley on the west side of the highway. It is a bit of a drive, but if you are up for an adventure, it's



worth the visit. The Sawtooth Mountains are stunning. The Sawtooth Ski Club maintains this 16km network of trails. To check on grooming updates visit [www.sawtoothskiclub.com](http://www.sawtoothskiclub.com).

**JENNY'S LOOP TO NORTH CHERRY CREEK at Galena Lodge** is a must-ski. There is an extensive network of trails starting from Galena Lodge, so you could easily spend a full day there exploring. But make sure you take a lunch break and grab a bowl of soup in the historic lodge. If you're looking for a challenging 10km loop, make your way out to Senate Meadows and climb up Jenny's Way. Take a left onto North Cherry Creek for a fast and technical descent down to the highway. Connect back to Galena Lodge via the Harriman Trail on the other side of the highway.

*Mary Rose grew up in Steamboat Springs, Colorado, after skiing for the University of Colorado for four years, Mary moved to the Wood River Valley in 2013. She continued her skiing career with the Sun Valley Ski Education Foundation Gold Team. Mary now coaches for the SVSEF Nordic Team.*



**Good Luck BMT Racers!**



Serving wraps, salads, soups, quesadillas and baked goods  
Dine in or take out • Open Daily 8-4  
208.727.6766 • [wrapcitycafe.com](http://wrapcitycafe.com)

180 S. Main • Ketchum • next to Kentwood Lodge



KETCHUM - SUN VALLEY, IDAHO

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

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

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

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

Second & Main | open nightly at 5:30

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

208.726.5181

Reservations  
Appreciated



Find Us  
On Facebook  
Sushi On Second



## THE CELLAR PUB

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

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

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

Under the Big Chair  
on Sun Valley Road  
Open 4pm Every Day  
[www.thecellarpub.com](http://www.thecellarpub.com)  
208-622-3832

**VOTED VALLEY'S  
BEST BAR  
2016**



Find Us  
On Facebook  
The Cellar Pub

## BILLY'S BRIDGE, NORTH OF KETCHUM

Billy's Bridge is the stand-out local favorite dog ski area. It is a 20 minute drive north of Ketchum, located on the East side of Highway 75. The trails trace two four-kilometer loops across the rolling foothills of the Boulder Mountains. The loops provide endless opportunity for variations, giving you the option of extending your ski or calling it a day. If the skiing doesn't take your breath away, the views certainly will.

### North Loop, 4km, loop

The North Loop is the hilliest section of Billy's Bridge. It gradually gains elevation, and then takes you over some short, but at times, steep hills. There are great views of the Boulders, and the South Loop from the high point on the trail.

### South Loop, 4km, loop

The South Loop makes a long, mostly flat, jaunt around the lower meadow of the trail system. The way down is a gradual descent, and the way back up is a long, gradual climb. It's hard to beat this trail for wide-open skiing and sunshine.

### Connector to Prairie Creek, 1km out and back

A quick out-and-back ski to or from the Prairie Creek parking lot. This is a beautiful section of trail through thick forest that takes you across Prairie Creek. You follow a gradual descent to Billy's Bridge, and it's a gradual climb back up to the Prairie Creek parking lot.

## NORTH FORK/SAWTOOTH NRA, NORTH OF KETCHUM

The North Fork trails are the gateway to the Three Kings of the Boulder Mountains: Kent, Ryan, and Glassford Peaks. These loop trails are mostly flat, easy skiing and hold sunshine longer than almost any other trail system in the valley. The best part? These trails are only a 10-minute drive north of Ketchum.

### North Fork Loop, 4km, loop

The trail winds through the willows alongside the North Fork of the Bigwood River. This ski is mostly flat, but takes you on a gradual uphill as you head into the mountains, and then follows a cruisey descent back toward the SNRA Headquarters.

### Durrance Loop, 7.2km, loop

A long, figure eight loop around the meadow below Durrance Peak. This loop is mostly flat, but gains some elevation as it heads North, and has a few small climbs along the way.







## QUIGLEY NORDIC, HAILEY

Just five minutes east of downtown Hailey, Quigley has quietly become one of the most popular trail systems in the valley. Offering over 5km of dog-friendly trails, the excellent grooming and ample sunshine have resulted in many skiers frequenting these trails. Quigley is a great option to start or end your day, as it holds the sun longer than almost any other trail system in the valley.

### Dog and Fat Tire Loop: 5.3km, loop

What may not initially appear to be a very long ski will surprise you – this switch-backing loop traverses the valley floor 14 times. This trail is great if you and your dog operate at different speeds, your pup can take as direct or winding a route as she desires.

## WOOD RIVER TRAIL SYSTEM, VALLEY

Running the length of the Wood River Valley, from Bellevue to Ketchum, this trail follows the course of the historic Sun Valley Branch of the Union Pacific Railway. Your journey will take you past many local interest points as you follow the meandering course of the Big Wood River.

### Wood River Trail: 32km, out and back

The Wood River Trail is a consistent, gradual climb northbound, and a satisfying downhill southbound. Follow the path of the pioneers along the meandering Big Wood River as you challenge yourself to “Ski the Rails” over the entire 32km trail.

## SUN VALLEY NORDIC, SUN VALLEY

### Boundary Creek, 6km, loop

A lunchtime favorite, the Boundary Trail is a lollipop ski (an out-bound ski to a loop, and back on the same trail). This mostly flat ski rolls alongside Trail Creek, and offers incredible views of the core group in the Pioneer Mountain Range to the East. Thanks to its proximity to both Ketchum and Sun Valley, this trail is great for a quick ski if you're short on time.

### Dog Loop, 3.3km

This is another great option for a quick ski near Ketchum and Sun Valley. It is a lollipop ski that rolls along the flanks of Sun Peak, and turns around on a loop up toward the Northern Drainage off Sun Peak itself. There are a few short, but steep, climbs along the base of the Peak that make for some exciting downhills. \*

## Welcome to Sun Valley & the 2020 BMT!

A great place to visit and an even better place to call home. Whether you're looking for a small vacation condo or a large family compound, we would love to be your Sun Valley Real Estate Resource.

Travis Jones:  
Your BMT announcer!  
Colligate racing career  
University of Colorado Team  
20 years of XC coaching

Svea Grover:  
BMT board member.  
Alaska born  
University of New Mexico Team  
10 years of XC coaching



208.721.8579 | [jonesgrover.com](mailto:jonesgrover.com)  
[jonesgroverteam@evrealestate.com](mailto:jonesgroverteam@evrealestate.com)



**COFFEE ROASTER**

[www.lizzysfreshcoffee.com](http://www.lizzysfreshcoffee.com) | Ketchum, ID  
Coffee Bar Mon-Fri 8am-11am



ANOTHER **BEST** DAY

## CLASSIC SKIING, MODERN LIVING

Enjoy unbridled access across all snow conditions with no prep work. Lightness, incredible ease of use, and maximum grip allow you to confidently up your game and enjoy Another Best Day - no matter where the snow takes you.

ROSSIGNOL 





# ***FUEL RIGHT, FEEL GREAT!®***



**ORDER NOW!** • 800.336.1977 • [hammernutrition.com](http://hammernutrition.com)

## THE COMMUNITY LIBRARY



### Library Hours

**Monday, Friday & Saturday**  
10:00 am - 6:00 pm  
**Tuesday, Wednesday & Thursday**  
10:00 am - 8:00 pm

**Need a break from the Nordic trails?**  
**Come warm up by the fire and**  
**enjoy our FREE services!**

- Wi-Fi
- Computer access
- Printing
- Meeting Rooms
- Regional History & Museum
- Programs featuring Renowned Authors
- Children's Library with fun activities

**Anyone can  
get a  
Library card!**

The Community Library | 415 Spruce Ave | Ketchum ID 83340 | [comlib.org](http://comlib.org) | 208.726.3493





**swix**

UNMATCHED PERFORMANCE  
a passion for innovation since 1946.

swixsportus

**FRIENDS OF**

**Sawtooth  
Avalanche  
Center**

**DON'T MISS OUT  
on the**

**Friends of the Sawtooth Avalanche Center's**  
Fabulous Raffle, Silent Auction, and Refreshments  
during FOUR nights of the amazing  
**Banff Mountain Film Festival!**

**Jan 31, Feb 1, 3, 4**  
**Argyros Performing Arts Center**

**BANFF** CENTRE  
MOUNTAIN  
FILM FESTIVAL  
WORLD TOUR

**Best Apres  
Ski Spot in  
Town!**

**Try our  
Monkey  
Fries!**

**LEFTY'S BAR & GRILL**

**KETCHUM, IDAHO**

*"Ketchum's Killer Meal without the Killer Price  
A Great Kids' Menu Too!"*

**Grill Open**  
11:30am - 10:00pm Daily  
(Bar open late)  
Burgers, Salads, Wings, Hoagies,  
Fresh Cut Fries and More!  
HD Satellite TV Sports  
"All the Games, All the Time"

**For Takeout Call: 726.2744**

**231 6th Street, Ketchum**  
**at the corner of 6th & Washington**





**the Y<sup>®</sup> YMCA**

**DAILY  
WEEKLY &  
MONTHLY  
PASSES**

Yoga  
Swim  
Climb  
Steam  
Hot tub  
Workout  
Child watch  
Fitness classes

For more than a workout.  
For a better us.

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

FOR YOUTH DEVELOPMENT<sup>®</sup>  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



**nourishme**  
"Let food be thy medicine..."  
-Hippocrates

**Health Food Store  
Soup Counter  
Local Greens  
All Organic**

151 N. Main Street | Ketchum  
(208) 928-7604



**S/LAB**

**FUTURE AT PLAY**

For athletes who push the limits of classic skiing, the lightweight S/Lab Carbon Classic ski is power engineered in its purest form. Now the ski of choice for our World Cup athletes – Jessie Diggins, Sophie Caldwell, Simi Hamilton and Andy Newell – can be your ski, too.

See our Nordic collection at  
[www.salomon.com](http://www.salomon.com)

**salomon**  
TIME TO PLAY

# We're Everywhere

By Matt Gelso

If you have spent any time in the Nordic racing community, you have likely discovered that it is a small world. I don't mean that it is made up of a small number of people, but that the degree of separation between everyone in it (or anyone related to it) is minuscule. To an observing outsider, it seems that everyone knows not only everyone else, but also everyone else's friends, parents, and coaches. The strands of this Nordic web stretch far, and you can find yourself wrapped in it at times and places that surprise even the most seasoned insiders.

## NETWORK OF AMAZING PEOPLE

The foundation of this community is built on the backs of junior ski clubs, kept alive by college NCAA racing, and is breathed new life (and grey hair) by the Master Blaster ranks. As a junior racer, you don't understand. As you age, you recognize the special nature of what you have been given – this network of amazing people that you will know forever. I have had the privilege of bringing new people into our Nordic community and see them stunned at how nice, how fun, and how stupidly connected everyone is. If you think I'm a conspiracy theorist, here's a few anecdotes to (maybe) get you on board:

A few years ago, I went to Fort Knox, Kentucky, to manage a community running event for Salomon with Jenny, a friend and coworker from Minneapolis. After the event, Jenny, myself, and a couple other Salomon employees went out downtown on a Saturday night in Louisville. We ended up at a three-venue nightclub with 5,000 other people. At some point Jenny disappeared on the dance floor. About 10 minutes later, she appeared shaking her head in disbelief. Low and behold, in that massive nightclub, on a Saturday night in downtown Louisville, she connected with a guy who grew up in Hayward, Wisconsin, whose family volunteers for the Birkie every year...

Last summer, George, a ski friend was on a summer trip to Europe and spent a week in Slovakia. He randomly decided to go climbing at a backwoods rock climbing crag and struck up a conversation with another climber. It turns out that this other climber was roommates (in Switzerland) with someone with a friend of George's who he skied on a team in college with...

Last week I was talking with a ski friend's parents and they relayed a story of shopping on a vacation somewhere when two girls approached them. Ends up they stayed at the parent's house for a ski racing weekend one time 10 years or so ago...



Maybe this isn't so much a theory? In any event, if you're trying to avoid the Nordic community, being in Sun Valley during the Boulder Mountain Tour is not a good idea. But who wouldn't want to be a part of the US Nordic story? It is full of great people and good energy. Just remember, we're everywhere... ❄️

***Matt Gelso** is a recently retired professional ski racer with the SVSEF Gold Team. As a former member of the University of Colorado NCAA Ski Team and the US Ski Team, he has raced throughout the U.S. and Europe in World Cup and World Championship competitions. He now deals residential and commercial real estate in the Wood River Valley with Paul Kenny & Matt Bogue Real Estate. He is the 2018 Boulder Mountain Tour Champion.*



# By the Numbers – BMT 2019

## REGISTRANTS

Total Registrants **909**

Male **523** (57.5%)

Female **386** (42.5%)

Registrants for Full Boulder - **700** (259 women/441 men)

Registrants for Half Boulder - **209** (129 women/80 men)

**616** racers completed Full Boulder (400 men/216 women)

**185** racers completed Half Boulder (72 men/113 women)

Total Finishers - **801** (88.1%)



## AGE & NUMBER OF REGISTRANTS

Over 40 - **620** (68%)

25-40 - **182** (20%)

Under 25 - **109** (12%)

### FULL BOULDER - 616 FINISHERS

13-Under - Anika Vandenburg/Holden Archie (9 finishers)

14-17 - Jessica Whitticar/Johnny Hagenbuch (19 finishers)

18-24 - Katie Feldman/Peter Holmes (38 finishers)

25-29 - Erika Flowers/Rogan Brown (44 finishers)

30-34 - Liz Stephen/Matt Gelso (50 finishers)

35-39 - Elizabeth Paddock/Matt Liebsch (44 finishers)

40-44 - Kathryn Roberts/Sam Krieg (66 finishers)

45-49 - Brooke Hovey/Joe Jensen (74 finishers)

50-54 - Tricia Swartling/Dave Sjogren (68 finishers)

55-59 - Elizabeth Youngman/Bill Nurge (84 finishers)

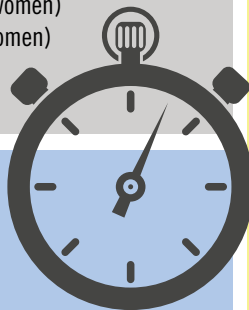
60-64 - Muffy Ritz/Robert Youngman (57 finishers)

65-69 - Carla Pfund/Don Bauder (38 finishers)

70-74 - Dagmar Eriksson/Del Pletcher (23 finishers)

75-79 - Anne Trygstad/Andy Andrews (3 finishers)

80-85 - Steve Swanson (1 finisher)



## ON THE CLOCK

**FULL BOULDER** - Average Time: 2:08.04

Winning Times: Peter Holmes 1:22.21 and Erika Flowers 1:31.49

**HALF BOULDER** - Average Time: 1:11.45

Winning Times: Hayden Hinchman 43:04 and

Margeaux Thompson 44:54

Number of racers who finished Full Boulder in less than 2 hours - **264**

Number of racers who finished Full Boulder between 2 and 3 hours - **326**

## WHERE WE LIVE

### UNITED STATES

Idaho **431**

Utah **169**

Oregon **83**

Washington **47**

Montana **43**

Wyoming **35**

California **25**

Colorado **8**

New Hampshire **8**

Minnesota **7**

Wisconsin **6**

Alaska **5**

Vermont **4**

Nevada **3**

Florida **3**

Ohio **3**

New York **3**

Illinois **2**

Massachusetts **2**

Michigan **2**

Missouri **2**

New Mexico **2**

Arizona **1**

Pennsylvania **1**

### COUNTRIES

British Columbia **8**

Arab Emirates **1**

Australia **1**

Norway **1**

### HALF BOULDER - 185 FINISHERS

Parent Assist - Torin & Cortney Vandenburg/

Tristan & Frederick Boloix (28 finishers)

12-Under - Abigail Murphy/Reed Wuepper (15 finishers)

13-19 - Nicole Bailey/Hayden Hinchman (11 finishers)

20-29 - Margeaux Thompson/Jonathan Hamilton (12 finishers)

30-39 - Emily Ray/Daniel Cikota (15 finishers)

40-49 - Francie St Onge/Todd Quinn (23 finishers)

50-59 - Pamela Fitzsimmons/Steve Hollister (32 finishers)

60-69 - Joan Benson/Rob Murphy (28 finishers)

70-79 - Marit Glenne/Robert MacCarty (19 finishers)

80-89 - Shauna Thoreson (1 finisher)

90-over - Charley French (1 finisher)

### FULL BOULDER

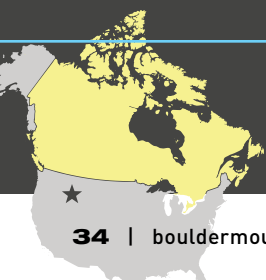
Oldest participants - Anne Trygstad, 75, and Steve Swanson, 80.

Youngest participants - Sarah Leidecker, 11, and Jonas Benson, 10.

### HALF BOULDER

Oldest participants - Shauna Thoreson, 85, and Charley French, 92.

Youngest participants - Gabriella Jowers, 8, and Cody Lloyd, 6.







# NordicTown USA Sprints



PHOTOS: NILS RIBI

*Here's to snowflakes  
in your future!*



john@bluebirdsolaridaho.com  
208.721.2922

glow  
plant based • organic

Monday-Friday 9-4  
Saturday 10-4

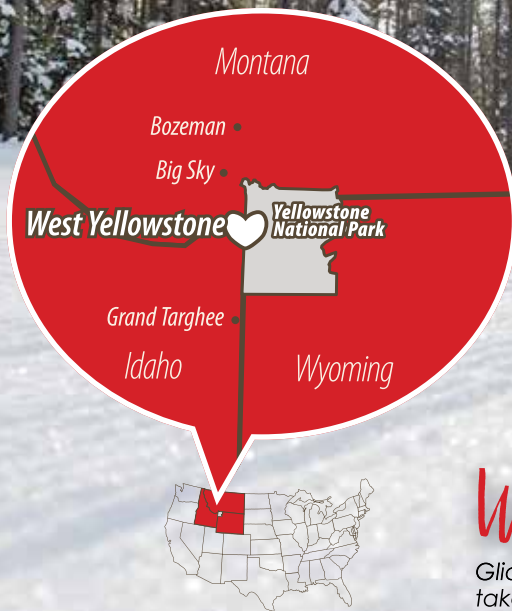
380 Washington Ave. #105  
Ketchum, Idaho

208-725-0314

glowlivefood.com  
@glowlivefood



# The of Nordic Skiing



## West Yellowstone, Montana

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

### DON'T MISS THESE EVENTS:

**Rendezvous Ski Race**  
March 7, 2020

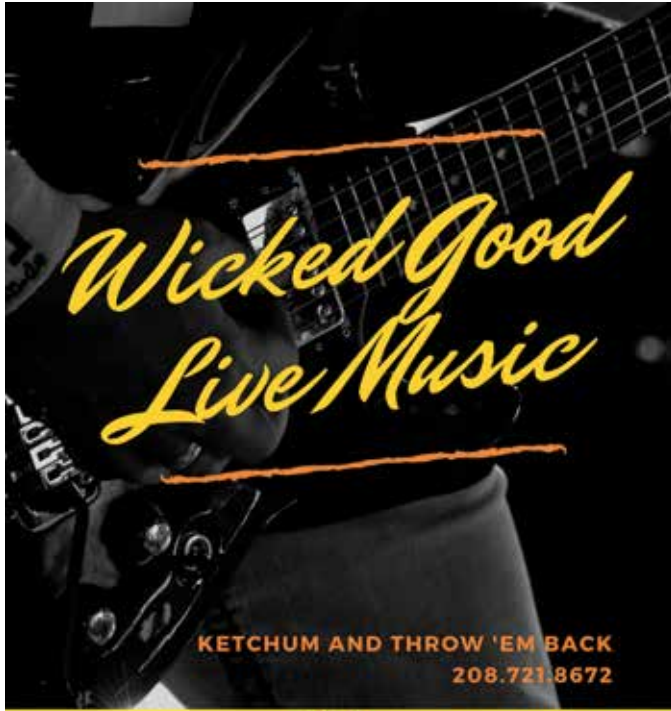
**Yellowstone Ski Festival**  
November 25-29, 2020

For a complete list of this season's events visit: [www.SkiRunBikeMT.com](http://www.SkiRunBikeMT.com)



For lodging & activities:  
[www.DestinationYellowstone.com](http://www.DestinationYellowstone.com)

SUPPORT  
of  
West Yellowstone  
Businesses



**Wicked Good  
Live Music**

KETCHUM AND THROW 'EM BACK  
208.721.8672

**THE  
PISTEN BULLYS**

**— Ride 'n Glide —**





**Bus Service to Galena  
Returns for a 4th Season!**

**Weekend & Holiday Service** <sup>(45 days total!)</sup>  
**November 28, 2019 - March 1, 2020**  
 to Galena Lodge and the North Valley Trails!  
**Schedule online at [www.mountainrides.org](http://www.mountainrides.org)**

**FARE: \$5 one-way; \$8 roundtrip**

**SPONSORS:**



208.788.RIDE (7433) • [mountainrides.org](http://mountainrides.org)



**MORGAN'S**

PROPERTY MANAGEMENT OF SUN VALLEY

**CONSCIENTIOUS | CLIENT-DRIVEN | RESPONSIBLE | SECURE**

**208.726.6851**





## Proud supporter of Boulder Mountain Tour!

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

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



LET US KNOW HOW WE CAN HELP.

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

# TOKO<sup>®</sup>

## Introducing Toko High Performance Liquid Waxes

These are revolutionary performance waxes of the highest quality that should be used over a hard glide wax such as LF Blue. These waxes are not only quick and easy to put on, but are extremely fast and durable. Also interesting is that they are applied without heat, making them perfect for travel, quick application for groups, or last minute race morning application (wait and see what the weather does).

Despite the easiness of application, these are top quality waxes used regularly at the highest level of international racing.

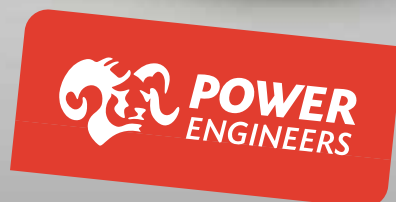


For specific information on how to apply,  
find video at [TokoVideos.com](http://TokoVideos.com)

# LIKE PYTHAGORAS, WE COVER ALL THE ANGLES

What can POWER do for you? Planning, consulting, transmission, distribution, generation, facilities, food & beverage, environmental, program management, government services—you name it. We handle everything from concept to completion, domestic to international. With experience comes POWER. And vice-versa.

Learn more at [POWERENG.COM](http://POWERENG.COM)



YES, I DO HAVE A LOT OF LUCK,  
BUT ODDLY ENOUGH THE HARDER I WORK  
AND KEEP PRACTICING—THE MORE LUCK I HAVE”.

—1980’S SWEDISH RACER,  
GUNDE SVAN

GOOD LUCK  
TO ALL THE  
BMT RACERS!



**LLOYD**  
CONSTRUCTION<sup>INC</sup>  
QUALITY CRAFTSMANSHIP SINCE 1977

[lloydconstructioninc.com](http://lloydconstructioninc.com) | Ketchum

# NORDIC SKI TRAILS

In the Wood River & Sawtooth Valleys

BCRD NORDIC TRAILS are user FEE Trails.

**DAY** Passes available at:  
Backwoods Mt. Sports, Elephant's Perch,  
Sturtevant's, SNRA Headquarters  
and Galena Lodge.

**SEASON** Passes available online at  
[www.bcrd.org](http://www.bcrd.org) or by calling BCRD  
at 208-578-BCRD (208-578-2273).

| Miles from Ketchum | Trail Distance - kilometers | T=Traditional/S=Skating | F=Fee Trail/D=Donation | Dogs Allowed | Level of Difficulty |
|--------------------|-----------------------------|-------------------------|------------------------|--------------|---------------------|
|                    |                             |                         |                        |              |                     |

## BCRD NORDIC TRAILS

Blaine County Recreation District  
Grooming Hotline: 578-XSKI (9754) [bcrd.org](http://bcrd.org)

|                |    |      |     |   |     |     |
|----------------|----|------|-----|---|-----|-----|
| GALENA         | 24 | 50   | T/S | F | 8K  | All |
| PRAIRIE CREEK  | 18 | 8    | T/S | F | No  | ■   |
| BILLY'S BRIDGE | 18 | 8    | T/S | F | Yes | ●   |
| HARRIMAN TRAIL | 22 | 14   | T/S | F | No  | ■   |
|                | 14 | 13.5 | T/S | F | Yes | ●   |
| NORTH FORK     | 7  | 4    | T/S | F | Yes | ●   |
| DURRANCE LOOP  | 7  | 7    | T/S | F | Yes | ●   |
| LAKE CREEK     | 3  | 15.5 | T/S | F | No  | All |
| QUIGLEY NORDIC | 12 | 15   | T/S | F | 4K  | ●   |

## SAWTOOTH VALLEY TRAILS

Sawtooth National Recreation Area. 727-5000

|              |    |    |     |   |     |   |
|--------------|----|----|-----|---|-----|---|
| PARK CREEK   | 65 | 16 | T/S | D | Yes | ● |
| ALTURAS LAKE | 34 | 14 | T/S | D | Yes | ● |

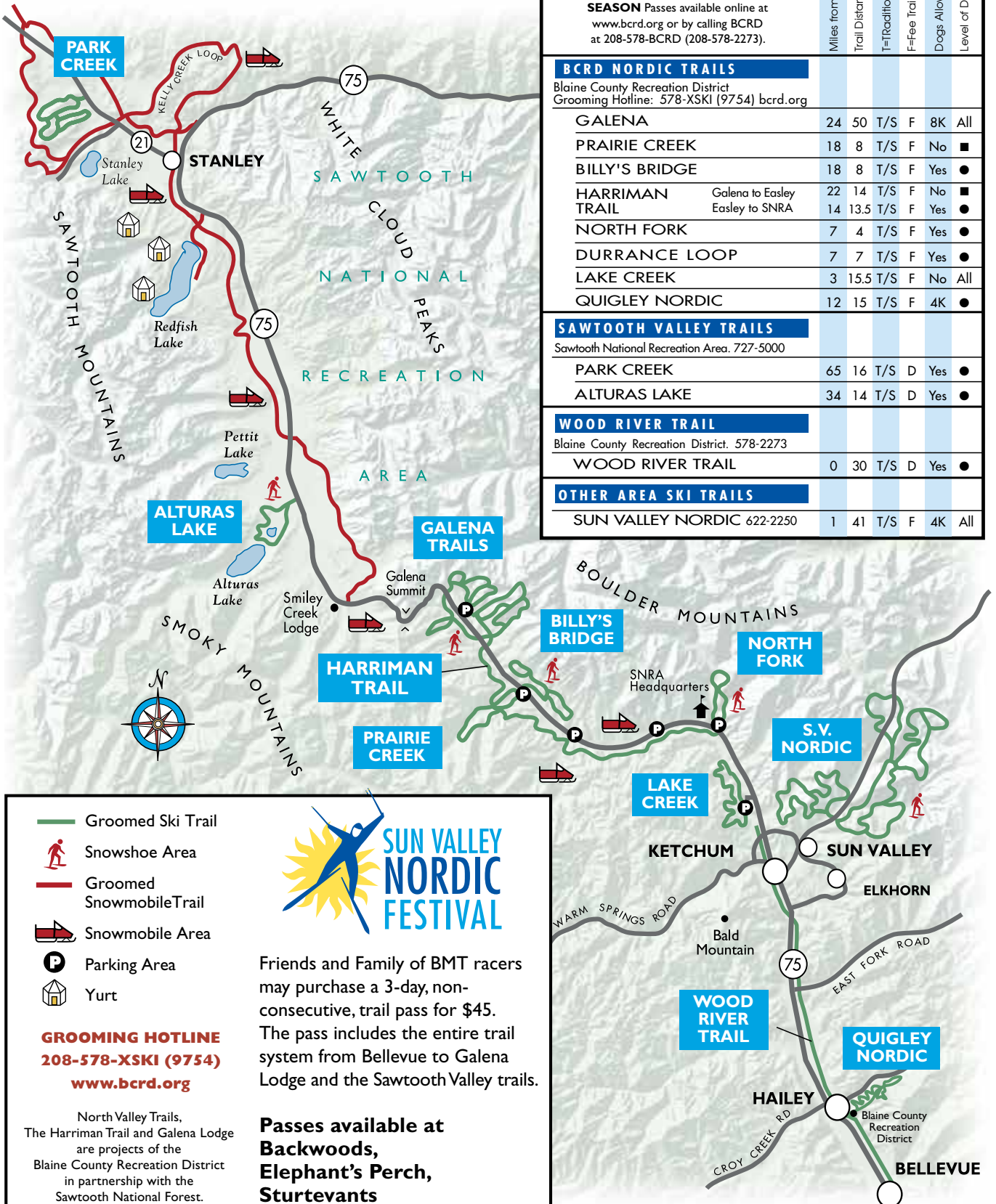
## WOOD RIVER TRAIL

Blaine County Recreation District. 578-2273

|                  |   |    |     |   |     |   |
|------------------|---|----|-----|---|-----|---|
| WOOD RIVER TRAIL | 0 | 30 | T/S | D | Yes | ● |
|------------------|---|----|-----|---|-----|---|

## OTHER AREA SKI TRAILS

|                            |   |    |     |   |    |     |
|----------------------------|---|----|-----|---|----|-----|
| SUN VALLEY NORDIC 622-2250 | 1 | 41 | T/S | F | 4K | All |
|----------------------------|---|----|-----|---|----|-----|



— Groomed Ski Trail

— Snowshoe Area

— Groomed Snowmobile Trail

— Snowmobile Area

— Parking Area

— Yurt

**GROOMING HOTLINE**  
**208-578-XSKI (9754)**  
**[www.bcrd.org](http://www.bcrd.org)**

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

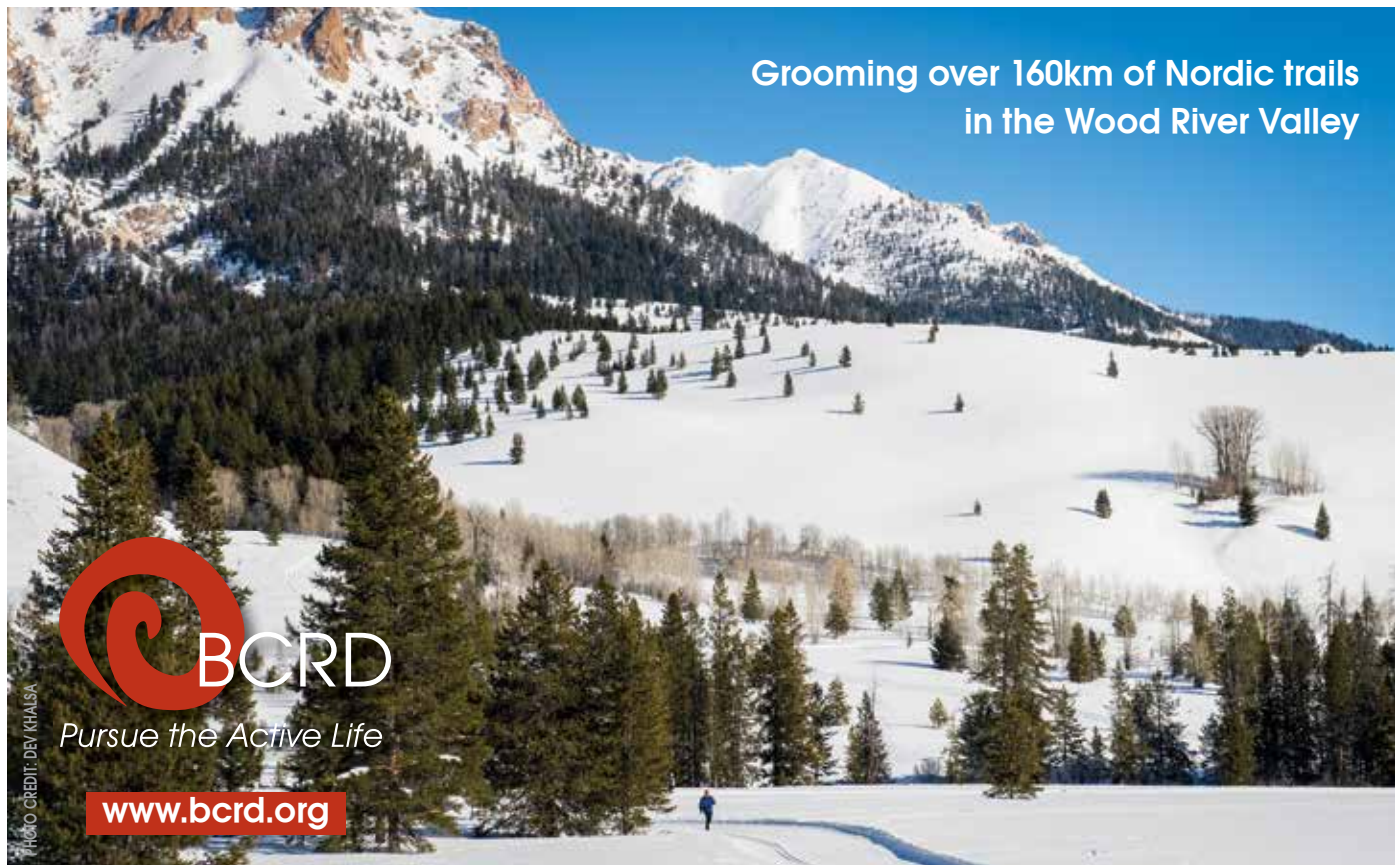
© E.B. PHILLIPS.

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

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







Grooming over 160km of Nordic trails  
in the Wood River Valley



*Pursue the Active Life*

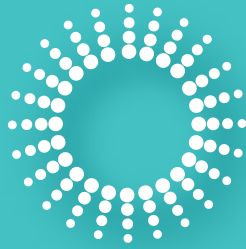
[www.bcrd.org](http://www.bcrd.org)



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

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

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



limelight

HOTEL • KETCHUM

Love at first bite.



#HappyHour

Join us at the Lounge for Happy Hour | 3 - 6 pm

limelighthotels.com | 1.800.433.0832  
Aspen, CO | Ketchum, ID | Snowmass, CO



# Thank You Sponsors!

## ZIONS BANK®



SUE ENGELMANN  
Berkshire Hathaway HomeServices



salomon




EnjoyWinter.com



EnjoyWinter.com



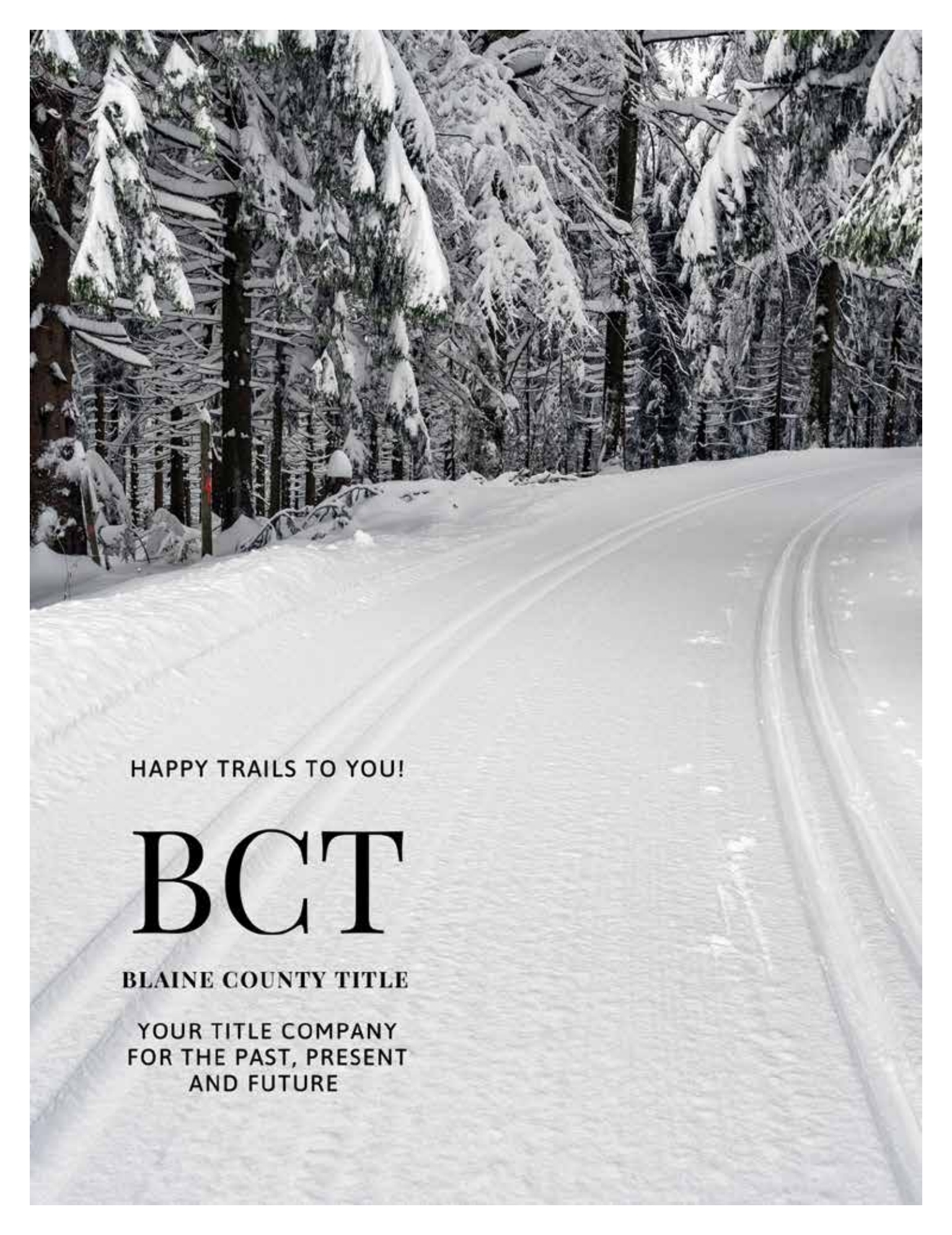




The Zions Bank Boulder Mountain Tour is more than a ski race. It is a representation of the best qualities that comprise our community. Every facet of the Boulder has somebody's handprint on it. Somebody's energy, enthusiasm, and love - the indelible ingredients that breathe life into a 47-year-old event. Now in my second year as executive director, but closing in on 30 as part of the BMT, I can personally attest that every person claims an equal share in the success of this iconic event. Our skiers, sponsors, volunteers, vendors, friends, family, and fans bring their unbridled enthusiasm - and, here's that word again - love, in the creation of something about which we can all feel good. The Boulder is an event that celebrates the human spirit while challenging our mental and physical capacity. We are well off to know that all is embraced in this pursuit. Our triumphs. Our foibles. Our humanity. It is this ethos and encompassing acceptance which infuses and informs our efforts. In this spirit, we know that together, we are capable of anything, and, quite simply, everything.

Sincere thanks to one and all.

JODY ZARKOS

A black and white photograph of a snowy mountain trail. The trail curves from the bottom right towards the center of the frame. On the left side of the trail, there is a dense forest of evergreen trees heavily laden with snow. The ground is covered in a thick layer of snow, with visible tracks from skis or snowshoes.

HAPPY TRAILS TO YOU!

**BCT**

**BLAINE COUNTY TITLE**

**YOUR TITLE COMPANY  
FOR THE PAST, PRESENT  
AND FUTURE**



# FOR BANKING MADE SIMPLER AND EASIER

## **Zions Bank is for you.**

Open a consumer checking account online in as little as 5 minutes

To learn more visit [zionsbank.com/checking](https://zionsbank.com/checking)  
or your nearest Zions Bank.

Hailey  
111 N. 1st Avenue, Suite 1H  
Hailey, ID 83333  
208-788-3445

Wood River Valley  
311 N. Main  
Ketchum, ID 83340  
208-726-3007

# ZIONS BANK®

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

