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This year's poster was created by **Jack Weekes of Type B Laboratories** in Ketchum. Working from a photograph of Jon Engen and asked to capture his essence and that of the Boulder Mountain Tour, Jack did what Jack does best; create an iconic and memorable hand-drawn piece that is singular in expression and emotion. When not working on his iconic art, Jack can be found enjoying all that Idaho has to offer from the mountain peaks to the valley floor.

A limited run of 75 posters is available at Independent Goods in Ketchum.



Program design by Judy Stoltzfus of
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Photography courtesy of Nils Ribi, Glen Allison, Steve Butler, Julia Seyferth
Program edited by Jody Zarkos
Maps courtesy of Evelyn Phillips

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Welcome

Hello!

We are so glad you are here with us for the 2019 Boulder Mountain Tour. As we move toward our 50th anniversary, we are - more than ever - grateful for the people that got us to this point in time. And, as we grow older, we are also grateful to be at this point in time, as many of our loved ones and good friends remain with us only in memory and spirit.

It is not hard to conjure up Jon Engen. A man of indefatigable spirit and inexhaustible curiosity, Jon loved cross country skiing down to the marrow of his bones. He was a tireless ambassador of the sport, leading by example and enthusiasm. When you line up to start this year's race, please give a little acknowledgement to Jon, and know he is with us today, cheering, rooting, encouraging, exhorting us to give all to the sport that gave so much to him.

Since 1973, our community has rallied together to bring the Boulder Mountain Tour to life. From the inaugural race which attracted a couple dozen hardy skiers plugging their way down a snowmobile sled track to today's high-test version made possible by the Blaine County Recreation District's out-of-this-world groomers, a few things remain constant:

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Kind regards,
Jody Zarkos
BMT Race Director



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Jon Engen

By Jody Zarkos

Jon Engen will be remembered at the 2019 Boulder Mountain Tour, as the 46th annual cross country race will be held in his honor.

A three-time Olympian and avid outdoorsman, Engen died of pancreatic cancer on April 26, 2018 at the age of 61, but not before he left an indelible mark on his family, friends and the sport of cross-country skiing.

"Jon Engen was and always will be the classic stoic Norwegian skier," said longtime friend Bob Rosso. "His love of the sport, and combined with his intensity as a highly competitive athlete always pushed many of us to go harder, ski longer, and enjoy the sport of cross-country skiing."

With a keen intellect, competitive drive and a physical engine that was both refined and dynamic, Jon would have been right at home rubbing shoulders with the denizens of Mount Olympus.

"He was godlike," Montana State University teammate Stuart Jennings recalled. "He just wasn't one of the guys. He was the kind of guy if he had gone out drinking, he never had a hangover, his clothes were always just right, he never needed a haircut and I never saw a scrabble on his chin."

Ken Robertson, another college teammate of Jon's at MSU remarked, "Jon was a star. He was the first person I ever came across that was excellent at something. He was incredibly meticulous about everything, his gear, clothes, training, equipment, down to the tiniest detail. And he kept his eye on the ball the whole time. If someone said let's go do something fun, Jon would evaluate it to see if it would get him down the road in some fashion. He was a whole different league."

It is hard to say if that focus was born of nature or nurture, and perhaps it was a function of both. Born in Norway on March 9, 1957, Jon was raised an only child in Raelingen. True to the culture, Jon joined a small sports club as a four-year-old and learned how to ski and



ski jump like his father, Rein. Athletic success soon followed.

"As a very young boy, Jon would win or place in long races which is kind of an anomaly in the sport. Most people don't reach peak in endurance until they've been a senior for 10 years," Jennings said.

Much like classic skis trued to the tracks, Jon's early life followed a well-charted path: junior championships, national success, a year of mandatory military service, engineering

22-year-old freshman in the fall of 1979, he immediately met and became lifelong friends with Robertson and Jennings, although it was apparent to both while they have been on the same squad, Jon was no ordinary man.

"Jon had a lot of facets," Robertson said. "He was smart, determined, and in some ways very secretive. He was a very successful racer in Norway at a young age. They had a club training program and when he came to Bozeman, he participated in team training, but most of his training was based on a secret training program that he never revealed - ever. He'd go off and do intervals and this, that, and the other, but he wasn't going to share it. At the time it seemed reasonable enough."

"In a race he wanted to have put in a supremely quality showing," Jennings added. "He did not hold himself above other people, but held himself to a high standard that none of his mortal friends could match. His athletic tenacity is like nothing I have ever seen in any other athlete. His ability to dig deep and never give up was remarkable. He was that guy. He would find a way."

As an engineer, Jon was economical with

"Jon Engen was and always will be the classic stoic Norwegian skier. His love of the sport, and combined with his intensity as a highly competitive athlete always pushed many of us to go harder, ski longer, and enjoy the sport of cross-country skiing." — Bob Rosso

studies at the University of Oslo, but it was during a routine visit to the dentist that Jon's life diverged from the Norwegian norm.

"He saw photos of the Rockies in National Geographic while at the dentist and set out to get here," wife Darlene Young said. "Applying to schools was a much different process than it is now without the internet, our schools were not full of Norwegian skiers like they are now - there was no way for him to take the SAT's in Norway for instance. Montana State University accepted him and made him take English as a foreign language which was rather funny. Jon learned how to speak English while watching Flipper, and, then in school, he learned the Queen's English. He spoke and wrote English better than I do."

Joining the MSU cross country team as a

his time, thoughts and words. Stuart recalled one day after practice that Jon was unable to attend.

"Ken and I had come back to the sports area and gone to our cars to go home. I noticed Ken drove out of the parking lot with maximum velocity. He had a note on the windshield of his car. It was from Jon and it said, 'Ken, hurry home, the house is on fire. Jon.'"

The culprit was a roommate from Bergen named Knut, who had stuffed his socks between the stovepipe and the roof one too many times until his woolly insulation ignited the roof and Jon's sense of dignity.

"Jon had a lot of national pride and felt embarrassed for his country that Knut had done this thing that didn't reflect well on Norwegians," Jennings said with a laugh.

That doesn't mean Jon was without a sense of humor - although, according to some - his was so dry it could have been served with a couple of olives.

"Sometimes people didn't realize he was joking with them but I thought his sense of humor was hysterical. He had a unique insight into and understanding of human nature," Darlene observed.

Graduating in 1983 with a degree in Civil Engineering, Jon continued training as a biathlete and cross country skier,

Mike Wolter, a longtime Ketchum resident, who also attended and raced for Montana State University, remarked, "I met Jon right after I got there in 1983. We spent a lot of time skiing, training, exploring Montana and participating in obscure running races. There was a race we did on Beartooth Pass and we brought our skis and went skiing after the race. He was an animal then and an animal his whole life."

"It's the Bridger Ridge Run," Jennings said. "It's a 20-mile mountain run (billed as a race for "only the truly physically fit") on a poorly developed trail. He won that race more times than anyone and it was something he did as training."

Jon continued to wedge his training in when he could - despite a full-time job as an engineer - and as a newly-minted American, kept his eyes on his goal to represent his adopted country at the Olympics. According to Robertson, Jon shoehorned training in on nights and weekends - often roller skiing in the dark - while working 40 hours a week in Billings. His initial goal was to make the Olympic Biathlon Team, but when things didn't pan out at the windy trials, Jon set his sights on a new goal, the Olympic Cross Country Team.

Stuart fleshed out their Olympic odyssey.

"We both trained for the '88 games as bi-athletes. We didn't make it. The cross-country tryouts came later in January and I said to him, 'You know I am spent. I will go and be your coach.' I went with Jon to tryouts in cross country as a coach. As an outsider, he had no splits or wax support from national team coaches. He had no funding and was working a career-type job."

Bill Spencer was also on the bubble in Biwabik, Minnesota, and credits Jon with getting him over the top and on the Olympic team.

"It came down to a 50k skate race for a



few of us. I had a couple classic races where I didn't do well. I had seriously overtrained and knew that my only chance to make the team was to do well in this one race. Right out of the gate, I just wasn't feeling good and my splits were not that great. Jon had started three minutes behind me on a pretty hilly course. About 5k in he comes chugging up the course and caught me. I hooked in behind him and he towed me for the next 45k. I went from 15th to third and Jon won quite handily," Spencer said.

"He was very proud to make the team," Jennings remarked.

And represent his new country, according to Wolter, "He was proud to be an American and proud of being from Norway. He waved both flags."

A few years ago, Jon told Eye on Sun Valley online news, "There is no other challenge like the Olympics if you want to be with people who are successful. One thing about the Olympics is everybody there has a story. It's not about run-of-the-mill people. Most athletes are creative scrappers."

"I think the number of people working 40 hours a week who make the Olympics is next to zero," Robertson stated.

Jon's best finish at the 1988 Winter Games in Calgary was 51st in a 30k mass start. He redirected his training to biathlon, noting, "I'm a better shooter than cross country skier" and competed in the 1992 Olympics in Albertville, France, and the 1994 Olympics in his native Norway at Lillehammer. His best individual finish was a 64th in a 20k in his native country, despite being one of the oldest competitors on the team at 37.

"Skiing was in his blood. It is what he knew," Darlene said.

With every quality it took to be a world-class athlete, and several top-20 finishes in World Cup races in both sports, Jennings believes the one thing that prevented Jon from being the best in the world came from a lack of financial support given to Nordic and biathlon athletes.

"Had there been support for him to train full time, he would have had that extra percent. Lowell Bailey (the first American to win a biathlon world championship) reminds me a lot of Jon. It comes down to the level of support we have for Nordic and biathlon."

Despite the inherent challenges, Jon's love of sport never waned and he went on to race on the international and national master's level capturing more than 20 World Cup Master's medals with 12 gold, including two golds in the 24th Masters World Cup Nordic Championships in 2004 at Lillehammer.

A lifelong Rossignol team member, Jon's athletic prowess was remembered by former Rossignol USA Nordic race director Jim Fredericks in remarks to the Idaho Mountain Express newspaper.

A FIERCE COMPETITOR

"Jon was a fierce competitor and well known on the ski circuit, whether it was biathlon, marathon skiing or the U.S. cross-country national circuit. As a competitor, Jon was well liked but also feared by his competitors. Many elite and younger racers were often schooled by Jon as he passed them in races. However, his humble demeanor outside of competition contributed to his popularity off the ski course."

"I still remember the one race where I nipped him at the finish, it was a 25k at the West Yellowstone Rendezvous," Wolter said. "We went back and forth the whole race and I got him by a ski tip at the end. I'm not sure he believed it, but he was always respectful and always the first one to compliment someone."

The ability to extend admiration in the form of a compliment served Jon well when he crossed paths and fate with Darlene Young at the Boulder Mountain Tour.

"We met in 2000 at the Boulder Mountain Tour banquet. Well, we actually didn't meet,

Jon Engen continued on page 16

Training and Tactics

By Chris Mallory

The Boulder Mountain Tour is a fun and unique ski marathon. At 34 km in length and with 1,100 feet of elevation loss, the race is fast and challenging, but also accessible to athletes just getting into the sport. I'll go over some training tips, workout ideas, and a general training template for the month leading up to the BMT.

PEAK FITNESS

If you're trying to be in peak fitness for the BMT, you want to have your largest amount of training volume three and four weeks out from the race. Get out for as much easy distance training as you can, while still mixing in a couple interval sessions and maintenance gym strength. Two weeks out from the race, the focus should be on tapering your hours and recovering from and absorbing the training block, while still getting in some harder intensity workouts. During the week leading up to the race, you should bump your training volume back up slightly and make sure to get in some harder "sharpening" workouts. One example could be a couple of 8-minute threshold intervals followed by a set or two of five minutes of 30 second hard/30 second easy. There's also nothing like racing to get yourself into form, so ideally, seek out a local race or get some training friends together for a hard race type effort the weekend before the big event. Giving yourself too much of a taper can backfire and leave you feeling flat. Do not be afraid of going into your targeted race with some training in your legs. That's when I've seen our athletes have their best performances.



PHOTO: NILS RIBI



BUILDING OUT TRAINING WEEKS

In building out your training weeks, a good rule of thumb is to shoot for two intensity sessions per week. Some of these should be shorter and harder such as 4 x 5 minute at 90 percent of your maximum, while others can be longer in duration such as 4 x 10 minute at 80 percent of your max, or one longer continuous threshold interval for up to an hour. One idea for a marathon-specific type workout is to go out and ski for a couple hours and then add a set of low level intervals like 4 x 3 minutes at the end. This teaches your body how to go hard when tired, which is key to skiing well during the important closing kilometers of marathons. Another area to focus on is building speed work into a couple distance skis each week. Add 10 x 10-15 seconds speeds into sessions every three minutes or every time you come to a kilometer marker. This will help you get off the start line faster, stay with a pack when someone attacks, and help with that finishing sprint.

PROPER WARM UP

While putting in the training time is going to give yourself the biggest reward come race day, there's a few other areas one can practice to help their performance. Make sure you get in a proper warm up. This should include at least 25 minutes of skiing, touching on each of the different race gears, starting easy and building towards some light intensity towards the end. The pace is generally fast from the start and you need to be able to handle it without putting yourself under. You're going to have a much easier time skiing 34 km with a pack and drafting versus skiing alone dangling 30 seconds off the back. Also, practice drinking/eating during some of your easier intensity sessions. You need to keep hydrated for the longer races and it's important to know which products agree with your stomach. Some sports drinks have a lot of sugar, some very little. Know what works for you, and test them out.

Hopefully, you can utilize a few of these training tips and have your most successful BMT yet. ❁

Chris Mallory has coached for SVSEF for 10 seasons while also spending three seasons coaching at the University of Vermont. He is currently serving as head coach of the Sun Valley Gold Team.

TRAVIS JONES

is your BMT announcer & M.C. and former University of Colorado Racer.

Travis has been a cross-country coach for 20+ years, with a 4 year stint leading Sun Valley's Gold Team into the 2010 Olympics. Today, he's a full-time realtor just trying to keep up with his two sons.



SVEA GROVER

grew up skiing to the bus stop in Homer, Alaska & went on to represent the University of New Mexico. Svea has two competitive daughters, has been coaching with the team here in Sun Valley for almost 10 years & is a full-time realtor.

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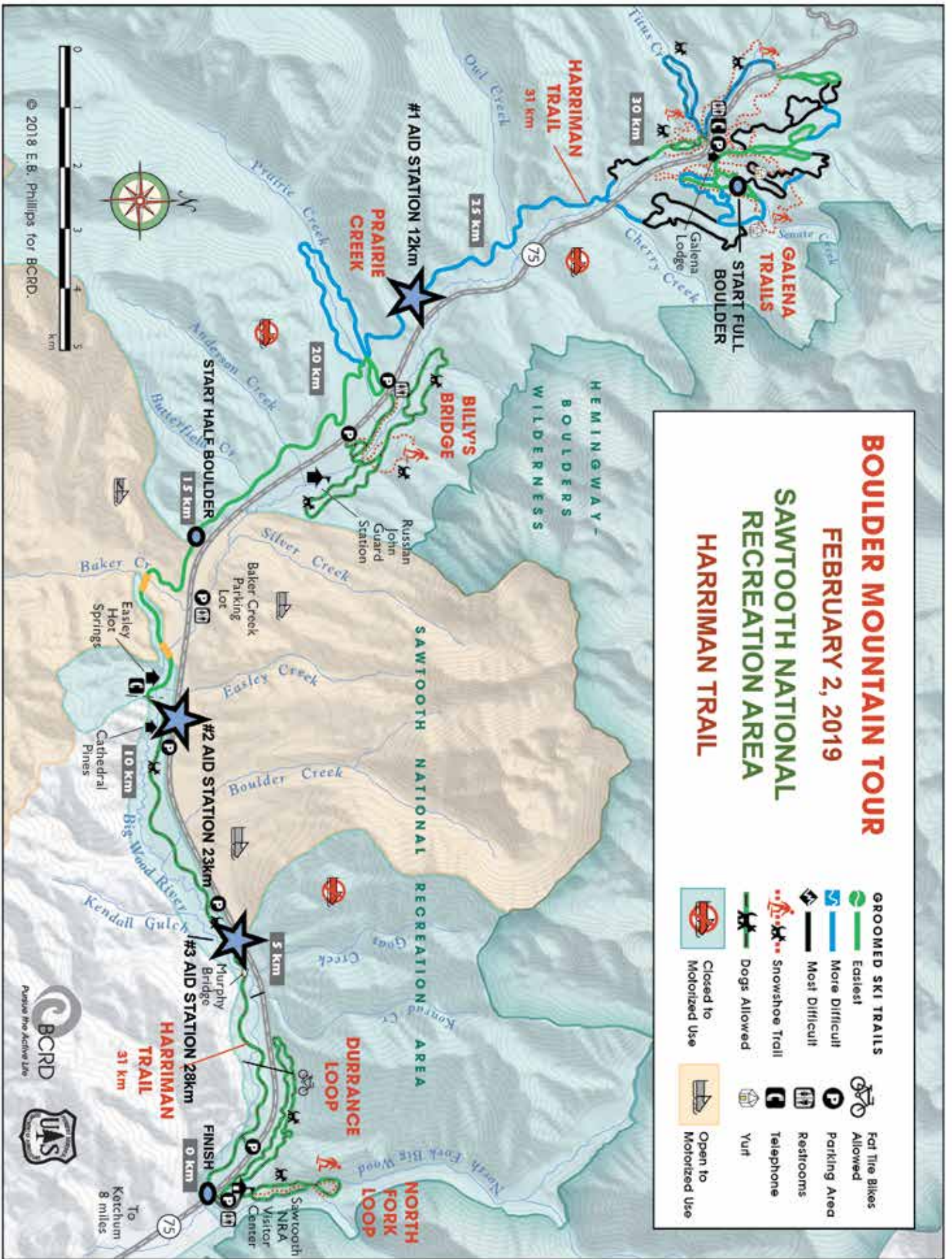
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Breaking Down the Boulder

By Matt Gelso

How does your BMT story begin? It may end in a sore, tired, and (hopefully) sunburned heap on the snow, swearing off XC ski racing forever. Not to worry, this affliction will heal rapidly once you start trash talking to your friends how you will beat them in the BMT 2020... But what started your BMT career? Are you a glutton for punishment? Did you lose a bet? Maybe you are here to show everyone that an old dog can learn new tricks? I'm sure some of you got suckered in with the, "it's all downhill" line. If so, I encourage you to strap on your 140 flex boots, lock your heels down, and head to the start line...

For those brave enough to tackle this 1,000 foot descent (lol, it's all downhill, I promise) on XC gear, here's six phases of the race to consider. **DISCLAIMER:** I was a "professional athlete" (making an NFL salary) for 15 years so spend the next three minutes of your life reading this at your own risk. I will not be held responsible for wasting your time nor giving bad advice...

1) Elbows and Ski Poles: The Start

A great marathon race starts as fast and hard as you can to build an early lead. As you've seen in the Tour De France, that usually works SUPER well. The start is important, but you've got 34 km to 'race'; spend the start defending your poles and enjoying the gorgeous views - there's plenty of time to make yourself tired later. At the starting line, mind the short bald man with the bullhorn, he is amusing (especially to himself) and will warn the stragglers of the men's elite field to allow the elite women who catch them to pass with ease... These ladies have already beaten you by two minutes, let it go!

2) Do Not Color Outside The Lines: The Road Crossing

A kilometer or so into the race is a beautiful strip of pearly white to carry you across Highway 75. I will spare you the "stone grinding" jokes about what happens if you miss this white ribbon (you can't). Note, this is a great place to knockout your competition, as a small nudge can send your competitor back to 'go' without collecting \$200 dollars (actually, spending a lot more than \$200 on a new pair of skis). In all seriousness, be light on your feet and head up and you will blast through this into Phase 3.

3) You'll Ski At My Pace and Like It: The Infamous Hawk Hill

One could call this a big climb, but they would also call the Midwest ground zero for big mountain alpine skiing. The challenge here lies in the trail width - it doesn't afford a three-person wide "I'm more fit than you" contest. This will help those who believe that this is their spot to make a move - trust me, it's not. Let the trail width save you from



PHOTO: NILS RIBI

yourself. Relax and flow up the hill, look forward to the great view from the top and the fun descent to follow.

4) Enjoy Your Next 20km: The Blowup

This overlooked bump will inform you immediately as to what kind of day you are having. A SNEAKY uphill that takes 30 seconds to ski but can put you one minute or more ahead (or behind) someone who started it with you. I have watched President Truman drop Fat Man AND Little Boy on legit racers here... However, if you are feeling good, this can be a great place to strut your stuff.

5) Fruit Of The Loom Is Not Going To Cut It: The (Sometimes) Cold Part

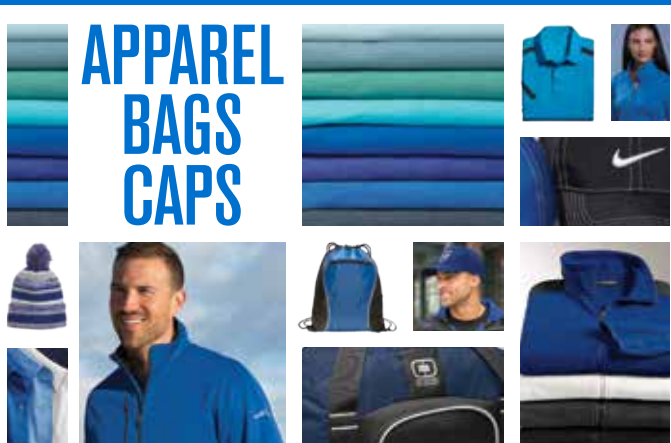
If you begin your clothing layers like with the same piece as Walter White in the first episode of Breaking Bad, you may regret it. "Frostbite Flats" translates directly in skier to "wear your wind briefs." Even if it is warm on the day of the race, wind block material can't hurt. This section of the course (from Baker Creek to the finish) contains great open skiing, where you can ski big and let your skis glide out. Don't forget to enjoy the amazing views of the Boulders and the Big Wood River!

6) Move It Or Lose It: The Finish

I've been the one moving it - and also the one losing it. The end of the race is narrow, twisty, and FLAT. Think tactically, save energy, and do NOT start sprinting too early! The final drag is long, so be patient and time your 'move' such that you die (metaphorically only, please) at the finish line, not 10 feet before it.

Remember these six phases and you might have a good race, or not, it's really up to you. Write your own BMT phases; hopefully they involve fun racing, good weather, great snow, and amazing people. Enjoy your time on the Harriman Trail, it's a beautiful place and you only get to race on it once a year (if you're lucky)! *

***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 U.S. Ski Team, he has raced throughout the U.S. and Europe in World Cup and World Championships competition. He now deals commercial and residential real estate in the Wood River Valley with Paul Kenny & Matt Bogue Real Estate. He is last year's 2019 Boulder Mountain Tour champion.*



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How to Brew Coffee Using Your Nordic Know-How

By Liz Roquet

It's a beautiful winter morning. The sun is up, the forecast calls for 27 degrees, and the trail report shows everything from here to there was groomed by last night's crew. You're already looking up today's wax recommendation, and deciding which skis will be perfect for the snow from Tuesday's storm.

Your next move is to get this day started with your ritual cup of coffee.

You hit the kitchen and dump some coffee in the filter, fill the water from the kitchen sink, and press go on your electric brewer. It's time to pray. Is today's cup going to be a good one? Have you used the right proportion of "that seems right" and "heck if I know"?

Let's keep this Nordic skier daydream on track! You already have the skills it takes to be pro on the trails, so let's apply those same tricks to brewing a pro cup of coffee that will start the day off with an early victory.

Here are five tips for great coffee, just for Nordies:

TIP 1

Nordic: You know that the quality of your gear matters. Good quality skis, fitted to your body height, weight, and skiing aspirations might help you bump up a wave in the Boulder Mountain Tour. If you're rocking the random 90's gear you got from your brother-in-law's garage purge, it's probably doing you no favors.

Coffee: Your coffee selection counts! Coffee is not just coffee. Beans range from bad to amazing. Specialty grade coffee is the top grade, and only about 10 percent of the world's production. Within this grade there's still great and so-so. That's where your roaster comes in; taking the time to sample roast and taste different coffees, then only selecting the great stuff. Once you select a coffee that matches your desires, buy it fresh. Coffee stays freshest for about two weeks from its roasting date, so buy what you can enjoy in that time frame. If you buy old coffee, you can't expect it to knock your socks off no matter where it comes from.



TIP 2

Nordic: Your ski bases need to be protected from the elements, so whether it's summer storage, traveling to a race, or in-between sessions, you always have those thirsty skis covered in wax to keep them from drying out, and protected from damage.

Coffee: Taking care of your fresh coffee is just as important. Light, air, moisture, and heat are coffee's enemies, so you want to keep those away. Store your daily supply at room temperature in an airtight, opaque container. Yes, right on your countertop or pantry. Never store your daily supplies in the refrigerator or freezer. If you've purchased more fresh coffee than you can consume in two weeks, the freezer can be an option. In that case, you can place the fresh coffee in an airtight container in the freezer for up to a month. The trip to the freezer is only a one-time event, so once you're ready to consume it, remove the entire amount from freezer and use and store at room temperature as usual. If your coffee comes in a foil bag with a one-way degassing valve, that's a great way to store your coffee. Just be sure to roll and secure the top between use to keep away its enemies.

TIP 3

Nordic: Depending on the snow conditions you plan to use your skis for, you can select a grind for the bases that will make them zippy fast. The skis you pick from your arsenal on a

cold, dry day will have a fine texture, and that wet, spring snow will beg for a big, deep-rilled texture.

Coffee: The coffee grind should also match the conditions (meaning the coffee brew method). You want a fine grind for short brew cycles (like espresso machines), a medium grind for longer brew cycles (like drip machines), and a coarser grind for immersion brew (like press pots). The best type of grinder to use is a burr grinder, as it produces the most consistent and exact grind. Only grind what you need, right before brewing. The minute you grind your coffee, the aromas and oils, trapped in the beans under pressure, are released. You want to brew right away to get all those flavors in your cup. Purchasing pre-ground coffee, whether in a bag, can or pod, is not recommended, but sometimes the convenience might outweigh the loss of flavor.

TIP 4

Nordic: You pick a wax plan based on the temperature, and texture of the day's snow. If you throw on the Toko Yellow when it's six degrees out, that will probably send you back to the hut in defeat before the 2k mark.

Coffee: Water temperatures for any brew method should fall between 195-205F, so it's

A Better Cup continued on page 25

We Have Just What You're Looking For

By Katie Feldman

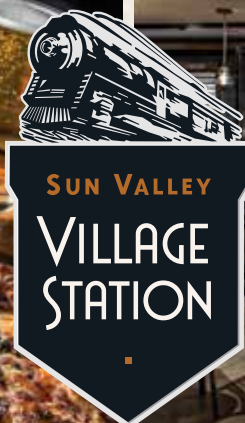
When the valley has good snow coverage, it is tough to go wrong with your trail choice. With over 100 km of trails, the decision of where to ski can sometimes feel overwhelming. Here are four categories and some of my favorites to help narrow down your choice of the day.

FOR THE VIEWS

The 8km Prairie Creek Loop is a must. You will find excellent terrain for long strides and glides, and the best view of the Boulder Mountains. Ski it counter-clockwise for a long gradual climb and a quick downhill, or clockwise if you feel up for a steeper starting climb with a longer descent. If you have a dog, Billy's Bridge on the other side of Highway 75 puts you right at the foot of the Boulders and is a flatter, dog-friendly loop. You will want your camera either way!



Happy Trails continued on page 35



AMERICAN CUISINE ■ 12 CRAFT BEERS ON TAP ■ LARGE-PARTY TAKE-OUT MENU

The train station-inspired décor pays tribute to Sun Valley's history as an early destination on the Union Pacific railroad line. Enjoy a wide selection of cocktails and craft beer on tap, as well as a crowd-pleasing menu of classic American favorites—hearty cheeseburgers, chicken wings, pizza and family-style salads. Large parties and take-out orders welcome.

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mccallnordic.com

Registration: https://www.bluecirclesports.com/EventDetail_Master.aspx?meid=3191

Saturday, January 19
Freestyle Event
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he saw me there. He wrote me an email a few weeks later saying that, 'while at the Boulder Mountain Tour I noticed that you have a fantastic smile.' What girl couldn't fall for that?"

Robertson recalled that Jon also shared his feelings about Darlene with him, displaying his understated humor that belied a deeper seriousness.

"Shortly before he moved to Sun Valley, he had been to some ski race and met Darlene. Jon was not one to ever talk about women, he was really private, and super circumspect. He said to me, 'Yeah, I met this woman Darlene and an independent panel of experts voted her as having the best legs of anyone at the race.' I knew he was head over heels for her after that."

Jon moved to Sun Valley in 2002, and the pair married in 2006.

"Darlene was the love of his life," Jennings said.

Jon was a fixture in the Boulder Mountain Tour, and perennially challenged the elite field despite giving up a decade or two to the younger men. The Idaho Mountain Express reported that, "In one unforgettable

and lightening-fast BMT on the 32-kilometer course in 2003, Men's 45-49 class winner Engen finished sixth, just two seconds off the top time - in a pack of racers who were 15 to 20 years younger than he was."

"(He was) Superman in mind and body," Darlene said.

In addition to his love of snowsports, Jon was equally acclimated to the other seasons and a devotee of cycling, trail running, hiking, and hunting with his dog, Bamse.

"Jon bonded very well with the western lifestyle. He liked being out in the woods. We spent many days hunting," Jennings recalled. "One time we had gone to this place with good elk hunting. We were sitting in a meadow at dusk, but in different parts of the field. A herd of elk came running in with a 6-point bull elk at back. I flipped off the shot. Jon was incredulous, 'Why didn't you shoot the cow elk? I said why should I, I shot the bull. And he said, no, I shot the bull.' We found both bullets. We shot him at the same time. So we split him."

DEDICATED TO GIVING BACK

Dedicated to giving back to a sport that had given so much to him, Jon founded the Sun Valley Masters Nordic Ski program, was

a valued instructor for Sun Valley Company for 15 years, a coach for Team Rossignol and led trips to the World Masters Championships among a myriad of other endeavors, and was inducted into the Sun Valley Ski Hall of Fame in 2014.

"While he still competed as an adult he really felt he was done with that aspect of his athletic career and wanted to do things he had never done. He just really enjoyed being able to get out and be active," Darlene said. "He was generous with his time and had a positive impact on many. He was there to help whenever anyone asked."

Fredericks added, "While skiing for Team Rossignol, his teammates often looked up to Jon for his expertise in training and technique. Many of those racers still credit Jon's coaching as a contributing factor in their success."

Wolter concurred, "He had such incredible knowledge of the sport and athletics in general and was always digging and looking for things. He was passionate and gave good advice."

Jon also served as a board member for the U.S. Ski and Snowboard Association, and chaired USSA's Cross-Country Sport Committee from 2006-2014. In both roles, Jon brought his expertise as an athlete, coach and industry



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representative to spur the growth of U.S. skiing and is regarded as one of the committee's most impactful leaders. He received a Special Recognition Award from USSA at the end of his term.

"Much of the success we are enjoying now in cross-country skiing stems from the period when Jon's committee and community leadership played a major role in the growth of the sport in America," USSA Chief of Sport Luke Bodensteiner stated. "Most of all, he was just an amazing, kind individual who just wanted to help the sport find success in America."

In August of 2017, cancer knocked on Jon's door. Jon, Darlene, family and friends were stunned.

"He was surprised when he got cancer. He had no risk factors," Jennings said. "But it was just one of the challenges in his life that he was going to overcome. He never came across anything in his life where he couldn't excel. He was going to win."

Jennings added that Jon developed a regimen, similar to his secret training program in college, that he believed would help him beat cancer, "I need to focus on the program," Jon would say, while sending visitors out of his hospital room.

That belief in self. The unyielding will



Darlene and Jon Engen

remained with Jon until it was clear cancer was a foe that would not be vanquished. What remained untouched was his heart, mind and spirit, everything that was inherent and instructive to who he was and what he did.

"His mind never left. He had an incredible memory and even when he was weak and it was hard to talk he was sharp," Wolter recalled. "The last time I said farewell to him he said, 'Can you believe you are looking at the same person?' I could not. But he still cracked a smile and had a gleam at the end."

"He said that life was too precious to give

up and never gave up hope that he could beat it. I think everyone thought if anyone could do it, he could. His passing stunned many as we all believed with him," Darlene said, adding, "Jon believed in me better than I believed in myself. I think he had that effect on many. He was a coach, mentor and supporter of so many."

"And if he could see the love that came in from all around the world after he passed away, I know that would have made him truly happy."

Earlier this summer, Darlene accepted the prestigious Al Merrill Nordic Award on Jon's behalf. The honor is given to the individual (or group) involved with any aspect of Nordic skiing who demonstrates an exceptional level of commitment, leadership and devotion to excellence.

An unparalleled ambassador of the sport, Engen's love of cross country skiing was only exceeded by his regard for his fellow man. Fiercely intelligent, dedicated, and determined were characteristics equaled by a relentless passion for life, the outdoors and athletic pursuits. It is in his honor and these traits he shared so generously with others, the Boulder Mountain Tour is proud to host the 2019 race in Jon's indelible memory. *

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Calendar of Events

SATURDAY, JANUARY 26

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 this local treasure. This year marks the 25th 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!
Details, Jenna Vagias (208) 578-5455.

WEDNESDAY, 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 and tactics 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.

THURSDAY, JANUARY 31

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. New this year is a "Regs and Dregs" class for citizen racers. Cash prizes to the top teams will be awarded. Come join the fun as a participant or spectator. Sawtooth Brewery will be serving up the suds and there will be a toasty bonfire. You are sure to enjoy yourself! Details, Rick Kapala (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

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

Come celebrate the start of the Boulder and get your groove on with live music by Ketchum's own Pisten Bullies, who play a rollicking mix of alt country, original rock and classic favorites. They will get you ready to roll. Drink and food specials will be available.

FRIDAY, FEBRUARY 1

Race Bag/Package Pickup and BMT Expo

Race Headquarters, 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.



SATURDAY, FEBRUARY 2

Boulder Mountain Tour

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

The 46th 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 across from SNRA Headquarters. Spectators can catch the elite class finish shortly after 11 a.m.

Awards Ceremony and Party at Sun Valley Resort

**Limelight Room, Sun Valley Inn
5:30-7 p.m.**

Come one, come all to the festive awards ceremony. All race participants will receive a raffle ticket at the door. Raffle prizes include skis, boots, poles, clothing, bags and training aids from our generous sponsors and supporters. You must be present to win. No-host bar.

SUNDAY, FEB 3

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 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 9

Ski The Rails

**Wood River Trail System
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 race.

REGISTRATION

The 2019 Zions Bank Boulder Mountain Tour is limited to 1,000 entrants. The deadline to register for the BMT is January 26, 2019. No day-of-race entries will be accepted. Register online at 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 2019 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, February 1, 8-4 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 PICKUP AND BMT EXPO

Friday, February 1, 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, you may 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 vehicle are discouraged from transporting 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. 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. Return shuttles from the finish area to Hemingway will leave every 20 minutes from 12-4 p.m.

LANE ASSIGNMENTS

Starting lanes are assigned to Elite racers only. There are no lane assignments for waves 3 through 9. Access to the start for waves 3-9 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.

ELITE CHECK-IN

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

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. Thank you's are always welcome by the hard-working volunteer crew!

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 by race organizers. Everything must be clearly marked with name and bib number. Before heading to the start line, ensure that all your gear 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 a corresponding area at the finish area.



46TH ANNUAL

ZIONS BANK

BOULDER MOUNTAIN TOUR

SUN VALLEY, ID

Details can be found at
www.bouldermountaintour.com

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

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



PHOTO: STEVE BUTLER

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

SPORTSTATS 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 available for viewing at the Awards Ceremony. Any protests must be lodged with the race jury before you leave the finish area.

AWARDS CEREMONY

Saturday, February 2, 5:30-7 p.m.
Limelight Room, Sun Valley Resort

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. New this year is the Jon Engen Award given to the man and woman who improve their time the most from the year before. Raffle tickets will be given to each racer, but you must be present to win. No-host bar.

**SAVE
THE DATE**

The 47th annual Boulder Mountain Tour is February 1, 2020. 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 loss 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 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's company's database. Race bibs are color-coded on each shoulder according to wave. The Half Boulder starts in a single wave at 11:30 a.m. As with all mass starts, faster skiers will be at the front. Please place yourself accordingly.

WAVE		BIB COLOR	START TIME
#1	Elite Men	RED	10:00 a.m.
#2	Elite Women	RED	10:02 a.m.
#3		YELLOW	10:10 a.m.
#4		BLACK	10:14 a.m.
#5		BLUE	10:18 a.m.
#6		GREEN	10:20 a.m.
#7		PURPLE	10:22 a.m.
#9		ORANGE	10:24 a.m.
Half Boulder		YELLOW	11:30 a.m.

WATCHING THE RACE

Spectators will be able to view the BMT start and finish solely through 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 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

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. 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 12-4 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 9:30 a.m. to 2:30 p.m.

Spectator and Support Crew

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.

Bring the Kids

By Annie Pokorny

I didn't think much about kids' activities until I became an expecting aunt (my brother's son is due just before the 2019 BMT). Upon the announcement of the upcoming arrival, I began seeking any and all ways I could incorporate a kid into my daily activities (my own eventual parenthood promises to throw me for a loop!). The good news, I am a Nordic skier, and skinny skis offer a world of opportunity for keeping kids entertained. Better news, the BMT weekend is one that I will not have to worry about keeping the kiddos occupied.

First, when he's big enough, my nephew can enter to compete in the Nordic Town USA Sprints in Ketchum on Thursday night. The evening doubles as the BMT Opening Ceremonies, and two laps around the quarter-mile course mirrors the experience of the big dogs racing night sprints on the World Cup. At least it does for the kids. More often than not, a World Cup alumni team will show up to compete in the elite sprint final, and they always do their best to take a lap with the kids beforehand. Whether or not they are on skis, kids who attend the Nordic Town USA Sprints will get the chance to see one of the most fun parts of the sport, and feel inspired to pursue it themselves.

DOZENS OF ACTIVITIES

Between the sprints and race day, there are dozens of activities for the tots while Mom and Dad do race prep. My favorite is a morning at Galena. While racers can go check out the start and get ready for their distance race, kids can amble about the historic lodge. Rent a pair of skis or snowshoes to adventure throughout their system of snow-draped trails. After the adventure, grab a sled and take on the great Galena sledding hill. With the hill well within eyesight of the lodge, visitors can keep an eye on their charges while enjoying hot soup (or maybe a warm cuppa or cold beer) from the deck. For lunch, the lodge has soups, chilis, grilled cheeses, and dozens of tasty treats to thrill any eater, no matter how picky - or how old.

THE REAL FUN BEGINS

On race day, the real fun begins. While the start line can be quite chaotic for spectators (300 people DO NOT have space in the lodge), watching the lines of athletes race by at any of the designated spectating locations can be quite the experience. Count how many people you can see, speculate on fashion choices, and give that cowbell a good ring (I take no responsibility for what results in a small child possessing a cowbell). At the finish line, the anticipation of seeing Mom, Dad, Brother or Sister cross the line will take up lots of energy, but getting there early enough to see the elite racers finish is quite the sight.

AFTER THE RACE

After the race, celebrate the weekend with a cowboy-style



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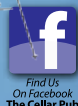




PHOTO: NILS RIBI

dinner in town at the Pioneer Saloon before getting back on the trail for Sunday's Demo Day at Sun Valley. A perfect day would include breakfast in town followed by some family adventures on the famous (and mellow and family-friendly) Sun Valley trails, with a round of bowling or afternoon at the movies after. *

Annie Pokorny (who, for the record, is not a parent but has a lot of opinions for what you can do with your kids) is a skier, runner, biker, climber and will-try-pretty-much-anything-er. Annie grew up in the SVSEF Cross Country program and finished her career with the Gold Team. Between the two, she skied at Middlebury College and raced on the SuperTour, Scando, and OPA Cup circuits. When she's not skiing, she's working as event manager at Tugboat Institute, freelance writing, and thinking about skiing.



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FOR SOCIAL RESPONSIBILITY

A Better Cup continued from page 13

important that your machine can produce these consistent temperatures from start to finish. If brewing with a manual method like pour over or press, note your area's boiling temperature and go from there. (For example, sea level water boils at 212F, while Ketchum, Idaho water boils at 203F). Always brew using fresh, clean, filtered water. If the water you use tastes like old tires, so will your coffee.



TIP 5

Nordic: That grooming report has pointed you to the best trail, and the skis are buffed to perfection with today's wax. All there is left to do is get out there and enjoy it! You relish in the feeling as you glide along the trail, taking in every uphill challenge, and every downhill reward. Yes, please.

Coffee: Pour that brewed coffee into a pre-warmed mug and get ready for giggles as you sip while it's fresh and hot. Keep enjoying the flavors of each coffee origin as they change during the cooling process. Yum and yum.

Sometimes even with the best skill and preparation things don't go as expected, so it's a pretty good rule to avoid taking yourself too seriously on the trail or in your kitchen. If it didn't work out this time, no worries! You can learn from the experience and adjust next time. And really, no matter the weather, the wax, or what ends up in the cup, you know the best days are the ones that you get to ski alongside your friends, or sit together to share a giggle over coffee. *

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

A special thanks for the expert contribution provided by SVSEF Gold Teamers Maddie Morgan & Adam Luban.

— Ride 'n Glide —



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PHOTOS: NILS RIBI



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Recipes to Fuel Your Life

By Brooke Hovey



BROOKE'S PROTEIN AND POWER PACKED CREPES

(gluten and dairy-free)

- 1 1/2 cup filtered water
- 1 cup steamed quinoa
- 1/2 banana
- 3 tablespoons hemp seeds
- 1 tablespoon raw organic almond butter

Blend above ingredients in Vitamix or high-powered blender until smooth, transfer to mixing bowl

ADD TO LIQUID INGREDIENTS:

- 2 organic eggs
- 1/2 cup buckwheat flour (I sell sprouted and freshly ground buckwheat at NourishMe in Ketchum)
- 3 tablespoons ground flax seeds
- 1/2 teaspoon sea salt

Mix all ingredients, let rest for 5 minutes while large skillet is heating on medium heat

Spread 1 teaspoon coconut oil in pan, add 1 cup crepe batter, spread thinly to cover surface of pan (these work best as crepes rather than thicker pancakes)
cook 2-4 minutes per side until light golden brown

Fill with your choice of berries, applesauce, granola and yogurt (dairy-free or cow's milk, just make sure it's organic and grass-fed.)

GREEN SMOOTHIE

(perfect to go with crepes for full morning of outdoor, aerobic adventures on foot, bike or skis)

- 2 cups filtered water
- 1/2 cucumber
- 1/2 apple (or 1/4 cup frozen blueberries if you prefer to apple)
- 1/4 avocado
- 1 cup dark leafy greens (spinach, kale or swiss chard)
- 2 teaspoons freshly grated ginger
- 1 tablespoon Udo's 3-6-9 fatty acid oil blend (sold at NourishMe) or cold-pressed coconut oil
- 1 teaspoon fresh lemon juice
- 1/4 teaspoon sea salt

BLEND ALL INGREDIENTS WELL IN VITAMIX.



HEARTY LENTIL AND VEGETABLE SOUP (can be vegan or include organic sausage or chicken)

In stockpot saute over medium heat for 5-8 minutes:

- 2 tablespoon olive oil
- 1 diced yellow onion
- 1 diced leek
- 3 cloves garlic
- 4 diced carrots
- 3 ribs diced celery
- 2 teaspoons each Italian seasonings, oregano, basil and thyme
- 1/2-1 teaspoon red chili flakes
- 1 teaspoon black pepper

ADD:

- 8 cups water, vegetable or chicken stock
- 1 cup green lentils (rinsed and drained)
- 2 organic Italian sausages or 4 chicken thighs (if not vegan)
- 2 cups organic diced tomatoes
- 1-2 teaspoon sea salt or to your taste

Bring to boil, turn to simmer and cover for 30 minutes or until lentils are soft

BEFORE SERVING ADD:

- handful of rough chopped dark leafy greens
- 1 diced zucchini
- 2 tablespoons fresh chopped parsley
- 1 teaspoon balsamic vinegar

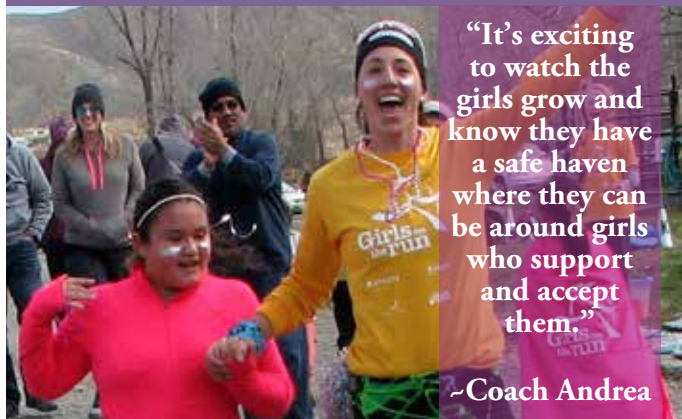
Nicknamed "Sled Dog" for her love of endurance challenges and racing, **Brooke Hovey** is an athlete, mother, wife, chef and longtime Ketchum resident. She began cross country skiing later in life (23) after years of road running and competing in track and cross country for CU Boulder. She joined Team Rossignol and learned how to ski efficiently with coaching from Jon Engen and fellow elite racers. Brooke specialized in skate sprints and 50 km ski marathons and has raced in the BMT 20 years with exception of 2-3 years. Almost every finish has been top 5; with many wins, second and third places. Brooke's career as restaurant and private chef has always been about creating meals that are organic, local and sustainable, nutrient-dense, energy-packed and delicious, and says "Whether or not you are a trained athlete, food is the foundation of health, vitality and energy." You can find her creations locally at NourishMe.



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-Coach Andrea

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-Hippocrates

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Books Every Nordic Skier Should Read

By Molly! Goodyear

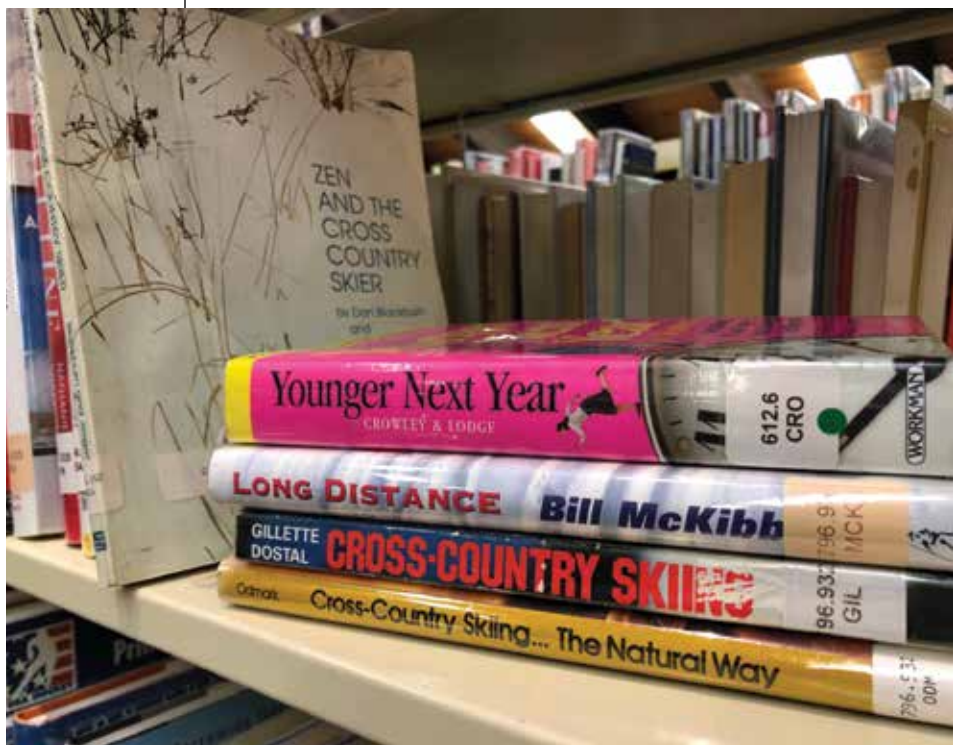


PHOTO: MOLLY! GOODYEAR

When Boulder Mountain Tour Director Jody Zarkos asked me if I wanted to write an article about books that every cross-country skier should have on their bookshelf, I was excited. I work at The Community Library, I'm a Nordic skier and most of my friends are, too. But I quickly realized that my bookshelf has only one book about the subject and most of my friends were hard-pressed to come up with much more. But, I persevered (okay, I did some web browsing) and here's what I came up with.

The book that's on my shelf, (and probably on yours, but I'm going to talk about it anyway), is "World Class: The making of the U.S. Women's Cross-Country Ski Team" by Peggy Shinn. Published in 2018, shortly after the Olympics, this book chronicles the rise of the U.S. women from years of struggling to compete with the best in the world to earning a series of medals on the world stage over the past five years. This is a great read about the hours, months and years of training, as well as the camaraderie of team members and the importance of team bonding that have made the U.S. Women's Team number one in the world. I still get goosebumps thinking about our victories at the Olympics this year.

My good friend, Muffy Ritz, athlete extraordinaire and two-time winner of the American Birkebeiner, enthusiastically suggested the book, "Don't Look Back" by John Morton. Written in 1992, by a former Olympian and Olympic coach, this now-classic tome outlines what makes a great skier. Morton states, "The combination of conditioning, technique, psychology, health and nutrition, equipment and waxing can make or break an athlete at any level." Case in point, if Muffy recommends it, you know it has plenty of effective information that creates results!

Though not specifically about cross-country skiing, the book,

"Younger Next Year" and its companion book for women, also suggested by Muffy, "show us how to turn back our biological clocks – how to put off 70 percent of the normal problems of aging (weakness, sore joints, bad balance) and eliminate 50 percent of serious illness and injury." Muffy says she refers to it over and over in her training and coaching not only for its wisdom, but because it has a lot of humor and humility, too!

"Long Distance," by Bill McKibben, environmentalist, educator and author, chronicles the year he took to pursue the Holy Grail of cross-country skiing for amateurs - training and racing on par with Olympic hopefuls. He makes a valiant effort and gives the reader what one review says is, "...an insightful examination of the culture and mindset of endurance athletes, and a moving and inspiring meditation on finding balance in our often harried lives."

Two additional shout-outs to some of our contemporaries: "Momentum: Chasing the Olympic Dream," by Pete Vordenberg, a two-time U.S. Olympic cross-country skier and former U.S. Ski Team coach, and "Endless Winter: An Olympian's Journal," by Luke Bodenstainer, a two-time Olympian and NCAA champion, and Chief of Sport for U.S. Ski & Snowboard.

Looking to check out these books and more? Bring the whole family to The Community Library in Ketchum which has quite a large number of books about Nordic skiing. Library cards are free to anyone and it's the perfect place to warm up after a day on the trails. *

***Molly! Goodyear** is the Communications Associate at The Community Library in Ketchum. She is a mom of two children, Peter and Ella, and married to Mike Wolter, who all have been Nordic skiing since they were 2-years-old. Molly! grew up in Houston and the first time she went cross-country skiing was in Norway at the age of 18 and she hated it! Things have changed since then.*

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Working Toward Race Day

By Cate Brams

My high school ski coach had a saying, “You can’t cram for the fitness exam.” He said this often – but it wasn’t a reprimand for lack of training effort. Instead, it was said in reference to preparation. Successful race preparation in skiing is like having a strong and creative playbook in football. Maybe the best players in the game could still win without good plays, but it would be disorganized, sloppy, and very difficult. Yes, the players still have to do the work come game day, but a good playbook puts control of the contest in their hands.

PREPARATION

Preparation for race day can be boiled down to three key components: rest, fuel, and specificity in workouts. Combined properly these components cannot make up for deficits in fitness, but they can ready the body to perform at its best.

Rest begins the furthest out from race day. You can’t make up for weeks of insufficient sleep in the three nights before a race. Instead, in the three weeks before the race, sleep at least eight hours per night, ideally adding an hour for every hour exercised.

FUELING

Fueling for a marathon-length race is more complex than a shorter exertion. Rather than one large carbohydrate-based meal the night before a race being sufficient, marathon fueling must start at least three days before race day. In those three days, about 80 to 90 percent of food consumed should be complex carbohydrates, with particular emphasis being on the day before the race. The energy used during a race is drawn from your body’s glycogen stores, and this carbohydrate-heavy diet will fill these stores successfully, helping you to avoid hitting a mid-race wall.

SHARP AND READY

Specificity in workouts will ensure that you don’t show up to the BMT start line feeling sore or “flat,” but sharp and ready to race. This means different things for different people, but for many racers,



It may not be possible to cram for the fitness exam, but it is certainly possible to show up prepared.

workouts the week of a race are shorter than typical training loads, and do not include heavy strength workouts or longer intensity workouts. The day before the race, add in some intensity, working through all five heart rate zones. This could take the form of a 30-minute warm up, followed by 3-4 x 3 minutes of intensity, with the first three minute effort at an easily maintainable pace, and the last three minute effort at a very hard pace. These could be followed with a few short (10 second) all out efforts, and a 20 to 30 minute cool-down. This type of pre-race workout allows the body to get comfortable and ready to perform the movements required on race day, without sapping unnecessary energy.

It may not be possible to cram for the fitness exam, but it is certainly possible to show up prepared. Although this article only scrapes the surface, it explains the three main keys to successful preparation, and ensures that when you get to the start line, you’ll be ready. ✱

***Cate Brams** grew up in Belmont, Massachusetts, where she skied for the Cambridge Sports Union. She went on to race for Middlebury College. This is her first year on the SVSEF Gold Team.*

By the Numbers – BMT 2018

REGISTRANTS

Total Registrants **798**
Total Participants **806**
Male **490** (60.8%)
Female **316** (39.2%)

589 skied in the Full Boulder (73.8%)
209 skied in the Half Boulder (26.2%)

534 racers completed Full Boulder
180 racers completed Half Boulder

WINNING TIMES

FULL BOULDER

Matt Gelso 1:10.28 and Caitlin Gregg 1:17.41

HALF BOULDER

Colin Poly 36:02 and Berkeley Canfield 41:34

Number of racers who finished Full Boulder in less than two hours – **353**

Number of racers who finished Full Boulder between two and three hours **172**

AGE & NUMBER OF PARTICIPANTS

9-under - **8** (parent assist)
10-14 - **41**
15-19 - **22**
20-24 - **26**
25-29 - **38**
30-34 - **47**
35-39 - **60**
40-44 - **71**
45-49 - **108**
50-54 - **96**
55-59 - **104**
60-64 - **85**
65-69 - **57**
70-74 - **31**
75-79 - **8**
80-84 - **2**
85-over - **2**



FULL BOULDER

Oldest participant - Steve Swanson, **79**
Youngest participant - Jonas Benson, **9**

HALF BOULDER

Oldest participant - Charley French, **91**
Youngest participant - Jude Benson, **6**

WHERE WE LIVE

Idaho **382**
Utah **145**
Oregon **63**
Washington **46**
Montana **32**
Wyoming **32**
California **29**
British Columbia **7**
Nevada **7**
Colorado **6**
Wisconsin **6**
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FOR THE CLIMBS

Want to work on your V1 or striding? Check out Rip & Tear at Galena. Enjoy a short warm-up as you leave the lodge and head out Gladiator Creek, and then prepare for a leg burning, lengthy climb up to the top. You will then cross a flat with views of Galena Peak and yurts peeking through the trees. Make sure you catch your breath here – the descent will take it away again. Get your best step turn ready and let ‘er rip. At full speed, you might feel the roller coaster effect in your stomach, and your eyes will be watering by the time you reach Senate Meadows at the bottom. If you have the time and find yourself craving more, head back past the lodge, up Gladiator again, but this time take a left and climb up the connector towards Horse Creek. At the top, bear left again and ski the ridge before dropping down Galena’s legendary Psycho – you may want to whip out your Norpine skills here.

FOR TRANSITIONS

Lake Creek’s corners, variety of terrain, and wide stadium area make for a great place to practice transitions, and these are key seconds in races. Here are two of my favorites to practice. Start with some easy skiing on Riverside and the North Loop to warm up. On your way back to the stadium on Hillside, take a right up Gnar. Carry speed over the top and then step turn the sharp right hand corner towards Coaches’ Climb at the bottom. Once you complete the turn, keep the tempo high and accelerate out of it. After this acceleration, you can turn around and head back on Hillside’s flat. Where Gnar and Hammer’s climbs split from Hillside, begin accelerating and take a sharp right down the steep drop into Jaker’s Hollow. Carry your speed down the hill, stay left, and glide it out along the Riverside trail. You can repeat this loop by turning back on Hillside when the trails meet at the top of Herringbone Hill.

FOR A MELLOW DAY

Especially if you travel from sea level, the high altitude climbs can be taxing. On a day when you are not feeling the tougher terrain or do not have time to drive north, head over to Sun Valley Club for a variety of loops. Trail Creek loop runs about 5 km with a couple short climbs and descents. If you want longer, add on Proctor or Boundary Loop at the far end. Sun Valley also offers single track (classic only) trails. Enjoy these on a snowy day when you might be looking for some quality and slower time outdoors rather than a high-intensity session. *

Katie Feldman grew up racing both alpine and cross country with SVSEF and playing soccer while attending Community School. She then studied at Middlebury College where she raced the collegiate Nordic circuit for four years. After graduating in 2018 with a degree in Art History, Feldman returned to Sun Valley to join the Gold Team and pursue cross country ski racing full time. When she is not skiing, she enjoys baking and reading. Her favorite color is blue.

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What to do After the Race is Over

By Adam Luban

Whether you had a personal best or a race you'd like to forget, the Boulder Mountain Tour is a superb aerobic workout that, if managed properly, can provide a huge fitness boost to the rest of your season. Once the race is over, it's time to start recovering and rebuilding. A good meal and good night's rest will go a long way to absorbing the effort, but recovery isn't just physical. Getting the most out of a big race requires a mental debrief. I like to use the Notes app on my iPhone to get thoughts on the race down as soon as possible. What went well? What didn't? Consider fueling, warmup, parts of the course you skied well or didn't, and anything else that might be relevant to your race (i.e. remember to pack wind briefs). Committing that information to writing creates a valuable resource for directing future training and racing.

FUTURE RACES

After a few days to recover and head home, if you're traveling, consider what races you'll be competing in for the rest of the season. Are you going to race more marathons, heading to the American or Norwegian Birkie? Or, are you going to be moving towards shorter distances, such as 10ks? The BMT will help with both, but you'll want to target your training to your preferred distance. Combine your goal races with your BMT post-race report to make a plan for turning your BMT into season-long success.

MARATHONS

If you're going to be sticking with marathons, work on long intervals sessions that target any weaknesses you noticed in your BMT, such as transition-heavy intervals if you felt those were lacking, or all-downhill intervals if you didn't have the top speed you wanted. And just because you're racing long doesn't mean you should neglect speed work. Marathon races are won and lost in breakaways and finishing sprints, and quality speed work will also make you more efficient at slower paces. A favorite SVSEF Gold Team workout is L3 intervals with sprint stations, where Coach Chris Mallory will send us out on an interval loop, while secretly setting up a short sprint station on each



Committing that information to writing creates a valuable resource for directing future training and racing.

lap. Each sprint is a surprise, forcing the team to get used to suddenly dropping the hammer and then settling back into a sustainable pace.

THE BMT

If the BMT is your long race for the season, it's time to take the aerobic base you've built and add a peak on your pyramid. The best way to do this is with short, intense intervals, like 4-6 x 4 minutes at 10k goal race pace. It may take a few sessions to feel sharp at faster speeds, but don't get discouraged! The aerobic base from the BMT will provide more than enough fitness for short races, and if you're racing on back to back days or long into the spring, it will help you manage the strain of shorter efforts and ski your strongest when the competition is running ragged. *

SVSEF Gold Team member Adam Luban was born in Syracuse, New York, and grew up ski racing all over the northeast. He continued his career on the Middlebury College Ski Team, where he also found time to study for a degree in anthropology. Since graduating last spring, Adam moved west and has been taking advantage of all Sun Valley has to offer, especially the endless mountain biking (follow him on Strava for detailed information). In his rookie season on the professional circuit, he's looking forward to competing in plenty of marathons, including the BMT.



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Area Hot Springs to Visit Between Skis

By Annie Pokorny

There is nothing like a crisp winter day to soak in some hot water. Whether you're looking for a contrast lactate flush or a way to unwind after a long 34k on skis, the Sun Valley area is bursting (no pun intended) with scenic natural hot springs worth visiting.

FRENCHMAN'S BEND

Just 11 miles outside of Ketchum rest these lovely pools of delight. Water from three different springs flow into reserves blocked from Warm Springs Creek by rocks. Drive up Warm Spring Road (snow tires!) until you reach a bend in the road 11 miles up, at which point you can park on the right side of the road. Walk up another 100 meters and the springs will be down and to your left.

MOUNTAIN VILLAGE

For those looking for a more luxury experience, Mountain Village Resort in Stanley offers a private space to enjoy their hot tub. The shelter is maintained and kept clean, and reserved by appointment to enjoy striking views of the Sawtooth Mountains. Interested in something less private (and more free of charge)? Head just down the road to Snake Pit Hot Spring just 100 meters away.

ELKHORN HOT SPRINGS

First come, first serve on this epic tub of toastiness. Just down Highway 75 past Lower Stanley, you'll find a tub (no, actually, a tub) just off the highway by the Salmon River. There is a pullout to mark the spot, but otherwise no identifying features (because, adventure!) Navigate down to the river's edge and you'll find a pipeline of HOT water that you can connect to the tub. Use river water to cool it down. The tub will seat about three slightly uncomfortably, so I don't recommend intruding on any soaking travelers that beat you to the spot.

SUNBEAM HOT SPRINGS

If you're in for a drive, continue up Highway 75 well past Stanley to the Sunbeam Hot Springs. You'll know it by the steam rising up around the highway, but please drive safely as this road is twisty and often icy. Note, this spot is a historical location, so you can get some education while getting your soak on.



PHOTO: HILLARY MAYBERY

THINGS TO KNOW BEFORE GETTING INTO A HOT SPRING:

Cover up – while some of these springs don't technically require clothing, most all of them are within sight of a road and well known in the area.

Test the water – For most of these springs, no one is monitoring them for safe temperatures and can be scalding hot. Dip in your toe or fingers before diving in. Which leads us to.... No diving!

No glass – bring your beers, sports drink, and snacks in plastic or tin.

Hats + Water Bottles = Happy Hydration. Bring both, as cold air and hot water can sap your hydration and energy. *



PHOTO: DREW KIRK

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 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

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	●

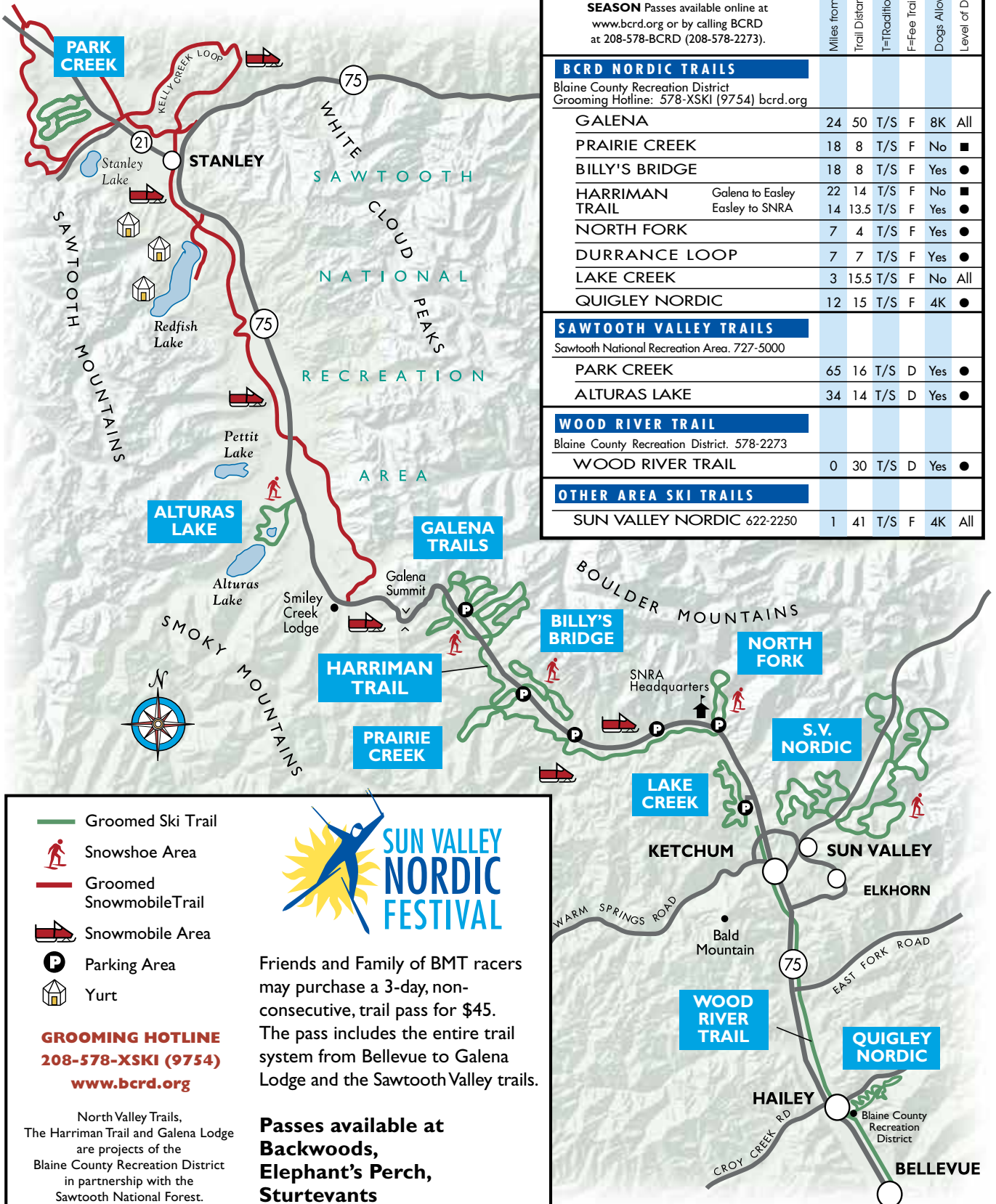
WOOD RIVER TRAIL

Blaine County Recreation District. 578-2273

WOOD RIVER TRAIL	0	30	T/S	D	Yes	●
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OTHER AREA SKI TRAILS

SUN VALLEY NORDIC 622-2250	1	41	T/S	F	4K	All
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— Groomed Ski Trail

— Snowshoe Area

— Groomed Snowmobile Trail

— Snowmobile Area

— Parking Area

— Yurt

GROOMING HOTLINE
208-578-XSKI (9754)
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.

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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.





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Boulder Mountain Tour.

Thank you from the
bottom of ours.



PHOTO: NILS RIBI

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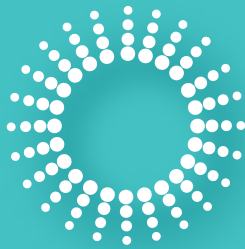


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