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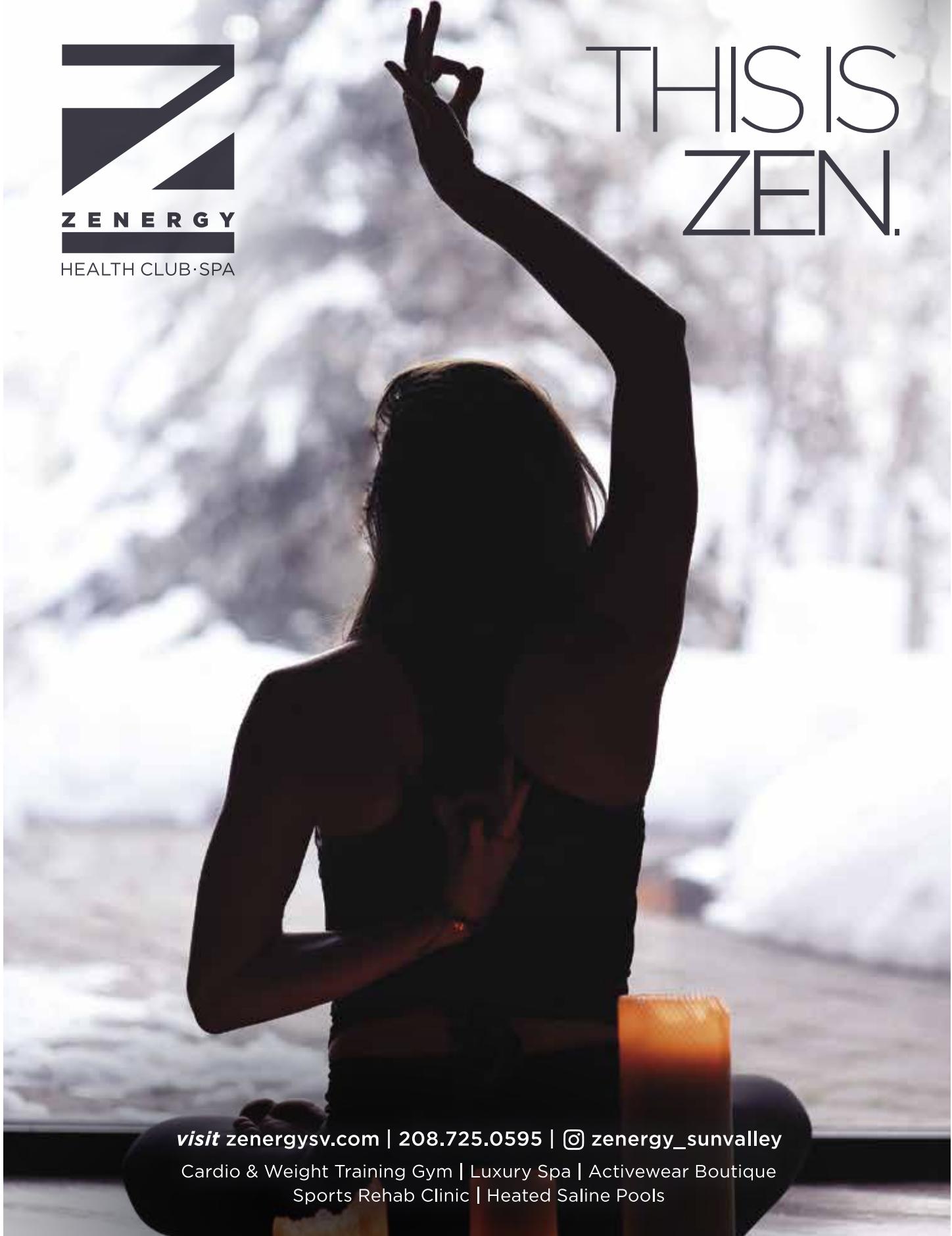
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MESSAGE FROM THE BMT BOD PRESIDENT

Welcome to the 2023 Zions Bank Boulder Mountain Tour



Dave Brennan, Bob Rosso, Kate Karges and Dale Gelsky in 1974.

It's a wild thing to be writing about a race ten years older than I am. Fifty years. How many races can say they've been bringing a community together for half a century? Very few.

This race was born from the incredible efforts of passionate people who just wanted to ski down one of the most beautiful mountain valleys on the planet. People like Bob Rosso (the spirit animal of the Boulder Mountain Tour), went out and not only made a race happen, they made an entire Nordic community happen. They made this Nordic Town USA. A place where, every year, people could come from all over the world, line up on a cold Senate Meadows morning, and ski hard down one of the finest trails in America. That's what the Boulder Mountain Tour is really about, a community working together. This race is the fruit of a tree that has been growing for fifty years - planted, watered and fed by countless, generous people who have given their all to make this event, and this place, the magical thing it is today.

This year, when my ski tips cross the start line, I'll be thinking about how grateful I am to all those people, and to all of you, for coming back year after year. We've had fifty great BMT's so far; I can't wait to see how amazing the next fifty are.

Ski fast, have fun, and welcome back. *

Paddy McIlvoy, President, Boulder Mountain Tour

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*20+ years of service



COVER ART: JACK WEEKES, TYPE B LABORATORIES

For the fifth consecutive year, the Zions Bank Boulder Mountain Tour is very proud to present the artwork of Jack Weekes on our official race poster.

Bob Rosso, the 2023 BMT honoree and one of the race's original organizers, is instantly recognizable making his way on course with his typical strength and elan, drawn in Jack's unmistakable and iconic style.

A limited run of 50 signed posters is available for purchase at www.typeblaboratories.com. Viewers may also take in Weekes large body of work emphasizing the mountains and beautiful valley in which we work and play.

A graduate of Sun Valley Community School in 1985, Weekes matriculated to the University of San Diego, where he minored in economics and majored in surf culture. A resident of Ketchum, Jack revels in all that the valley has to offer, often committing it to canvas for the rest of us to enjoy.



Program design by Judy Stoltzfus of Judy's Design House

Photos are courtesy photos from participants, Nils Ribi, Glen Allison, and various archives.

Program edited by Jody Zarkos

Maps courtesy of Evelyn Phillips

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How Nordic Skiing Shaped Our Valley and Beyond

By Andy Munter

Any student of history of the Wood River Valley knows well the amazing stories of the early mining days with its boom and bust, the ore wagons, and the huge sheep economy that followed. And of course our place in the history of the ski world with the founding of Sun Valley with its Siggis and Sepps followed by entrepreneurs like Ed Scott, Bob Smith, and Bobbie Burns. Mining, ranching and Baldy have all contributed mightily to our culture, but I think what is under-appreciated is the quality of life and sense of community that Nordic skiing has brought to Ketchum and surrounding towns, especially in the 1970s, 80s and 90s.

The history is rich. In 1970, tall, good looking, blond Olympian, Leif Odmark, with his great Swedish accent, opened up what many consider the first Nordic ski school in the United States on the Sun Valley Golf Course. By the mid-70s he had about 20 instructors and maybe the largest program in the country. In the 1930s and 40s it was the wealthy women socialites being charmed by the Austrian alpine ski instructors at the Duchin Room. I have a feeling Leif's Nordic Center was somewhat equivalent. In 1974, former Olympic alpine racer Betty Bell opened up the Bigwood Ski Touring Center and groomed and led ski tours along the Big Wood River before all the big houses showed up. Also in the early 70s our local Forest Service was the first one in the country to groom trails on public land. First at Prairie Creek then at North Fork.

GLORY TIME

What a glory time for Nordic skiing! High-fashion abounded with vibrant sweaters, flattering knickers for men and women – corduroy or wool preferred. High, colorful knee socks and duck billed 3-pin boots – some even with a little color on their brown leather base. Everybody had handsome wood skis made of birch, beech and ash with a lignastone edge. And maybe a handsome Swedish instructor had just burned a fresh coat of grunvalla with its distinct pine tar aroma on the base before rubbing on some "bluuue vax with a little extra bluuue on top." Oh, and the outfit for a day tour probably included a nice leather bota bag filled with one's favorite beverage.

It was in this environment that the Boulder Mountain Tour had its first race in 1973. (Two weeks before the first Birkie by the way!) I wasn't here then – my Nordic skiing as a college student in Duluth was confined to golf course cruising under a full moon with coeds and my bota bag filled with Mad Dog 20/20. It's also hard finding anybody that has many memories of that first race so let me speculate a bit. First the organizer. Instead of a tall, blond Swede I suspect the head ringleader was a short, muscular, Nordic fanatic – an ex-Southern California lifeguard named Bob Rosso. And maybe he wasn't the real ringleader. Rob Keisel, later national team head coach, had just started and was the first coach of the Cross Country ski program at the Sun Valley Ski Education Foundation (1972).



Bluebird conditions in the early days.

John Beaupre owned the Ore House in Sun Valley and was a Nordic buff. Ruff Patterson, later also a nationally renowned coach at Dartmouth, was also there. I'm sure they all had a part in brainstorming the crazy idea of trying to ski from Galena to the SNRA with no bridges, difficult snowmobile grooming and steep road berms to maneuver but it sure seems like pure Rosso to me. And I know – personally – that he was the one that really kept it going and growing all these years.

I suspect many of the racers that year were fashion police rebels not wearing knickers and I suppose some even had newfangled fiberglass skis. I've not seen any medallions from that first race but my neighbor proudly hangs one on his wall from the second race. It's clay, about three inches across and it says "SV Marathon 1974."

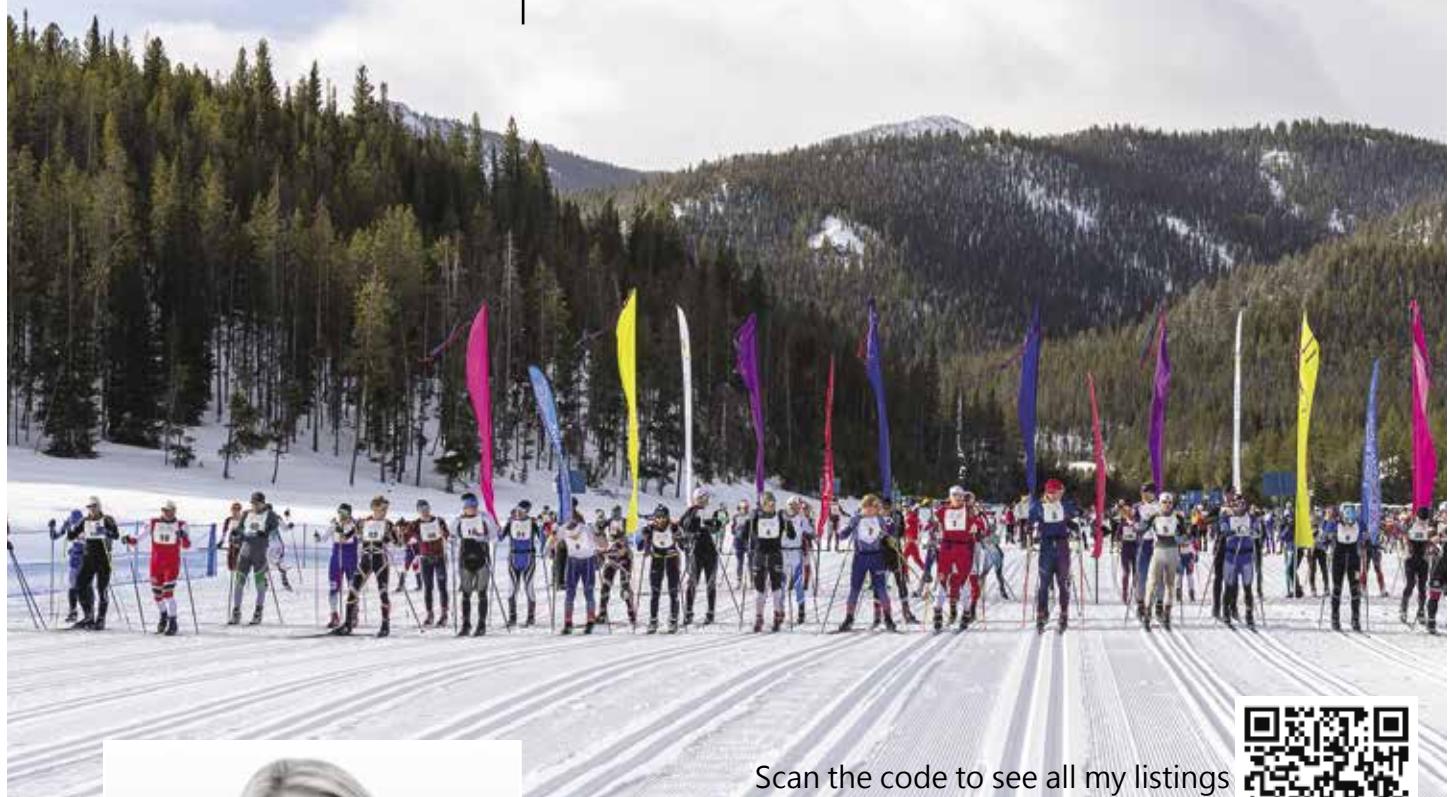
At some point some left-brain type probably said "Hey, it's not in Sun Valley or not really a marathon so let's drop the pretense and call it what it is: the Boulder Mountain Tour." I'm especially grateful for that word "tour." I think it gave tacit approval to thousands of local skiers over the years that skied in "tour mode" – sometimes even with a lunch and bottle of wine before the aid stations became part of the race. Most were locals who loved skiing the groomed route once a year. If it snowed the next day the trail disappeared.

THE WINNER

The winner that first year? Ketchum's expert kayaker, climber, paraglider, alpine skier and (who would have guessed it!) Nordic skier Brent Hansen of local Ski Tec footbed fame. Was he really the fastest or did he just happen to be in front on an impossible to pass single track when they got to the finish? When I ask him that he just smiles his humble

Nordic Skiing continued on page 7

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Good luck to all the racers!*



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NORDIC SKIING *continued from page 5*

Brent smile and says it was his klister that really kicked in the last third of the race.

One of my early memories "volunteering" for the Boulder was answering an early miscellaneous ad in the Thursday Mountain Express in the late 70s to help build a temporary bridge across the Big Wood for that year's Boulder. It sounded like fun so I showed up at 9 a.m. on a nice October Saturday at the now permanent Murphy's Bridge site. Rosso and two other alpha males were already going full speed with a pile of logs on one side, a jeep with a winch in the river and no Forest Service employees in sight. I watched for a while, greatly entertained, but realizing I wasn't needed as those three were enthusiastically vying for being in charge. After a while I went for a nice hike.

The Boulder was the biggie but certainly not the only "imaginative" race that these Nordic evangelicals thought up with Rosso being the lead preacher. One year we had a race from Lake Creek, over to Bigwood Nordic, to SV Nordic and finishing at Elkhorn Nordic. The annual Shamrock Relays had a goofy Nordic component that went on for years. Snow was hauled into town for three years and we had a night race around the block going up the Formula Sports hill and down the Coffee Grinder hill to Main Street. Then there was the Sawtooth Marathon, a race from Busterback to Stanley and maybe the wildest of all a "Sawtooth Derby" fashioned after the Stowe Derby. Maybe that idea was brought in by Trapp Family Ranch immigrant Dave Bingham. The mass start was off the Galena overlook, skiing down to the old road and on to Busterback Touring Center. A foot of snow the night before added greatly to the thrills and spills of powder skiing down the steep slopes of the pass on skinny skis.



Dave Wheelock navigates the course.

But the Boulder was what everyone really looked forward to. Those early mass starts with the traditional shotgun start were so chaotically fun. Kick wax layers were often applied at the last minute as rumors spread about what the experts were using, often around guesses about whether it would be warmer or colder at Frostbite Flats. But for the record, Frostbite Flats was not named until a much later race, when many

Nordic Skiing continued on page 37



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The Power and Purpose of BOB ROSSO

By Jody Zarkos

TR FACTOR.

It's facing all of us. It's just that not all of us factor in time remaining in our day-to-day lives.

For Bob Rosso, the TR factor has been a constant and longtime motivator in how he lives his life. And since receiving a diagnosis of dementia three years ago, Rosso leans hard into this formula, endeavoring to live, love, and enjoy life. We could say even more than he did before, but it is impossible. If enthusiasm has a poster boy, it is Bob Rosso - in full color.

Now 75, Bob's energy and zest for life remain at a full boil for a myriad of friends and interests. Or, in the phraseology and philosophy of Spinal Tap, "These go to 11."

Born and raised in Southern California, Bob grew up on Lido Island in Newport Beach.

He recounts, "At that time, it was a classic little beach community. We, my older brother and younger sister were outside swimming and surfing day in and out. I did a little school on the side. I was an average high school student. I think I was playing so hard and doing so many sports in high school that I did not do as well as when I went to college. I really took off then."

Drawn to Long Beach State to compete for famed coach Don Gambrill, Bob became an All-American swimmer. Now in the Hall of Fame, Gambrill's stable of swimmers is a veritable Calumet, with nine-time Olympic champion Mark Spitz, Matt Biondi, and Sharon Stouder-Clark, among others.

Bob's maternal grandfather founded Meeks Bay Resort at Lake Tahoe, and the family would spend every summer there. In the 50s and 60s, California's wide-open lands offered glorious opportunities for skiing, climb-



Bob racing in 1978.

ing, hiking, surfing, and biking, and Bob embraced all of them, including rock climbing in Yosemite in the 60s. He funded his forays by working as a lifeguard on the Pacific Ocean for ten years during high school and college and working in a ski shop.

"To this day, I cannot go someplace where I am not watching the water. It's an instinctive thing. You never lose that sense of watching the ocean. I have had quite a few rescues when I have been somewhere else because people aren't aware of what causes the currents and pushes you out," Bob says.

LURE OF SUN VALLEY

Bob was lured away from Southern California by the promise of an uncrowded winter nirvana replete with powder skiing and babes - in that order.

"A lifeguard I worked with took the winter off and came back raving about Sun Valley. The powder skiing and lack of crowds appealed to me because I am a non-crowd type of guy," Bob recounts.

"I came up in the fall of 1971 and found a house for three other guys who would join me. I walked into the Country Kitchen, which was owned by Bob Doan and was kind of a hippie health food restaurant and started off as a dishwasher and ended up as a cook. Rob Kiesel and Bob Gorton of Boise started Snug Mountaineering, so I got a job with them, too."

In the early seventies, alpine ski racer turned Nordic skier Rob Kiesel of Ogden was in lockstep with the famed Leif Odmark in changing the alpine-centric ski culture of Sun Valley to include cross-country skiing. Odmark founded the Sun Valley Cross Country Ski Center, and Kiesel approached the nascent Sun Valley Ski Education Foundation about expanding their junior ski program to include a cross-country ski program. He tapped his young climbing buddy, Bob, as his assistant coach.

"I didn't know anything about cross-country skiing at the time, including how to ski, but it was a whole lot of fun. A lot of the kids we had then still live in the community. That was 1972. Bridget (Sewell) Kapala nicknamed me Hummingbird Man because I was all over the place."

The master in his domain.

Bob Rosso continued on page 10



BOB ROSSO *continued from page 9*

I could never sit still," Bob says with a laugh.

You could say Bob hit the love lottery when he met Kate Karges, a student at Colorado State University in Fort Collins, who was camping with a friend in Adams Gulch when she and Bob met in the summer of 1972. They began dating, eventually marrying in 1977, and went on to have one son, Stephen, who is now a lineman for Lower Valley Power in Jackson Hole.

Another endeavor Kiesel talked Bob into being part of was helping organize a race that turned out to be the Boulder Mountain Tour.

"We set a classic ski course with a snowmobile along the berm on the highway. It was a complete blizzard the first year. You had to cross the highway five or six times, and it took three or four hours to complete the race," he recounts.

While he was enjoying a post-event beer at El Torito Restaurant in Elkhorn, where Kate worked, Bob's life took another fortuitous turn.

PLANTING THE SEED

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

The pair drove to The North Face in San Francisco (they were friends of the men that started the company), loaded up \$20,000 worth of climbing and mountaineering gear in the back of their truck, and never looked back. Well, maybe a bit, as the winter of 1977 was so dry the Boulder Mountain Tour wasn't held, and 1978 wasn't much snowier. But conditions – both weather-and-business wise – improved throughout the years, and in the 46 years the Rossos owned The Perch, it evolved into an iconic and valued fixture in the Ketchum community.

Personally, Bob was and is a pillar of the community. A member of the Blaine County Recreation District's board of directors for 20 years, he can count among his accomplishments permitting and building the bike path that spans 20 miles, Harriman Trail (in partnership with the US Forest Service), and the purchase and saving of historic Galena Lodge.

Over the years, the Perch played host to upward of 20 events a year fueled largely by Bob's interests. These include the Adams Gulch Fun Run, Backcountry Run, Shop to the Top, 10-Mile Run, Pin Binding Downhill, Classic Backwards Boulder Mountain Tour, Prairie Creek Snowmaker, Chamber Pot Relays, Baldy Snowshoe Challenge, Tri-Elephant-A-Thon Triathlon, Nappy's Wednesday Night Rides, Town to Summit Road Race, South Valley Century Ride, Stanley to Lowman Overnight Tour, Ronde Von Ketchum 120k Bike Tour, Wagon Days Criterium, and sponsorship of the Boulder Mountain Tour, Galena Grinder and Snowball Special Fat Bike Race.

About six or seven years ago, Bob, Kate, and a few staff members began noticing differences in Bob. He needed help on the cash registers to ring up customers, or he would forget the steps to open the email. Trying to organize the events The Perch sponsored annually, such as the Adam's Gulch Fun Run or Backcountry Run, became unwieldy.

A DROPOFF

"There was a little bit of a dropoff," Kate says. "His memory wasn't quite as sharp. It took him longer to do things."

As with other highly-intelligent people who are able to compensate in other areas to deflect their cognitive decline, it wasn't immediately apparent to Bob and Kate that he was in the early stages of dementia. In July of



Kate and Bob enjoying the Virtual BMT in 2021.

2019, the pair attended a lecture on Alzheimer's disease at St. Luke's. They crossed paths with Randy Vawdrey, a certified nurse practitioner and researcher from Pocatello, who would be a key player in Bob's efforts to stave off his memory decline.

"He said that since Bob has both APO genes for dementia and Alzheimer's, something could have triggered this," Kate said. "Bob had two shoulder surgeries and general anesthesias before this . . . Randy said it could be a possibility."

They began working with Vawdrey and credited him and Dr. Amy Drumm in the Wood River Valley with – all things considered – the very good shape Bob is in now.

"Some of the people diagnosed at the same time as Bob are not speaking right now. With Bob, there has been some decline, but it has leveled off. He takes a million supplements and tries to follow a Keto diet. Physically he is good," Kate says. "I would say he can do more than 90 percent of what he could do. He is able to travel, and he is pretty happy, which isn't always the case for people with dementia."

Bob is succinct. "Hopefully, I am more in the moment. I am not upset about it – ever. This is how life is. This is what you sign up for."

Always a willing participant around the house with cooking, cleaning, and doing his own laundry, Bob endeavors to still try and help as much as possible. The pair recount when Bob recently filled up their fancy coffee grinder, and Kate made herself a cup of coffee.

"It was really crappy coffee, and I took a closer look and realized the grinder was full of dog food. It doesn't happen all the time, but when it does, you can't help but laugh," Kate says.

They both say socialization is essential and seek out the company of friends regularly.

"We were just in Boise with good friends from Southern California who have been friends for 50 years. We laughed so hard we couldn't breathe. Those are the kinds of things that plug you in," Bob says.

As one of the founders and first organizer of the Boulder Mountain Tour, we felt it more than fitting to honor Bob at the event's 50th anniversary on February 4, 2023. The fact that we are still skiing down the Harriman Trail on the first Saturday in February is primarily due to the efforts and inspiration of Bob Rosso.

"What I love about the Boulder is the power of the race," Bob says. "You have racers from the area, from Boise, from all over the United States, and they come together and have this unified experience, and the energy grows and grows into this very powerful thing."

"Coming together gives us all a lift." *



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—1980'S SWEDISH RACER,
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Our Happy Golden Years

Memories of THE BOULDER

A half-century of BMT memories of the people, by the people, for the people.

1973 - We set a classic ski course with a snowmobile along the berm on the highway. It was a complete blizzard the first year. You had to cross the highway five or six times, and it took three or four hours to complete the race. — Bob Rosso.

Notes: Race was named Sawtooth Mountain Marathon and had 49 competitors. Entry fee: \$2 benefitting Sun Valley Junior Nordic Ski Team.

1974 - In the second year of the Boulder I was in sixth grade and hadn't skied one mile, but I entered the event. I got up to Galena on old classic skis. About three hours into the race, Mrs. (Judy) Atkinson came by and said, 'Scott, it has been three hours. You're halfway down the hill!' But I wanted to keep going. Six hours later, I got to the SNRA finish line and nobody was there. I was highly embarrassed and didn't want anyone to know I was still out there. That night at the awards ceremony at the Ore House, Bob Rosso gave a five-minute monologue about the character and guts I had to finish the event and gave me a special award. I joined the cross country team after that. It was a huge event for me. — Scott Syms

1975 - To be honest my memories are a blur or you may say a progression of so many kinds of involvement in the beloved BMT. I can't differentiate individual years and that may be a part of the BMT and what it is all about; our community on every level, every decade, every crazy winter we've had . . . It is about racers, kids, parents, supporters, tourers, trail lovers, Galena Lodge, and all the volunteers who have kept it going with spunk and faith and dedication and passion. — Janet Kellam

1976 - I was in only a few races . . . They were fun and of course the usual pre-race angst leading up to the start, then the exhilaration of gliding along the trails and pushing hard with everyone around you or working to catch someone ahead. Urging friends on whether I was passing them or they were passing me. Even one BMT where the young juniors I had been coaching passed me and it was so great to see them skiing like that. — Janet Kellam

1977 - Not run. Drought year.

1978 - My first time completing and, I am confident, my fastest Boulder was in 1978. My mother had won the race in 1976 and had returned to

defend her title, eight-months pregnant with me. While my Dad and my sister regularly enjoyed the race throughout the 1990s and 2000s, it took me thirty years to return to the start at Galena Lodge. I've completed the race a half a dozen times on my own now – never as fast or painlessly as I did in 1978 – but always with great joy. My sister, her partner, my wife and I are looking forward to celebrating the 50th anniversary with you all in 2023. — Lincoln Nehring

Notes: 37 kilometer race, 141 entrants, 129 finishers. First and only tie between Jim Speck and Bob Kassow, 2:08.34. Gabriele Anderson's first win.

1979 - For the first and only time, the 6th annual Boulder Mountain Marathon abandoned its traditional Galena to SNRA trek because of "track setting problems." The 30k course was run at Galena and pitted six US class Nordic skiers, including local Kevin Swigert, A Team member Jim Galanes (not timed), B Team members Fritz Koch (younger brother of Bill), Mark Siemon, Erik Zinck and Lindsay Putnam. "The day's best time was Fritz was followed closely by Swigert, 24, who suffered a slight injury when he hit a tree. Putman turned in the women's best time closely followed by Gabriele Anderson, 34, the Sun Valley resident who won her age class in the American Birkebeiner race, also winning a free trip to Norway." — *Idaho Mountain Express*, 83 finishers.

1980 - The Senior Nationals had just been canceled due to lack of snow – then moved to dreary Quebec – which meant we'd be racing against a horde of supercharged Canadians in addition to legions of amped-up east-coasters. The fancy uniformed teams and unsmiling coaches made me wonder what I – looking more like a Conan hippie kid – was even doing there. I was broke and lonely, but also fit, confident – and hungry. Going head-to-head with the best racers in North America, my top-20 results were still no ego-boost. It seemed the best I could do was to keep these college boys on their toes.

A week later and a couple thousand miles west, I stood on the Boulder Tour start line under a brilliant Idaho sky. Next to me, my friend and National Team member Kevin Swigert looked over and smiled. Compared to the brutal and highly competitive 30k's we were used to, this was go-



There's a reason we say it is all downhill.



A skier crosses the temporary bridge in 1985.

ing to be a low-pressure day. The classic track was "ballistic" - our slang for glare ice. A bit treacherous, but overall fast and easy. The start pistol cracked and it was just Kevin and me, tip to tail, swapping leads down the crazy bob-sled run of a course. I looked around at the Boulder Mountains and felt like the weight of the world had lifted off my shoulders.

A kilometer or two shy of the finish was a short but steep hill (the course finished on the east side of the highway that year). We both knew the deal; this was where the business started, and though we were friends, this was Kevin's home turf. My klister was long gone and Kevin knew it. Did I care? Nah. At least I kept him on his toes. — Dave Bingham

Notes: The year the name of the race changed from the Boulder Mountain Marathon to Boulder Mountain Tour, "apparently to reduce the grueling implications of the word "marathon" and to encourage the participation of a broad cross-section of Nordic skiers." Cost to sign up in January \$8. Cost to sign up in February \$10. The first-ever awards banquet was held at The Alpenrose. The course ran "for the most part" along the power poles on the east side of Highway 75, finishing at the SNRA. 260 participants.

1981 - No race due to sponsorship dispute. The battle centered on personal and business differences between local sponsors Bob Rosso, owner of the Elephant's Perch, and Dan Hamilton, owner of Galena Lodge. "Personal differences heightened between the two in the fall of 1980. Rosso said Hamilton looked more to making a profit than providing a good community event, and dropped his support. The dispute publicly surfaced in February 1981, shortly before the Tour was due to run. Hamilton agreed he was driven by the profit motive saying he lost money sponsoring the 1980 tour. Hope for a compromise was virtually eliminated when Hamilton complained to Forest Service officials that free-of-charge Nordic trails in the SNRA unfairly competed with the Lodge's groomed fee trails. Rosso took offense and claimed Hamilton sought profits at the expense of local skiers. Further complicating the drama was the withdrawal of support for a Boulder tour by two other sponsors, Coors and Trak Skis. A group of "Nordos," or people who like to skinny ski, tried to schedule a substitute race but it didn't happen. However, support for the race didn't die and enthusiasts linked together trails on the Bigwood, Sun Valley and Elkhorn golf course and staged the Ketchum Loppet 30 and 15k races on March 1. The sponsors said they hope to iron out differences and stage the Boulder Mountain Tour next year. Rosso said Nordic enthusiasts

will try and persuade the US Forest Service to maintain a year-round race route to make grooming easier and cut down on expenses."

— Idaho Mountain Express

1982 - There were other outstanding performances. Ketchum's Matt Chao, a blind 28-year-old, skied the full course in 6:09.31. In the 70-year-old and above category, Ketchum's Lorne Adkins skied a 3:39.44 race and improved over his 1980 Boulder Tour time by 60 minutes, two seconds. Gretchen Rust improved by 69:59. 170 finishers. — Idaho Mountain Express

1983 - As a racer, 1980s, before the race, many of us were in Galena Lodge getting ready, changing into our race boots, etc. Charlie Holt is asking around if someone has a spare pair of race socks, he forgot to pack his. I did. I had an extra pair that I had stuffed down the front of my suit for frostbite protection. I was familiar with the up-valley wind at Frostbite Flats and how while skate skiing one can get chilled "down there." Dummy me, I gave him the socks, racing barefoot sounded really harsh. Then, about two-thirds into the race, I fall for the 3rd or 4th time. I had played a hard game of hockey for the SUNS the night before vs Buck's Unfinished Furniture from Minnesota (one of our toughest opponents of all time) and, of course, had stayed up a bit later than most racers consuming some beverages . . . so, my legs were tired and I often would catch a tip when skiing herringbone-style up hills, even small ones. So this tumble, I jam my thumb! Skier's thumb . . . damn! And as I get up, a racer passes me going up the hill. It is Charlie! Another damn! To conclude, I never see Charlie again. He beats me, I proceed to chill my "jewels," because Charlie has my insulation. At the finish I go to the first-aid tent, see the medical attendant and mention my two injuries. He treats the skier's thumb. I ain't ever sharing socks before a race ever again!

— Bobby Noyes

Bobby Noyes in the early 80s.



Memories of the Boulder *continued*

1984 - Bob and I did most of the track prep with a two-track Grizzly snowmobile pulling a 300-pound roller, the equipment we used at Wood River Nordic/Bigwood. We had a lot of snow, and the Harriman/Boulder Mountain Trail wasn't in existence, so there was no packed snow to work on. Trying to widen the trail with each pass was tricky and we regularly ended up floundering up to our waists in the deep snow, playing "roller toss" trying to get the machine and the roller back on the hardpack. Even Rosso was dead tired at the end of those days. — Bill Vanderbilt

1985 - In 1985, to avoid crossing the highway, we built a temporary bridge across the Wood where the Murphy's Bridge is now. We used pallets for the supports and pine logs for the stringers, and more pallets for the decking, which we then packed with shoveled snow. The Idaho National Guard sent a unit from Twin Falls to help but it was so cold we had to build them fires to keep them from freezing in their thin fatigues. Joe Csizmazia had his Toyota Land Cruiser in the river using the winch to pull the logs for the bridge and for a while I thought it might be there until the spring thaw. — Bill Vanderbilt

1986 - I think about my most memorable BMT. It may be the very first one I did in 1986 as a forerunner. I was either 16 or 17. I think the coach at the time, Sue Long, thought it would be good training to ski, but we were too young to race it. — Richard Feldman

1987 - Amy and I moved to Sun Valley in 1987 to help manage the resurrection of Galena Lodge. My friend Steve Haims had just purchased the lodge and was recruiting. Steve had no idea what he was getting into and neither did Amy and I. In 1987, the Boulder was groomed once a year for the race, had no clearly designated trail in many places and even needed a temporary bridge to be constructed across the Wood River where the Murphy Bridge now stands. (Crossing that narrow rickety bridge 25k's in the race was quite an adventure—but so was constructing it in waders and freezing cold water in January – thank you Bill Vanderbilt, Bob Rosso, Ted Angle and anyone else dedicated enough to help.) The course was also different in several other key places because at that time the Harriman Trail was still a dream. From the start the Boulder

A Boulder in the books for some youngsters.



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Giving it all on race day.

stayed on the east side of the road as it left Senate Meadows. The section between Senate Meadows and Cherry Creek was rocky and quite side-hilled – especially in low-snow years. After the course crossed the road at Cherry Creek it was roadside until Owl Creek. Yes, that's correct, right on the side of the road. This section was narrow and often had cinders and ice balls thrown up by the snowplow—a grooming nightmare. If one caught an edge or had an accident with another skier and ended up falling to the left you literally ended up on Highway 75. From Owl Creek to Prairie Creek was the grooming crux especially for that initial cat track. Just past today's 25km sign was a section where the "route" traversed above the Wood River on what in the summer was a narrow side-hilled abandoned two track. The strategy here was to use a smaller narrow snowcat with a plow blade to build out a snow road across the sidehill section so a full-sized snowcat could groom across it without sliding off into the Big Wood River. How did we learn this? Brad Seymour who groomed for many years at Bigwood Nordic related to me his adventure one year trying to groom this section. The snowcat, a PB 180, started sliding sideways off the track down the steep embankment toward the river. Not wanting the cat to tip over, Brad straightened it out and drove/slid it down into the river. After ascertaining that the cat was functional, Brad drove it across the river, south through a field and reconnected to the trail. Every time I ski by this spot I marvel at how far the valley has come with its Nordic trail system and how thankful I am for all the amazing people throughout the years that made it happen.

When Steve bought Galena Lodge the grooming equipment that came with the lodge consisted of a small ancient Thiokol Spryte Imp whose key attribute was digging a hole for itself, and a dilapidated Yamaha Enticer snowmobile that quickly became labeled the "Frustrator." The Spryte did have a blade in front so it often was tasked to make the first tracks on the roadside section. The task was to flatten out the berm plowed up by the snowplows into a surface at least wide enough for a one lane ski trail beside the road. This may seem pretty simple but it actually was pretty tricky. One had a drop off from the berm to the road on one side and in many places a pretty steep drop into the river. It was a huge party foul to plow any snow onto the road during this process but you had to groom right up to the berm edge to get the room needed.

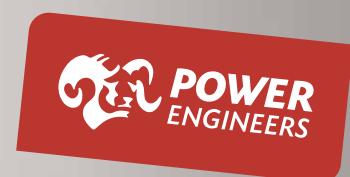
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Memories of the Boulder *continued*

"Crossing that narrow rickety bridge at 25ks in the race was quite an adventure – but so was constructing it in waders and freezing cold water in January – thank you Bill Vanderbilt, Bob Rosso, Ted Angle and anyone else dedicated enough to help."

— Rob Landis

Did I mention that when using the blade, if your plow hit anything solid – and snow on the side of the road qualifies – it would move the cat around. This could be problematic when trying to drive a tightrope with your grousers right on the edge of the berm. The Enticer snowmobile had personality; cranky, vindictive and uncooperative. All of us at Galena were convinced that it was haunted. It either would not start, or start and run perfectly until far enough away from the lodge then die, or the accelerator would get stuck wide open calling for quick hands on the kill switch. But, it was light and I could dig it out and move it so it got the call for scouting ungroomed sections of the Boulder to assess whether there was enough cover for a bigger snowcat. A few weeks before the 1990 Boulder after a good snowfall, I took the Frustrator to take a look at the section between Senate Meadows and Cherry Creek. This section is rocky and sidehilled. I lost the Frustrator off the trail on the most side-hilled section into a gully where it buried its nose up to the windshield in the new snow. This section was about 200 feet above Highway 75 and the gully ran right down to the road. Analyzing the situation I decided that if I could dig out the front of the machine I might be able to ride down the gully to the road then take the snow covered road back to Galena. The Frustrator was still running and having zero confidence in starting it again I left it idling as I dug. I got the front excavated and just needed to free the front skids so standing in front of the machine I tried yanking the skids up and out of their hole. Yanking the skids somehow jammed the accelerator to full (haunted!) and the Frustrator leaped forward knocking me flat backwards as it ran over me full throttle down to the road, taking air off the berm and smashing into the bank on the other side of the road. I was saved by how soft the snow was but it was definitely a Wile E. Coyote moment with me spread-eagled into the snow wondering what the hell had just happened. I wallowed down the gully to the road and the Frustrator, perhaps feeling that it had gone too far, started right up and I drove it back to Galena. Textbook! I am sure that the years preceding my time involved many good adventure grooming stories and I am also sure that grooming the Boulder today – although it has its own challenges – is not as western. I am so grateful to have been a part of the Boulder and for having the Boulder be a part of my family. Living the dream here in Sun Valley. — Rob Landis

1988 - We had an exceptionally cold start which was tough on the reproductive equipment of many of the male racers. At the finish, a rep from Gatorade, who was the main sponsor of the race, came up to me

and asked if we didn't have a secret sponsorship agreement with the group Zero Population Growth. — Bill Vanderbilt

1989 - I have had many a good memories at this race. My first BMT was in 1989, a year when the start temp, I think was 17 degrees below zero and the start time was delayed by about 30 minutes. I finished with a pretty frozen beard, in around 2 hours 30 minutes. I enjoyed it enough to keep coming back every year since. By far the best and fastest race year was 2003 when I had my only sub-90 minute Boulder and so did 300 other folks! — Kurt Dudley

Notes: Gatorade Boulder Mountain Tour voted "Event of the Year," by the Idaho Mountain Express.

1990 - My very favorite finish was when one of my morning volunteer duties had a hiccup – or more of a belch – and I was putting extra clothes in my bib bag when the final wave gun went off. I started all alone and dead last. It was actually quite ego satisfying to have all those people I passed probably thinking I had perfect technique! Not something I ever experienced. Anyway, I skied it mostly in "tour" mode and remember catching up with my favorite Sun Valley skier of all time Jane "Magoo" McGloin at Murphy's Bridge, with 5k to go. Magoo was short, had a scrunched face, thick round glasses, was hard of hearing, but was a fixture for decades working at Perry's in the morning and skiing at SV Nordic in the afternoons. She was probably in her 60s and always walked and skied like the Energizer Bunny but now she was bonking and talking to herself – and many others because of her deafness in her classic speaking style: "MAGOO IS TOO TIRED. I DON'T THINK MAGOO CAN FINISH. MAGOO CAN'T MAKE IT." I skied the last 5k with her yelling right back "MAGOO CAN MAKE IT. MAGOO IS LOOKING GOOD. MAGOO IS ALMOST AT THE FINISH!" It was heartwarming finishing anonymously a few strides back watching her adopted tribe cheer her finish. — Andy Munter

Notes: Fastest Tour to date. 474 racers. Youngest racers were 9-year-old Heidi Poehling and Matt Cleveland.



Bruce Schroeder and Kurt Dudley survived a cold BMT in 1989.

Memories of the Boulder *continued*

1991 - Bill and Annie Vanderbilt handed over the management of the Boulder Mountain Tour to the Sun Valley Ketchum Chamber. Annie provided a very detailed, large white binder with all the jobs needed to be completed for a successful BMT and they left town! We lost our Gatorade sponsorship that first year. I drove to Boise to pitch to First Security Bank. After some deliberations, the bank provided \$7500 in sponsorship money and we were off and running. The entire months of December and January were all-consuming for the Chamber staff as it took all of us to prepare for the race. Coordinating the various volunteer work teams was a joy. Andy Munter had the bus transportation wired. Bob Rosso and team did the finish set up. Jody Zarkos was an awesome announcer. Ted Angle organized the bag pick up and drop off. The Galena folks were wonderful. The Sun Valley Limelight room awards event were well organized. The happy, excited racers made the entire event just a ton of fun and very gratifying. — Wendy Jacquet

1992 - One year Wendy fired the gun and it misfired so she fired again immediately and off went the racers. Probably would have been good to start over! After that incident, Rick Kapala suggested an air gun, often used by boat owners, which was used from then on. — Diane Cordes

Notes: A record 452 finishers. 536 registered.

1993 - The 1993 BMT included two of cross country skiing superstars who were in different places in their careers, Audun Endestad and Laura McCabe. I know Audun personally as I had served as a coach on a number of US Ski Team ski racing projects where Audun was a team member and also from my time in Alaska prior to arriving in Sun Valley. In Alaska, Audun was and is still seen as larger than life. Here was a guy who would disappear into the Alaska bush for an epic moose hunt, then re-appear to charge full blast for a season on the World Cup circuit and along the way show up for dinner and be the most gracious guest you've ever had while also eating the equivalent of three full meals. When Audun was here, it was very much like ski royalty had graced the BMT and our valley. Laura on the other hand, was just starting to make a name for herself at the national level in XC ski racing. There was a lot of buzz on the national senior circuit about a relatively unknown but really fast woman who was starting to challenge the established order of top US women, and, in Laura's case, her rise to top levels of ski racing was very, very fast. In college, she was a scholarship runner for University of Utah and then post-college switched to XC ski racing. She attended her first-ever US Nationals in 1992, won her first BMT in 1992 and then backed it up with another win in 1993 and THEN went on to make the 1994 US Olympic Team. After that run, Laura kept skiing at a very high level and also represented the USA at the 1998 Nagano Olympics. And, one more little fact, Laura's daughter Novie represented the USA at the 2022 Beijing Winter Games as a cross country skier. When skiers like Audun and Laura show up at the BMT, we can only marvel at their abilities and passion for the sport. Yeah. What I remember is that it wasn't a fair fight. Those two were just so strong. The place where the truly elite separate is climbing out of Prairie Creek. They just skied away is what I sort of remember . . . but who knows if that is actually what happened! — Rick Kapala

1994 - I have been writing my page-a-day diary for 69 years, so it was pretty easy for me to look back and share one of my favorite BMT memories. "Boy, did I have to fight for my silver medal at the BMT today. It was -2 degrees when we got up at 6:30 a.m. and we were on the bus at 8:15 a.m. heading to the start. It was cold, but not too bad if you stood directly in the sunshine! Galena Lodge, of course, was closed (a note here – Galena Lodge in 1994 was for sale) so there was nowhere warm to really go. Headed for the start, I looked for girls in my age group - saw one that looked really fast, but figured I could beat her! We now have age categories on bibs which is a great improvement. I had a good start with no falls but on the first hill after skiing along the highway these two girls passed me really fast and on their bibs I saw F.50. I thought 'OMG, no' and began chasing. It was a chase between the three of us for 30km and at the 29km mark the girl that did eventually get the bronze passed me (I really thought I had left her behind) and then it became a battle for 2nd and 3rd place. (I knew the other girl who got the gold medal was ahead) I got the silver by ONE SECOND! Somehow I got the strength to pass her in the last few meters – the skis and poles were flying because she didn't want me to pass her. I was so happy. Later I found out one of the girls was from Lake Tahoe and the other from Bend. So happy and relieved that another BMT is over!" — Jenny Budson

Race Note: A record 742 starters.

1995 - My earliest memory of the Boulder Mountain Tour actually had nothing to do with racing. My parents brought my sister and me along for their very first BMT. They traveled to Ketchum with their adult ski group, fondly named the "gasbaggers" for their habit of huffing from one intersection to the next and then proceeding to gab for 20-30 minutes – more chatting than charging. While our parents lined up for their first ever ski race, the rest of us kids held down the hot tub of whatever resort we happened to be staying at for the weekend. What I do remember about the race however, is the smile on my parents' face when they walked in the door – a combination of proud elation, utter exhaustion and boisterous laughing about the small victories and funny mishaps along the course. The BMT was on my "must race" list for many years and now holds a spot on the list of my all-time favorite races. I've raced the BMT in a complete whiteout – only staying on trail thanks to the bobbing black dots ahead of me. Despite my best efforts to sprint through a foot of snow, I came up just short in second place. I've had perfect sunshine-filled years where



The Pisten Bully in all her glory literally changed the course of the BMT in 1988.

everything comes together for a head-to-head sprint around that final corner and favor tipped in my direction for the win. And I've been on the other side of that last sprint, accelerating prematurely only to get dropped in the final hundred meters. Regardless of the outcome, I'm always greeted by the same warmth my parents exuded years ago. I am endlessly grateful for the community and atmosphere fostered by the organization committee behind the event and the broader Sun Valley community for creating an event that celebrates the sport of cross-country skiing and the people that make it so special. — Erika Flowers

“...we were thankful that the Boulder was only 30k and the finish line was closer to Grumpy’s than the start.”

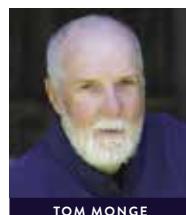
— Ben Husaby

1996 - The late nineties were right smack-dab in the middle of the glory years for the domestic racing circuit. The US Ski Team's Nordic budget at that time was a sliver of what it is today, so many of the top skiers in the country would spend time racing with factory teams to make ends meet. We would chase each other around on the race course and around the country in flashy ski kits and stickered-out Subarus. One of our all-time favorite races was the Boulder Mountain Tour. The event was always a few weeks after the US Nationals and right before the big swing through the Midwest. Skiers had mostly gone back to their respective homes after Nationals and now were recharged and ready to make some money and have some fun. And the Wood River Valley always delivered. I can't quite remember what year I won, but I know I did because Rick Kapala reminds me (and the rest of wave 3) at the start each year. Thank you, Rick! To be totally honest however, it could have been anyone's on any given day because it was always a crapshoot from the old skinny bridge across the Wood River to the finish, 5 kilometers of paint rubbing mayhem; every year, every time. I remember not even bothering with having a race plan from the bridge in. Everyone was just going to be hanging on for dear life so why bother. It was exhilarating and terrifying at the same time. That is what the Boulder looked like in the lead pack then, I am sure it is the same today. As I have come back to do the event in these last few years, I find myself reflecting on past BMTs, especially as I cross the (new, wider) bridge and enter the canyon for the final push. I am reminded of the friendships that were forged and the hard-fought battles that were waged. I also know that we were thankful that the Boulder was only 30k and the finish line was closer to Grumpy's than the start. One thing I DO remember from back then was Rosso working the room, calling me to receive my award only to quickly quip, with that mischievous smile, "Well, he's probably with his crew downtown already." No Bob, I wouldn't miss this celebration for anything. — Ben Husaby

1997 - Race notes: Of the 642 racers who finished the course, 421 were male and 221 female. There were 715 registered skiers. Senior racers were Phil Puchner, 74, of Bellevue, and Kathy Troutner, 77, of Boise. Local winner of the Half Fast Award Middle-of-the-Pack award was Ned Hamlin.

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Memories of the Boulder *continued*

1998 - I decided to look like a top-notch racer, as best I could. One-piece Nordic suit, bib, rad sunglasses. I drive up the course to Prairie Creek and wait for the racers, then drive back down to Cathedral Pines, wait a few minutes, then come charging – yes – charging down the course in the lead. Right into the Suns' aid station. This caused all sorts of confusion and hustling and yelling and cheering, "This racer is way ahead of what the radio guy said. Wow!" Players are running to get water, Gatorade, and Starr Bars. I get closer to the actual station. Harry Weekes recognized me and knew something was up. He yells my name, "Bobby Noyes," as if to notify everyone else, "it's just Noisey, not a true racer. Relax."

— Bobby Noyes.

1999 - Notes: Of 709 racers who finished the course – 71 more than last year – 463 were male and 246 female. Overall champions were Carl Swenson and Laura McCabe. Senior racers were Phil Puchner, 76, of Bellevue and Aleene Gibson, 75, of Hailey. The youngest were Ben Page, 10, and Elisabeth Page, 15, both of Salt Lake City. 760 entrants.

2000 - One memory that I have, came from a race about 20 years ago when the weather was not exactly a perfect bluebird day. There was sleet coming down creating a thin layer of ice on the front of my clothing and a significant headwind blowing up the valley. I was fortunate to find myself skiing with two really big, strong skiers: Ben Husaby and Shawn Scholl. Both of them were about twice my size. We all took turns leading at the front of our small group, but I had the distinct advantage of being able to draft behind these giant guys while skiing into the headwind. We stayed together until the end of the race and they never complained about the limited draft that I provided. — Barry Makarawicz

2001 - As the finish line announcer dating back to Wendy and Diane's tenure, it was my job to announce racer's names as they came across the finish line. I would sit on scaffolding about 12 feet off the ground. All the relevant information I needed was printed and taped to both sides of a huge 4x6 poster board. In the early 2000s, we started trending toward super large race fields of 1,000 people and more. The year we had 1,200 skiers, it was very windy and I was wrestling with two poster boards. While flipping them I was almost blown off the scaffolding. The poster hit the ground but not me! — Jody Zarkos

2002 - There is an off-camber turn to go across the road and slopes left down a hill. I was going about 50 kilometers an hour. Everyone was on the ground and I was jumping over people. All of the sudden someone puts his shoulder in the middle of my back. I had a full yard sale – goggles, skis, poles. Everything. That night at the awards ceremony, Bob called my name and I was mystified. Turns out I won the "middle of the pack" prize. It wouldn't have happened if I hadn't been knocked over. I still don't know who it was. — Tullio Celano.

2003 - I don't think too many of us could forget that in 2003 the BMT awards ceremony was held in the Cutters Barn in Hailey. The quote is from my wife Jenny's diary. "Tonight the awards ceremony was in the Cutters Barn in Hailey because the Limelight Room in Sun Valley is still undergoing its remodel but it was a bit of a disaster! No heat, sod floor, and the smell of horse urine and manure was overwhelming. And it was



Richard Feldman with his daughter, Katie, who grew up to be a world-class skier in her own right, in 2002.

so darn cold! We all sure missed the camaraderie and the wonderful dinner we had in the Limelight room of past years." (Back to Nello), I won gold in my class that year and stood on the podium by myself – everyone had left! — Nello Busdon

2004 - Skiing and serving soup at the aid station is really fun. People would come in and ask, "Didn't I just see you skiing?" — Don Shepler

2005 - Circa 2005, my friend Paula was pregnant when she did the race she wore a sign on her back that said 'Baby on Board.' As I was sitting in the bus waiting to go back to the car I heard a guy ask his friend how he did and he said "well, I got passed by a lady with a sign saying Baby on Board." — Roxanne Toly

2006 - Race day was snow and blowing snow. My glasses were near worthless and my beard became an icicle-decorated mess by the finish. — Norm Ploss

2007 - When we first started using HAM radios, I was stationed at the Sun Valley Suns' Tiki Bar/Hamburger BBQ and it was wild and crazy. They were the best at not only burgers but best at doing the running hand off of energy fluids to all the racers ... such great spirit. — Janet Kellam

2008 - I won the BMT in 2008, on my first attempt. I was 23 years old. As a native Sun Valley kid, it brought a little buzz and pride to the local community. Fast forward a year, and I entered the race thinking it would be a repeat from 2008. It was not. I was torched at the line by Zach Simons – and a few others. I ended up fourth. What followed was my favorite memory of the BMT. The top three finishers all moved towards the podium, while I was left alone with my disappointment and self-pity. I walked toward the soup tent, head down, with the goal of letting off steam alone behind the SNRA. Off to the side I saw a whimpering child. I came within earshot just in time to hear him say, "What do you mean Mikey didn't win . . . ??" It was a great lesson in perspective. I was overly worked up about my own race, but couldn't understand why this little

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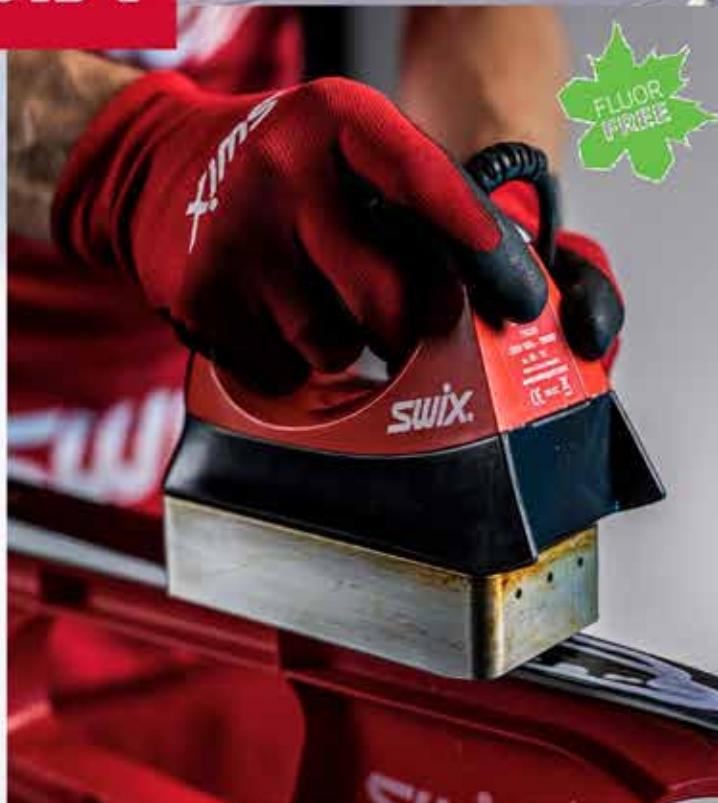
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Memories of the Boulder *continued*



Rick Kapala, perennially sunny in the most challenging conditions.

guy was upset over the same thing. I found his reaction funny. Skiing is supposed to be fun, and if he cried every time I lost a race, well, that kid probably filled Magic Reservoir. — Mike Sinnott

2009 - One of the most meaningful races for me was back in 2009. Me, my brother, Lincoln, my mom, Kristina, and my dad, Ron, all entered the race. My dad had suffered a major stroke a year prior that resulted in left-sided weakness and other deficits as a result of cancer treatment. He was determined to ski the entire BMT despite his deficits. As his family, we were all a little worried but figured he would not be alone on the trails so let him have at it. Honestly there was no stopping him. Lincoln and I finished the race in under two hours and waited for Kristina to finish. She came through, but did not know where my dad was on course. Lincoln and I drove up the road and tried to see him on the meadow section. We weren't sure if he was still on course, dropped out or was injured. We returned to the finish line and asked someone working the race if they had any information. Turns out that Ron had arrived at the 10km aid station and was pulled over by the EMT/ski patrol to get checked out. All of his vital signs were fine so they agreed to let him continue skiing. Two of the ski patrollers skied with him all the way to the finish. As we waited at the finish they left the banner and timer up until he crossed. He was not even the last participant on the course. As his family, we were angry at Ron's stubbornness to ski the race, but in the end, it was hard not to be impressed by his determination. My dad, Ron Nehring, passed away May 24, 2019. I love returning to Sun Valley to ski. It brings back memories of skiing the BMT with my dad, skiing snow covered roads in the dark when we arrived before the race, cursing him for the poor wax job he did on my skis. This year Lincoln and I will be returning to Sun Valley to participate in the BMT. As always, we will honor our dad. — Jesse Nehring

2010 - Growing up in Park City, the Boulder Mountain Tour was the destination marathon for our local Nordic community. I skied my first BMT when I was around 9 or 10 years old – and from then on, winning was a clear goal. I have so many great BMT memories but probably my favorite

was a team effort together with one of my best friends, Andrew Johnson – an American ski racing legend in his own right. The 2010 race was special. After 30km or so of tactical shenanigans, Andrew took the lead and pushed the pace on behalf of our team, Steinbock Racing. Andrew drilled it and made the few people left in the lead pack hurt . . . like really hurt. He pushed hard enough to pin everyone in their place, creating a wide open lane for me to let the lions roar down the home stretch and grab my third BMT win. Best win of my career and one I'll never forget. — Zach Simons

2011 - My first BMT was in 2011 and I decided to come to Sun Valley on a whim because I had heard about the prize money, which to me at that point in my life felt like \$1 million dollars. I couldn't believe it. I flew out and stayed at a friend's house. It was my first year on the Fischer Factory Team so I was trying to pick the brain of Chris Hall as to how to ski the course because I had never skied there and had no idea what to expect. He told me that he'd get me the fastest skis and to make sure to be in the front three going into the final kilometers into the finish. The race started amongst a stacked field. I had confidence but was a little intimidated by the talent at the starting line. I knew I was going to go for the first preem because it was a couple of bags of coffee and \$100. If I left Sun Valley with that I was going to be happy. My skis were fast, I had won the first preem and felt good so I kept charging and our group was flying. The conditions were fast and the last time I saw Chris I had a small gap because everyone else was taking their feed. I had never tried to break a pack before but I went for it, skiing solo to the finish. I was proud I had taken that chance and I can honestly say it is what helped propel my confidence into furthering my professional skiing career. I went to awards, won \$3000. I think it was that year. I felt so appreciative of the culture of the race there and the BMT legends (Kiesel, Rosso, Bingham, Swigert) that raced that day, or announced, or volunteered were so friendly and amazing. It was a truly unique feeling. But the absolute, most memorable experience from that race was when we went out that night. We walked into The Cellar and sat down and I think I bought everybody drinks that night because I felt so rich. All of a sudden I see Eric Meyer walking towards me, who I didn't know that well, and he looks at me, smiles and says, "Nice race, I still got the record." We both laughed and shared a beer after but it was such a fun experience for me because it was talking trash with one of those guys you looked up to at that time, who showed what professional racing was all about. The Boulder Mountain Tour and the Holmenkollen are the two races that will always stick out in my mind because of the culture, which is exactly what this sport is all about and what Sun Valley captures with the race. — Sylvan Ellefson

2011 - I finished my third BMT, outsprinting my dad at the finish line of course (let's be honest he probably let me). When I look at the results from those three years, the thing that



Annika and Rob Landis.

Memories of the Boulder *continued*

stands out to me is not my time or my place, but my dad's name right behind mine, every time. He skied every one of those races with me, supporting me every stride of the way, and even acting as my bodyguard around a few disgruntled masters. All down the course, and then waiting at the finish was my mom, cheering and proud of her two daughters as they finished racing. It became a family tradition to finish our race day at the Kneadery for brunch (which for me was a whole lot of bacon), swap stories and recover from what felt like an epic adventure. I remember the exact moment when the fatigue would start to hit, usually simultaneous with the bacon settling in my stomach, and I would feel awash in a warm, tired, and entirely content feeling. I love racing for the physical and mental challenge of it, but more than that, I love it for the memories it creates. There is something about doing hard things that brings people closer together, whether that is your family, friends, teammates, or a fellow racer. To this day, longer races continue to be some of my favorite times to put on a bib, and it all started in Senate Meadow. I cannot wait to race the BMT again, hopefully this year, and create new memories of speeding down the valley. — Annika Landis

2011 - It was BMT 2011, a beautiful day for the BMT! John and I arrived on time for the start after taking the bus up to the start. All was well until I realized I had only one ski boot. We blamed it on our dog, Petey, who loved to grab my shoes and bring them to her bed. After many phone calls and searches of Petey's beds, no boot was found. Mark Driver saved the day, by getting a rental pair from Backwoods and had them sent up on the bus. The boots were two sizes too small! Oh well, time to race. Two kilometers into the race, both feet had gone numb and they felt like clubs. I was tripping. I was falling. I was miserable! I don't know how I made it down the course! Sheer will and stubbornness, I guess. Finally, with less than one kilometer to go, the sprint was on with about four other girls. I tried to go, but my feet were not cooperating! I took another crash, face first and landed squarely on my chest. I was wearing a GoPro for the first



The Nehring Family, Jesse, Ron, Kristina and Lincoln, with post-race smiles in 2009.



Andy Munter and Pete Stephenson share a laugh.

time, strapped to my chest, and the impact from the fall with the GoPro, took the wind out of me. I lay there, sprawled as skiers streamed towards the finish! I got up, humiliated, in pain and with no feeling in my feet and crossed the finish line. Later, the bruises began to appear! To this day, it's the BMT I remember the clearest! Isn't it always the "agony of defeat" or in my case, "the agony of de feet," that you remember most? — Muffy Ritz

2012 - I first visited Sun Valley in 2009 just as I was learning to skate ski at the age of 42. At that time, I still weighed nearly 250 pounds after having lost over 30. I fell in love with the Wood River Valley and began visiting several times a year. I completed my first BMT in 2012. Since then, I have completed 10 BMTs. Committing to the race every year, though only racing younger versions of myself, has led to me losing another 35 pounds. I even finished the blizzard BMT, in three hours plus, on my 50th birthday thanks in part to a seemingly bottomless flask of whiskey being passed around. — Michael J. Nagro

2013 - One of my favorite BMT memories revolves around a lost bet with an SVSEF coach. How I lost the bet isn't important, but the fact that I lost meant I had to go to the Gold Mine and the winner of the bet got to pick out a pair of pants for me to wear at a time of their choosing. As



Ski pals and neighbors, Phil Puchner and EJ Harpham, chat after the race.



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Memories of the Boulder *continued*



Don Shepler serving up soup at the 2010 BMT.

luck would have it, the BMT awards was the chosen venue. This unnamed SVSEF coach picked out a pair of bright red, skin tight (think painted on) women's pleather pants with no pockets for me to strut my stuff in for the night. Naturally, I embraced this and paired them with cowboy boots and a tight v neck t-shirt. I had to be onstage for awards so EVERYONE got to (or rather had to) see this getup and the announcer made sure to call attention to my plight. The funniest part for me was that I couldn't walk three feet through the ballroom that night without getting cat called – by both men and women. Many revelers even took it upon themselves to give me a nice firm 'atta boy' butt slap (to be fair, when struck with an open hand, the tight leather had a very nice ring to it), along with a giggle or two. It was all in good fun and made for a very memorable awards ceremony! — Matt Gelso

2014 - Bob was setting up the Prairie Creek aid station in the dark and lost his cell phone but he didn't know it at the time. About two months later, Muffy (Ritz) was skiing down the course and saw something in the snow and voila, a cell phone and when she charged it up it turned out to be Bob's. It worked despite having been under the snow and pisten bully groomed all winter! It says a lot for those Otter cases! — Kate Rosso

2015 - As first year race directors, along with my wife Kelly, I knew we were having bad weather for race day. It had snowed a foot then turned to rain. But my first realization of things going very badly was watching the traffic control company spin off the road ahead of me on my way to the finish area at 6 a.m. on race day. In the truck were all the signs and cones for keeping the road safe. Then I hear about plows off the road, buses stuck, and avalanche conditions. Next thing I know, while talking to the Blaine County Sheriff, he says he is sending all officers, Fire department personnel and safety crews back where they

are needed more, and we should cancel the race. People agreed that it would be too dangerous for the school buses to transport all the racers. The Forest Service was also predicting possible avalanche areas along the course. So by 6:30 a.m. the race was called off for the first time ever. Little did we know that at that time there were over 30 trees blown down across the race course that no one knew about. Including one hung upside down in a power line dangling right over the race course. It was the right call, but a horrendous experience for us. Luckily, the next year was great! — Glen Allison

2016 - One of my most memorable BMT moments was at the finish of the 2016 race. On the eve of the race, it snowed the entire day and continued on through the morning. Participants woke to over a foot of new snow. The year prior had been canceled due to similar conditions so we were determined to hold the race and see everyone to the finish line. Behind the scenes, an amazing grooming crew worked literally all night long traveling up and down the Harriman to ensure the trail remained clear of downed trees and trying to stay ahead of the accumulation to provide optimal conditions by the start of the race. Snow continued to fall, however, and it became impossible to ensure a powder-free race. One by one waves were sent off from Senate Meadows in what would later be remembered as one of the most challenging BMTs in years. At the finish line, volunteers stayed busy clearing snow and completing set up. The finish lanes were still covered in snow but the finish crew were confident the groomer would make a final sweep before the elites arrived. As spotters radioed their progress to the finish announcer, it became clear the machines weren't going to make it in time. With quick orchestration by Bob Rosso, 25 or more volunteers started stomping up and down the lanes to create a path to the final line. Suddenly, Travis Jones announced, "Clear the finish, they're here!" Everyone scattered as the elite men battled their way to the line. Over the next four hours, participants trickled in, completely spent, and elated to be done. — Kelly Allison

2017 - 2017 would be my second BMT. My wife had heard enough of me raving about the 2016 race that she decided to join me this year, though she was doing the Half. The overnight snow was just a little more than



Queen of the BMT. JoAnn Levy skied in every race from 1973 to 2016.



Johnny and Kim Hagenbuch in 2014. Six years later, Johnny was a BMT champion.

Memories of the Boulder *continued*



If Ted Angle isn't skiing, he's helping.

forecast (probably triple . . .). Still, seeing all the snowcats lined up at Galena Lodge and the corduroy track around Senate Meadows, it looked like it was going to be another good race day. Superlatives all around for the grooming crew on that opening loop. I cross the road and hit the trees, all those superlatives were retracted . . . and then some . . . Race mode turned to survival mode. The skate "track" was more like "just the area with a little less fresh powder." I survived, better than most. I watched as a skier lost control coming off a gentle downhill and crashed off the course. As I skied past the only things visible were their skis and skate boots, the rest was buried under a cloak of white. After finishing, I had another worry, my wife was going to kill me for getting her into this. I waited at the finish line with some trepidation. She comes into view, soaking wet, covered in snow, and crosses the finish line. I give her a hug and say "I'm sorry," only to have her respond "For what? That was awesome! We can do this again next year!" — Pete Fitzsimmons

2018 - Although I did not know of the great tradition of the Boulder Mountain Tour until I moved to Ketchum in 2010, it has become a staple of my winter and something I look forward to each year. It is not the result or the training, but the scene (and scenery) that really makes this a special event for me. One of my favorite BMT memories (among many)

Greg Mallory crosses the finish line in 2019.



"Not only was the scenery unbelievable, but to have the lead pack of the race essentially stop racing and appreciate the race surroundings was something I won't forget."

— Matt Gelso

happened in 2018. As the lead pack of the race made its way across Frostbite Flats, I caught myself looking up at the morning sun glowing on the Boulder crest. I forgot about the race, my skiing went into auto pilot, and I marveled at how beautiful the mountains were. As I continued to 'zoom out' the view of my surroundings, every new piece of scenery my eyes inhaled left me even more mesmerized than before. At one point I said, to no one in particular in the 6-8 person lead pack, something like, "wow, look at the light on the mountains, it's [expletive] gorgeous out here . . . Look where we get to race." The other racers' heads turned to the mountains and they stared. It seemed as though they had the same reaction as me as there was some brief, light hearted conversation about the scenery and a noticeable relaxation among the group. Not only was the scenery unbelievable, but to have the lead pack of the race essentially stop racing and appreciate the race surroundings was something I won't forget. — Matt Gelso

2019 - I have only done two, but they were both the best. A memory that keeps repeating is skiing parallel to a river whitecap which hung off my left shoulder as I loudly sang Tina Turner's *Proud Mary*. "Rolling, rolling, rolling down the river," and tried to keep up with that one wave. Wonderful! — Steve Biggs

2020 - I did my first half-Boulder in 2013. I was 11 years old. I skied the entire race with my mother, and then I ruthlessly beat her into the finishing straight. I think she let me win. The race is truly something special, in the United States and in the world. While I may be biased, Galena and the Harriman Trail are firmly in the upper echelon of places I've skied; among pristine trail systems like SilverStar, Whistler, Saint Moritz, and Sjusjoen, I'll always favor the trails featured in the BMT. The breathtaking vistas and phenomenal grooming are the stuff of dreams. Though I ski the trails all the time in the winter months for training, I didn't compete in another Boulder until 2019. That time around, however, I had progressed a bit in my skiing ability. I ended up getting the short end of the stick in a three-way lunge at the finish. So, when the opportunity arose to do the 2020 Boulder on a perfect, sunny, and fast February day, I was hungry. In the front end of the race, it's fast and hectic. The last five kilometers were a battle with multiple Olympians and US National Champions pushing the pace. It was like Nascar. That race remains one of my favorites - not just because I came out on top in the end, but because it was so fast and fun. The scene at the finish was electric – so many smiling faces and lots of good food. I'm not sure when I'll next have the great privilege and pleasure of enjoying the Boulder, but I hope it's sooner rather than later! — John Steel Hagenbuch



Sergio Bicas and Lilah Bicas-Dolgen in the Virtually Amazing Boulder in 2021.

2021 - In October, we decided we could not hold an in-person Boulder because of the pandemic. Switching gears we decided to go with a theme of "Our Boulder, Your Backyard." Several ski resorts around the country created race courses and 742 people participated, sharing photos and stories of their race. The Virtually Amazing Boulder appeared in 26 different states and three countries, and it was immensely gratifying to witness the spirit of the BMT across the United States and world. — Jody Zarkos

2022 - It was 9 p.m. the night before the BMT and I was sitting at my dining room table with former SVSEF Gold Teamers wondering what we should put on our skis for race wax. We called Chris Mallory, who was on the east coast for some SuperTour races and was sound asleep. Chris answered the call and was less than pleased with us, which he made abundantly clear, but he did some investigation on weather for the following day, gave us a wax recommendation, and hung up. The next morning, I wanted confirmation on the structure call, so I rang Chris again. He was busy waxing skis for a race that was starting in 15 minutes but still answered the phone and talked us through structure options, a little less gruff than the night before. Thank you, Chris Mallory, for your great wax and structure recommendations from the other side of the continent. We had some of the best skis out there and they helped Jack Hegman and I make it onto the podium. — Mary Rose

*

Erika Flowers and Anja Gruber share a laugh after the race.

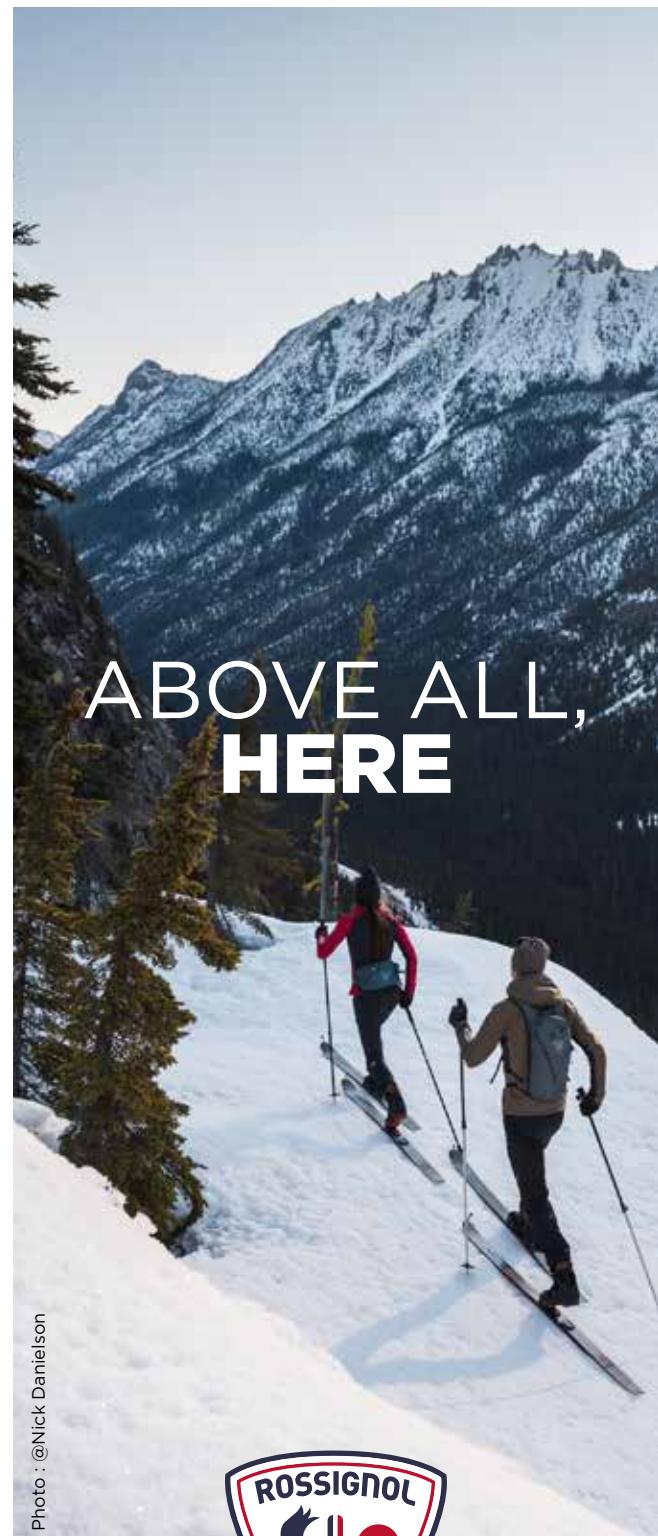


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Fueling as an Older Athlete

By Brooke Hovey

This year I turned 50 and continue to contemplate how to feel the best I can every day. What is the recipe for optimal health, happiness, energy, strength and resilience as we age? For me, a few ingredients are gratitude and kindness, family and friends, long days exploring wild places, new experiences and a love of creating and eating nourishing foods.

NUTRITION

I've had decades of training, racing and experimenting with diet and nutrition. As a distance runner for University of Colorado-Boulder, then years of Nordic ski racing for Rossignol, the common diet for endurance athletes was carbo loading with pasta, animal protein, dairy, bread, sugar loaded "recovery" drinks and vegetables on the side. I inevitably felt bloated, tired and malnourished. I began to seek out health food stores for local and organic vegetables, fruits, legumes, whole grains and healthy treats. I felt well-nourished, energized, quick to recover from hard training sessions and happy to be eating with the health of our planet in mind. We should all be informed of the horrors and



unsustainable path of industrial agriculture and negative consequences of a highly processed and packaged standard American diet.

AS WE AGE

As we age, it is especially important to eat foods that promote cellular and digestive health, boost immunity and prevent inflammation and disease. The easiest and cheapest way to do this is through a mainly plant-based diet. As a chef, I love to create food that helps people feel healthy, inspired, energized, connected to our community of farmers and grateful for all that feeds and nourishes us. *

Brooke Hovey has a long career as an elite athlete on foot, skis and bike and is a two-time BMT champion in 2003 and 2006. She works as a private chef and at NourishMe cafe in Ketchum. Her happy place is on the trails Nordic skiing, running and biking with her family, friends and many dogs.

Bluegreen Superfood Smoothie

By Brooke Hovey

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3 TBSP hemp seeds (plant based protein, high in Omega-3 and Omega-6 fatty acids)
2 TBSP almond or sunflower butter (good fat for long fuel burning)
1 TBSP ground flax seeds (fiber for healthy digestion)
1/4 avocado (great for skin and hair)
1/4 tsp sea salt (helps hydration and electrolyte balance)
2 pitted dates or 1/2 banana (good source of carbohydrates)
1/4 cup fresh orange juice (Vitamin C)

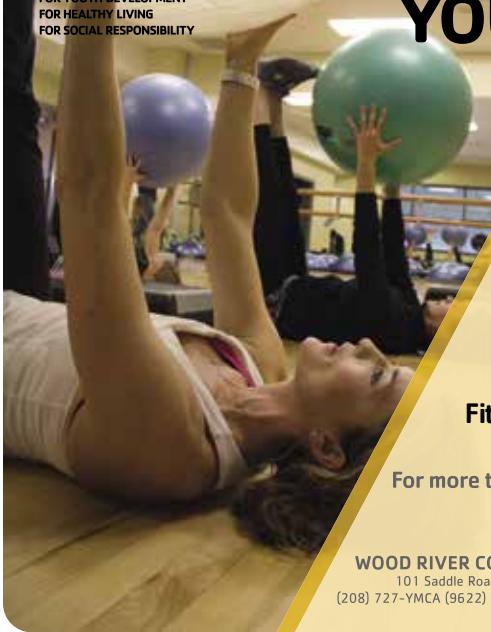
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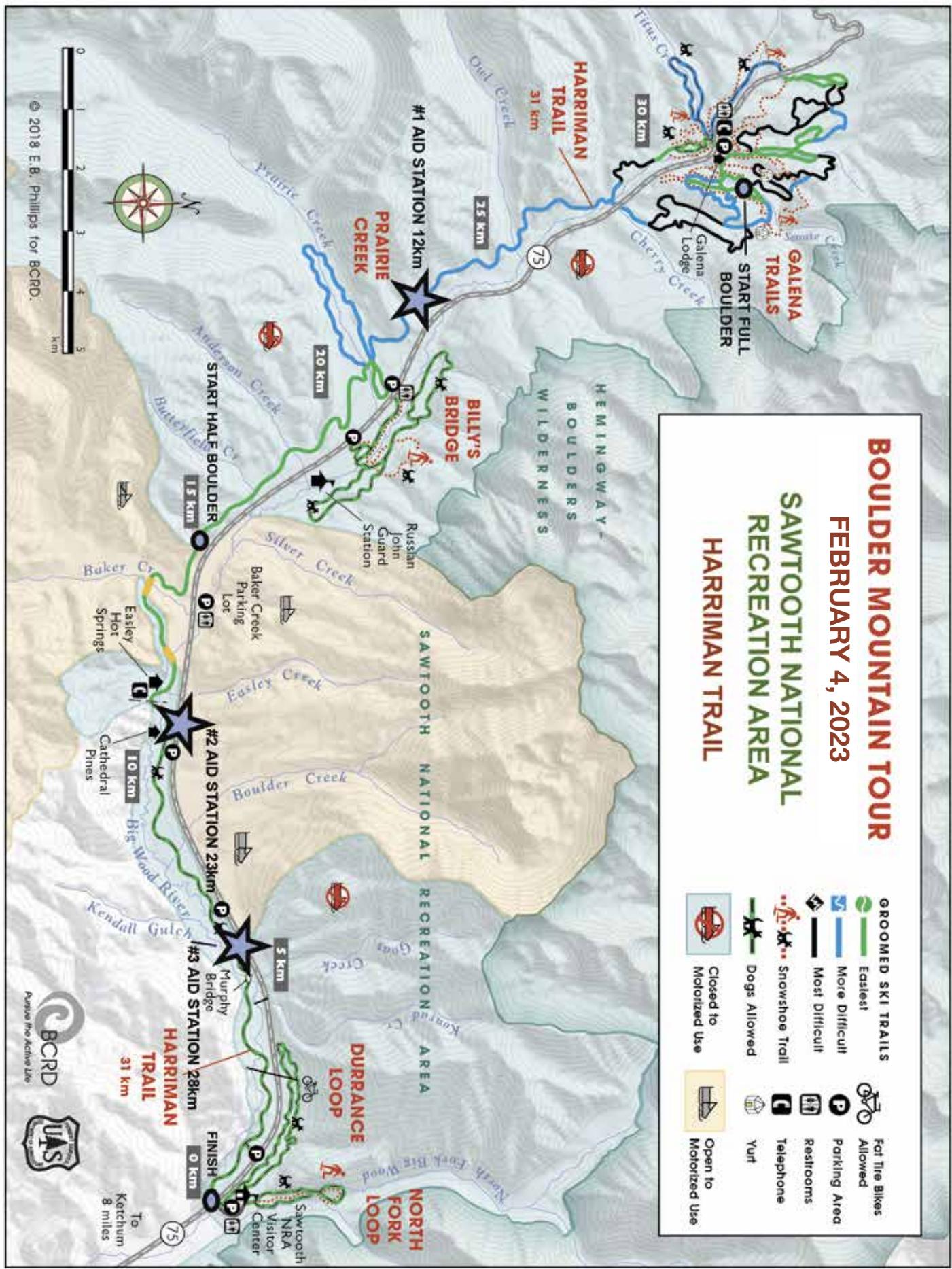
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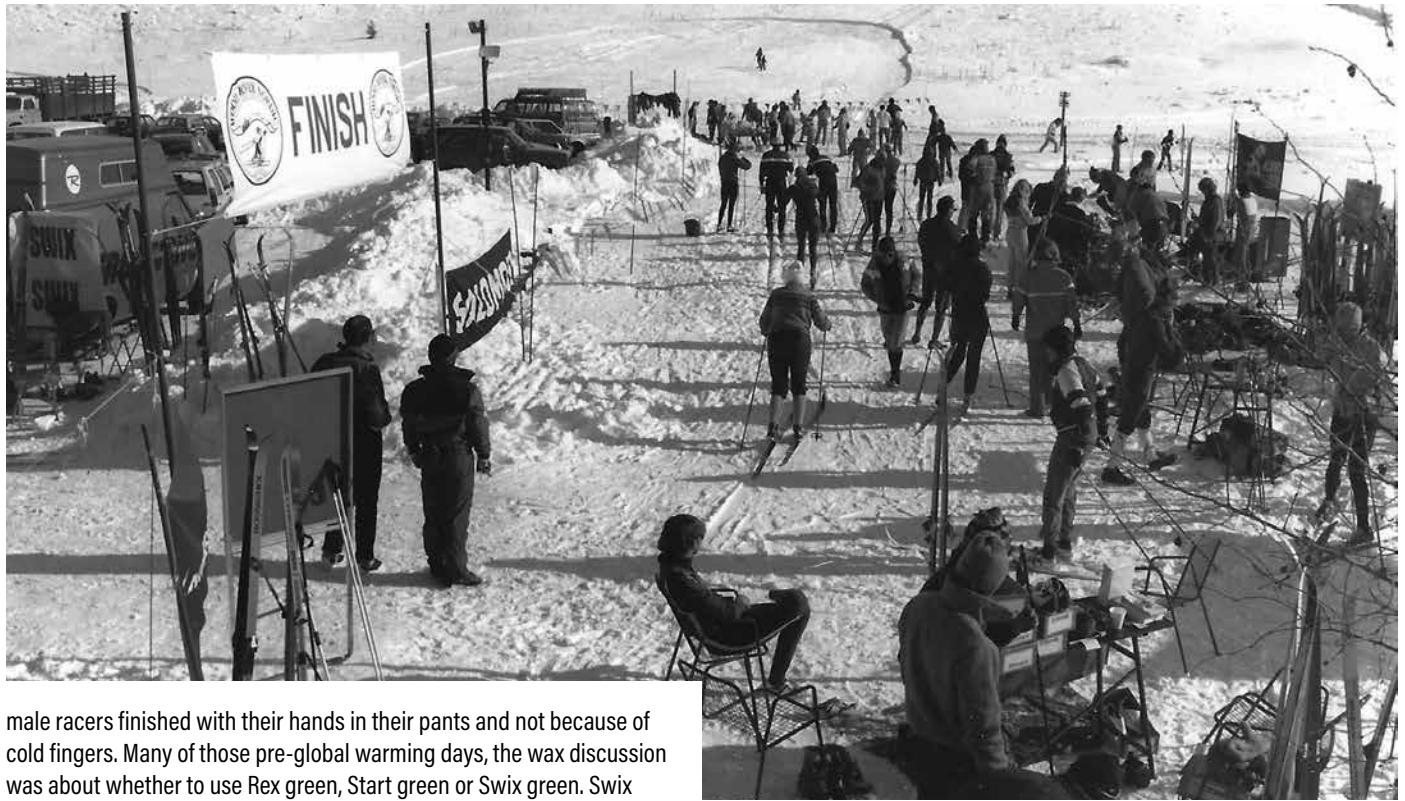
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NORDIC SKIING *continued from page 7*



male racers finished with their hands in their pants and not because of cold fingers. Many of those pre-global warming days, the wax discussion was about whether to use Rex green, Start green or Swix green. Swix wasn't much of a factor with Minnesota natives tending to like Rex and Montana/Idaho people liking Start.

EARLY 80s

In the early 80s the race was popular enough to hire its first paid organizers. Bill and Annie Vanderbuilt had recently opened a Nordic center at the clubhouse on Bigwood Golf Course and Bill with his snowmobile did all the grooming, experimenting with different routes trying to keep his machine from falling in the river or rolling off the highway berms into traffic. By '84 or so a huge problem and opportunity knocked. Everybody had discovered skating and the grooming wasn't cutting it. Bill and Annie had bought a Pisten Bully for Bigwood and bravely put in great tracks, but it was clear that what was needed was a dedicated trail from Galena to the SNRA.

It took a decade to find funding and to wade through bureaucracy - and, but for one lucky phone call may never have happened. The Harriman Trail we have today is only there because of the BMT and the persistence of Rosso, the Vanderbilts, Jenny Busdon, Mary Austin Crofts and many others.

The Boulder race itself is just a small cog in the world-class Nordic skiing we love every winter but I like to think that the individual and collective passion the early Boulder spawned is in the DNA of the lineage of our local skiing today. In the years following the first BMT skiing proliferated. There was the Bigwood Touring Center with a very social clubhouse and a wonderful kids ski program featuring weekly and race day visits by the masked and caped "Nordic Man" - AKA mild mannered Jed Gray. Over the hill, Katie Breckenridge envisioned Busterback Touring Center and hired Tom Naler to build world-class ski trails. Sun Valley Nordic expanded and stepped up grooming. Steve Haims vastly upgraded Galena's facilities while Rob Landis stayed in shape by building bridges and new trails. Their efforts were key to making Galena Lodge what it is today. We

A classic Ketchum scene at the finish.

got a bridge and a ski team hut at Lake Creek and attracted a world-class coach Rick Kapala, who with his cadre of coaches, has taught not only skiing but important life skills to so many of our valley's kids. The locally supported BCRD has been instrumental in all our grooming and bringing quality tracks to Hailey.

LOCAL NORDIC CULTURE

Our local Nordic culture is historic but stays vibrant and rich in our little enclave in central Idaho. I'm sure we all have our favorite memories of places and people. Mine include klister that never seemed to work very well in the spring at Busterback but the aproned, cute young girls serving soup and fresh baked bread at the ranch communal kitchen table more than made up for it; the rosy-cheeked sleeping baby in my backpack and the diaper changing in Galena's upstairs; the two-hour dog skis around Billy's Bridge interspersed with talking with just about everybody; the Gourmet Ski Tours; loading so many buses and, of course, the many BMT's that I have skied.

They say it takes a village to raise a child. It also takes one to put on a large Nordic ski race. Organizers, local sponsors, and most importantly the 300 or so volunteers are essential to put on the Boulder. Many of our volunteers have been with the race for more than 20 years. We have made friendships, reconnected with people we haven't seen for a year and with the effort, helped build a stronger community.

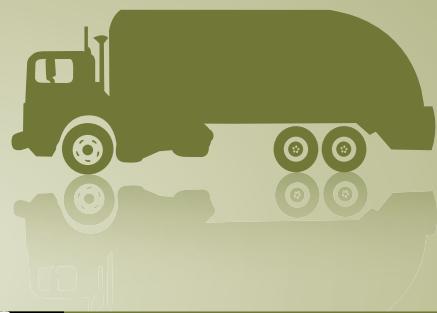
Thank you everybody for helping to make our race such a touchstone in our wonderful Nordic community. It is an important part of making the Wood River Valley such an amazing place to live.

And thanks Bob, for all your effort and passion over the years keeping this thing going. And Happy 50th Birthday BMT. May we share many more together! *

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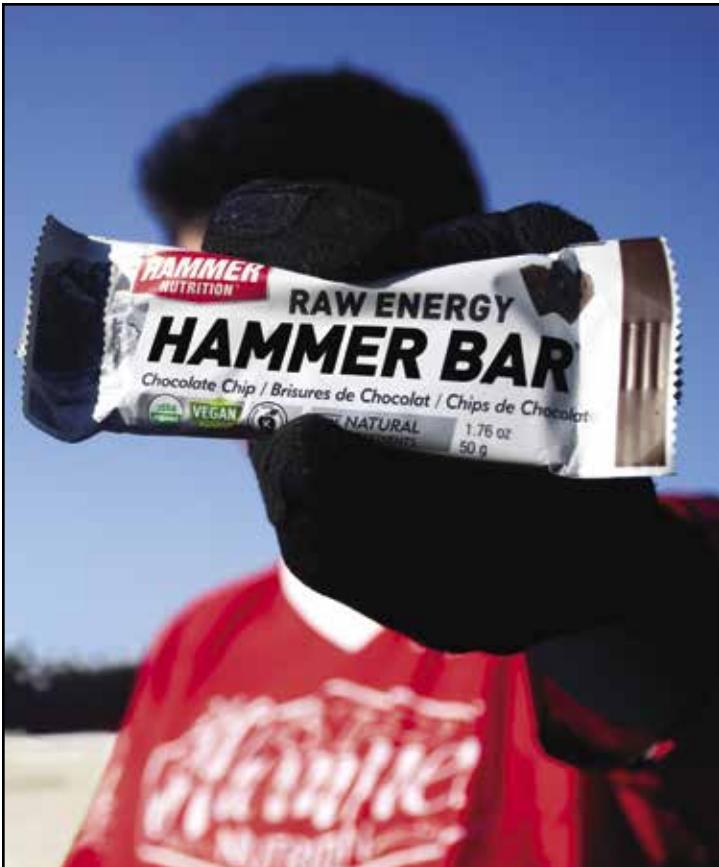
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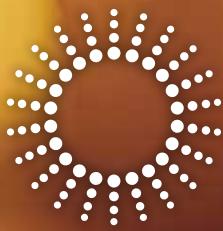


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Athletics After Injury

By James Lieberman, MD

One day you're a very capable amateur athlete, and a week later you can barely walk across the room. Injuries and illnesses are really tough. Sometimes, like me, you make the choice to undergo an elective procedure. In my case, it was a heart valve repair. For many athletes, especially as we put more miles on our joints, it's a joint replacement. For some, it's a bigger illness. However you get there, you suddenly find yourself not the athlete you were so recently. In my case, as an anesthesiologist, I had the "opportunity" to cross over to the patient side from the more comfortable provider side. I am trying to return to my athlete status, and it's a long-term commitment. In my journey, here are a few things I learned. I hope they can help you.

Attitude attitude attitude. Every day you wake up (if you were lucky enough to sleep), and you can CHOOSE your attitude. I remember our kids learning this from Sun Valley Ski Education Foundation many years ago. It resonated with me in my recovery loud and clear. It wasn't fun, but it was true. Be proactive. Choose a positive attitude. You WILL improve.

Patience and tolerance. It takes time to recover. If you're already an athlete, you have some sense of this. In my case, it took way longer than I anticipated. Not days, not weeks, but months. And you don't know where you will end up – stronger, weaker, the same? But remember, it's a journey. The patience you develop will undoubtedly help you elsewhere.

Have realistic goals. For me, one of my early goals was to make my own coffee. Turns out it took days to achieve. Make goals for yourself, and set stretch goals.



Muffy Ritz passes the flex test.

They might not have the same level of excitement as skiing the BMT in under two hours, or pick your number, but they're important nonetheless. If you carry a bit of the obsessive compulsive disorder, as I and many health care providers do, then keeping track of those small goals and watching success occur can help you feel like you're improving. Look back – you'll feel a sense of accomplishment!

Expectations. You're an athlete, so you have inherent expectations for yourself. Your healthcare providers will give you a sense of what to expect. As an athlete, however, you expect to recover more quickly. Happiness is the difference between expectations and reality. With multiple bumps and setbacks in my recovery, the mental anguish of constantly lowering my expectations was exhausting, frustrating and depressing. I wish I could have done a better job managing my expectations.

Learning opportunity. Using the above, you can have the perspective that this is an opportunity for personal growth. In fact, we coined the term AFGA – Another Frickin'

Growth Opportunity. It may not be a fun process, but you will gain perspective, patience, and learn a lot about yourself that can help you in your future years.

There is usually hope and you can make improvements back towards where you started. I keep remembering the words of author and triathlete trainer Joe Friel, who came to speak to the Vamps and Dons several years ago. In his book "Fast Over 50," he gives a very simple formula, which rings through to all the training I've done: training can be broken into four essential parts which repeat based on a time period that fits with your current fitness (e.g. could be 7 days or 2 weeks). For simplicity, aim for at least two of each category below per time period:

LSD: Long slow distance. This is your endurance training. And the LSD could be walking around the block to start with your new knee, or new heart valve.

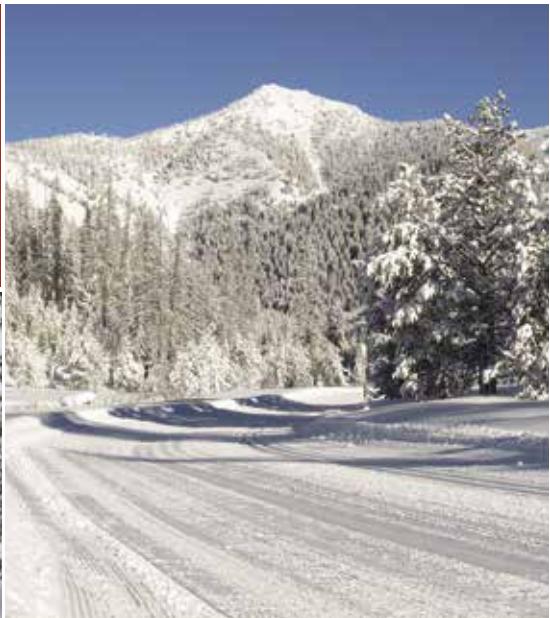
Strength: Get into the gym, or find some weights to lift. This could be body weight, free weights, or any number of creative ways to increase your strength. And again, as you heal, you will start lower than expected, but watch your improvement!

Intervals: Really hard to do in the initial recovery period, but as you progress, these become important.

Rest: yes, rest! Rest days are critical.

So, if you fall into a category of injury or illness and are crawling back to your former self, keep the above lessons in mind. And remember, that we do things like Nordic skiing ultimately because they are FUN! I hope that your journey is as smooth as possible. So get out there, have fun, and appreciate whatever you can do!! See you at the 50th BMT. *

James Lieberman, MD a member of the Boulder Mountain Tour Board of Directors, is a retired board-certified anesthesiologist. His volunteer activities include deep involvement in the Wilderness Medical Society (immediate past-president), founder of the DONS (Dudes On Nordic Skis) in 2019, participation in Blaine County Search and Rescue, and medical advisor for Sun Valley Mountain Huts.



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A Bright New Horizon for Don and Erin

By Jody Zarkos

For two people who thought they were going to be physical therapists, Erin Zell and Don Shepler have done a damn fine job as the operators of Galena Lodge over the last 17 years. Especially when you consider applying for the position started as a bit of a lark.

"It started out as a bit of a joke, but we thought, 'At least we can write a business plan, and whether we get it or not, we will have that,'" Don said. "Next thing we know, they are handing us the keys, and we're super excited."

Both possessed restaurant and catering experience but perhaps not a total awareness of how much their lives were about to change.

COMMUNITY

"It was all new to us. Don had a catering business, but now we had employees and payroll," Erin recalled. "We managed multiple weird situations at one time. You are half an hour from the nearest person who can really help you. You have to laugh a little bit about the quirkiness of the place, or it would be really hard. So many things come with it, including a whole community and family."

Don concurred, "I don't think we had any idea when we started what this Lodge meant to the community and how much they cared about it. To survive and be successful, you are stepping right in the middle of the Wood River Valley's living room."

HISTORY

Galena's history dates back to 1870 when it was a booming mining town boasting 800 residents – at the time, the largest populous in the Wood River Valley. Over the next century and change, Galena went through many incarnations, and near-death experiences before our community launched a successful "Save Galena Campaign," raising \$500,000 to purchase the Lodge in 1994, subsequently donating it to the Blaine County Recreation District.

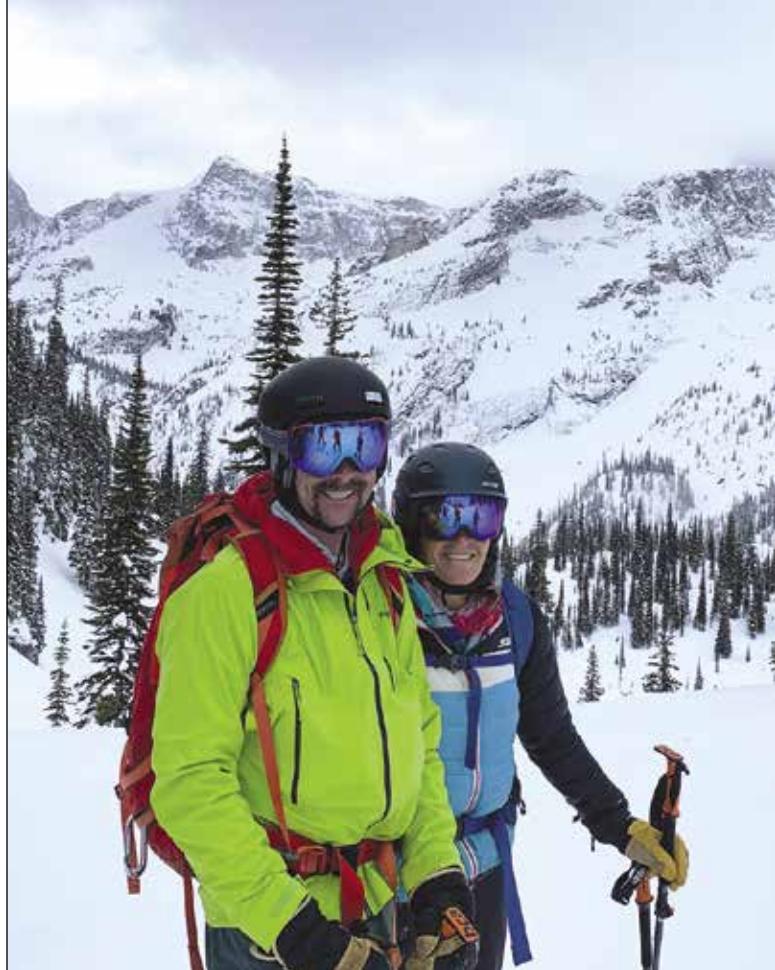
When Erin and Don took over in 2006, the Lodge had just installed power and was much quieter than it is now.

"We got to wade into the pool instead of jumping in," Erin notes.

From a winter cross-country ski destination, Galena Lodge has grown into a seasonal outpost complete with extensive mountain biking trails, a yurt system, kids' camps, horseback riding, wedding and event venue. In the winter, skiers can participate in adult ski programming and clinics called VAMPS and DONS.

"Summer used to be pretty sleepy. We would serve 30 to 70 lunches a day, and then the summer trails were put in. And now summer is super fun and busy," Erin says.

"And now July is the new February," Don quips.



Don Shepler and Erin Zell enjoying the backcountry.

Avid outdoors people, Erin and Don met as undergrads at James Madison University in Harrisonburg, Virginia. They landed in Ketchum on Halloween Night, 2000, after kicking around the west, searching for a new place to live.

"Our friend had a party out Warm Springs that was a rager. We met a ton of people, but everyone was in costume. We had no idea who anyone was the next day," Erin said with a laugh. "A lot of those people are friends to this day."

FRIENDSHIPS

Maintaining friendships is something at which both excel. Some original staff members returned to work Erin and Don's last winter with them and the Lodge's new managers, Kyle and Chelan Oldemeyer.

"We have been so lucky over the years and had an awesome staff. The people are what make this job what it is. You have 15 to 17 people who are an instant family. There is always someone to talk with, hang out with, or go skiing with. You eat dinner with them every night. It is pretty unique," Erin said.

As seminal an experience as running and living at Galena has been, the pair, married since 2002, is ready for new adventures.

"This has been our life for 17 years. This is what we know and do. Will I be able to find my way? Will I feel lost? Each day is a bit different," Erin said. "But we're very excited for what lies next."

"It has been an amazing opportunity. One we couldn't have dreamed of," Don agrees. "It has been hard work but very satisfying and integral to my identity and who I am now. It has been beyond what either of us expected." *

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5 Actions You Can Take to Go Green and Why It Matters

By Molly! Goodyear

Owner, How You Green Sustainability Consulting



You're skiing on the trail, and everything is perfect. You've nailed the wax, the temps are ideal, and you're feeling stronger than ever. You're in the zone.

Wouldn't it be great to feel like you're in the zone regarding your environmental impact? How often do you feel that your actions are helping the planet? Maybe you recycle and bring your own bag to the market, but you want to make a more significant impact. As one person, can you make much of a difference?

Any action that you take, big or small, makes an impact. If you drive a truck to get to the trails but compost all of your food waste, that's making a positive difference. Celebrate the small things, but continue to educate yourself and grow your portfolio of green, sustainable actions.

Here are five actions to help you go green. Challenge yourself to take these steps one at a time or all at once. Going green can be easy and fun!

Carbon Footprint: Take the ecological footprint quiz and see how large your carbon footprint is. It is eye-opening! <https://www.footprintcalculator.org/home/en>

Food Waste: Up to 40% of food in the US is wasted by consumers, restaurants, grocery stores, and even farmers. It is the single largest category of material placed in municipal landfills, where it generates methane, a greenhouse gas that is up to 86 times more powerful than carbon dioxide. Be mindful when shopping and eating out. Bring a list, share a menu item, eat everything on your plate, and compost. <https://www.nrdc.org/stories/reducing-food-waste-eight-tips-home-cooks>

Compost: Where many of us live, this can be challenging because of months of cold and snow. Composting can go a long way in lowering greenhouse emissions, regenerating the soil, revitalizing water sources, and fostering food security in the future, and it is achievable in the winter. We're hardy folks! <https://www.home-for-the-harvest.com/winter-composting/> Also, consider the Lomi, a countertop composting system. <https://lomi.com/products/lomi>

Consumption: We are a consumer society. We love to shop, and to be honest, having the newest thermal long underwear, the latest ski jacket, or that cute pair of jeans that makes your butt look good is fun and makes us feel good. Now consider thrifting, which reduces landfill waste, your carbon and chemical footprint, and the social costs of producing new products. <https://www.thredup.com/>

Energy: We drive a lot in the US. A quick trip to the market, a long trip to the ski trails driving mostly gas-powered cars and often alone. In our winter climates, sometimes it's hard to choose an alternative method of transportation, so the key is to plan ahead. Make lists before shopping, carpool, or take public transportation to the trails. Consider purchasing an electric or hybrid vehicle. In the summer, walk and ride your bike as often as possible. This area of sustainability is broad, with options to make big and small changes that will positively impact greenhouse gas emissions. <https://www.energysage.com/energy-efficiency/101/ways-to-save-energy/>

Remember, you can make sustainable changes that will benefit you now. Celebrate what you are doing and continue to make changes. Talk to your friends, get involved with organizations that promote a healthy environment and sustainable practices, and think about your actions.

You've got this! *

BMT Racer Checklist

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

CLOTHING/RACE BAG TRANSPORT

For a comfortable experience, BMT race bags should be used to store warm-up and a post-race change of clothes. All bags, including ski bags, will be transported from the start to the finish area by race organizers. Everything must be clearly marked with a name and bib number. Before heading to the starting line, ensure that all your gear is in your bag and it is securely zipped. The BMT assumes no responsibility for loose or lost 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.

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.*** You will get there when you get there. Your bib number must be clearly visible front and back. Place bib over camelbacks and jackets.

COURSE INSPECTION

Friday, February 3, 8 a.m. to 4 p.m.

Sawtooth National Recreation Area

The Harriman Trail will be open for inspection and skiing until late afternoon. We respectfully request all skiers be off course by 4 o'clock to allow ample time for grooming for race day.

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 get organized at the start.

HALF BOULDER START

Charley Course Half Boulder

Half Boulder participants are asked to self-seed by degree of seriousness. Competitive racers will line up in first, participants second, touring skiers and anyone hauling a chariot is asked to line up in the back.

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.

PORT-A-LETS

Additional blue rooms will be near the start of the race course. Given Galena's sensitive plumbing, please utilize the extra bathrooms if you are able.

PROTESTS

Any race protests must be lodged with the race jury before you leave the finish area. Rapidcam will be in place at the finish line for result verification.

RACE BAG/PACKET PICKUP AND BMT EXPO

Friday, February 3, 10 a.m. to 6 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 souvenir bib, timing chip, race-day details, SWIX race 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 6 p.m. Friday, please let us know ahead of time. We will arrange for you to pick up your bag and bib at Galena Lodge between 8-9:30 a.m. on Saturday.

RACE SHUTTLES

Hemingway Steam School, 111 8th St 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 9:30 a.m. for the Full Boulder. We recommend racers in waves 1-2-3 travel between 7-8:15 a.m. Average travel time is 35 minutes, weather dependent. Buses will depart as they fill up. Half Boulder transport runs between 10-10:45 a.m. Half-Boulder participants should not board buses before 10 a.m. as they will not stop at Baker Creek. Return shuttles from the finish area to Hemingway will leave every 20 minutes from 12 to 3 p.m.

RESULTS

Zone4 is the official timer of the Boulder Mountain Tour. Unofficial race results will be posted at the finish area as soon as they are available. Once confirmed, official results will be published to the BMT website.

TRAIL PASSES

All Full and Half Boulder participants are eligible to receive a Boulder Pass, which is good for three days of skiing (including race day) on the North Valley Trail System. Enjoy access to more than 160 kilometers of skiing meticulously maintained by the Blaine County Recreation District. The pass will be in your race bag at the BMT Expo. Family and friends may purchase a 1-or-3-day pass at any of the following merchants or the fee box at area trailheads. Present a copy of your entry at the following vendors to receive a trail pass; Backwoods Mountain Sports, The Elephant's Perch, Sturtevants, or Galena Lodge. Current trail conditions may be found at <https://wintertraillink.bcrd.org>.

**SAVE
THE DATE**

The 51st annual Boulder Mountain Tour is February 3, 2024.
Race registration will open in July 2023.

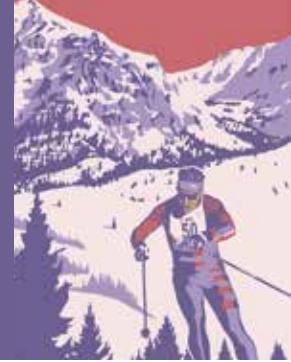
Details can be found at
www.bouldermountaintour.com

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

Racers will be asked to OPT in to Txtwire message service in January.

50TH ANNUAL

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TIMING CHIPS

All racers will be assigned a timing chip at the packet pick up. Timing chips are non-transferable and specific to each racer's wave start and bib number. Secure the chip to your ankle, just above the boot top.

If you drop out of the race, it is imperative to return your chip at the finish line, or mail it back in a padded envelope to Zone4, 2404 Ona Street Boise, Idaho, 83705. There is a \$100 replacement fee for lost chips.

BOULDER MOUNTAIN TOUR CHAMPIONS

2022
David Norris 1:17.08, Leah Lange 1:27.02

2021
Virtual Boulder Mountain Tour

2020
Johnny Hagenbuch 1:17.07
Guro Jordheim 1:25.50

2019
Peter Holmes 1:22.21, Erika Flowers 1:31.49

2018 - 34k course records
Matt Gelso 1:10.28
Caitlin Gregg 1:17.41

2017
Silas Talbot 1:33.42, Caitlin Gregg 1:40.19

2016
Nick Hendrickson 1:17.13
Caitlin Gregg 1:23.55

2015
Mother Nature

2014 - 34 kilometer course
Sylvan Ellefson 1:16.02
Chelsea Holmes 1:23.55

2013 - 32 kilometer course
Sylvan Ellefson 1:09.08, Lauren Fritz 1:18.57

2012
Matthew Liebsch 1:13.34
Rebecca Dussault 1:18.13

2011
Sylvan Ellefson 1:06.43, Evelyn Dong 1:12.39

2010
Zack Simons 1:13.52, Evelyn Dong 1:24.23

2009
Zack Simons 1:10.55
Rebecca Dussault 1:16.45

2008
Mike Sinnott 1:19.45
Kate Arduser 1:28.46

2007
Billy Demong 1:10.12, Evelyn Dong 1:16.06

2006
Zack Simons 1:22.12, Brooke Hovey 1:30.33

2005
Eric Meyer 1:09.43, Suzanne King 1:17.36

2004

Nathan Schultz 1:23.17
Rebecca Dussault 1:29.34

2003 - 32k course records

Eric Meyer 1:06.27
Brooke Baughman 1:12.36

2002

Justin Wadsworth 1:16.01
Suzanne King 1:26.10

2001

Justin Wadsworth 1:12.49
Unni Odegard 1:20.16

2000

Carl Swenson 1:22.46, Kelly Schalk 1:28.05

1999

Carl Swenson 1:20.47
Laura McCabe 1:31.31

1998 - 30 kilometer course

Carl Swenson 1:16.45, Kelly Schalk 1:28.05

1997

Marcus Nash 1:15.39, Ingrid Butts 1:27.46

1996

Ben Husaby 1:20.30, Ingrid Butts 1:32.06

1995 - 30k course records

Havard Solbakken 1:05.34
Heidi Selnes 1:12.13

1994

Bjorn Laukli 1:13.11, Jeannie Wall 1:22.00

1993

Audun Endestad 1:12.29
Laura McCabe 1:18.31

1992
Asmund Drivenes 1:11.02
Laura McCabe 1:17.57

1991
John Aalberg 1:09.29
EJ Holcomb 1:20.53

1990
Audun Endestad 1:14.59
Angie Stevenson 1:29.03

1989
John Aalberg 1:19.50, Roxanne Toly 1:34.22

1988
Ken McCarthy 1:16.29, Allison Kiesel 1:29.12

1987
Ken McCarthy 1:16.25, Sue Long 1:23.29

1986
Mark Pearson 1:26.44, EJ Holcomb 1:38.35

1985
Dave Bingham 1:38.58, EJ Holcomb 2:01.50

1984
Dave Bingham 1:32.07, Janet Kellam 1:47.34

1983 - Race not run

1982
Randy Meyers 1:28.30
Gabriele Anderson 1:42.59

1981 - Race not run

1980
Kevin Swigert 1:19.50
Gabriele Anderson 1:30.48

1979
Fritz Koch 1:40.25
Lindsay Putnam 1:57.11

1978

Jim Speck & Bob Kassow 2:08.34
Gabriele Anderson 2:14.57

1977 - Race not run

1976
Kevin Swigert 1:49.18
Kristina Hindert 2:08.28

1975
Kevin Swigert 2:05.50
Heidi Burkhart 2:33.07

1974
Bob Rosso 1:54.30
Polly Sidwell 2:18.15

1973
Brent Hansen 2:53.15
Julie Gorton 3:09.30

CHARLEY COURSE HALF BOULDER CHAMPIONS

2022
Dani Aravich 39:48 - Adaptive
Bryan Price 43:07 - Adaptive

McCallen Campbell 43:38
Stacey Galinat 44:17

2021
Virtual Boulder Mountain Tour

2020
Reed Wuepper 38:15
Cora Scott 43:28

2019
Hayden Hinchman 43:04
Margeaux Thompson 44:54

2018 - 15k course records
Colin Poly 36:02
Berkeley Canfield 41:34

2017
Nate Streubel 47:39
Natalie Flowers 52:04

2016
Will Lange 41:08
Britt Cogan 45:22

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 skiers are timed with the general field.

WAVE	BIB COLOR	NUMBERS	START TIME
#1	Elite Men	GOLD	1-75
#2	Elite Women	PURPLE	101-146
#3		GREEN	201-341
#4		RED	401-541
#5		BLUE	601-741
#6		YELLOW	801-941
#7		ORANGE	1001-1141
Half Boulder		LIGHT BLUE	1201-1406

AID STATION AND CUT-OFF TIMES

Aid Stations are hosted and manned by the good people at Sun Valley Community School, Sun Valley Suns Hockey Team, Wood River Pickleball, and Galena Lodge. We thoroughly appreciate these organizations' efforts and the important role they play in the success 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.

AWARDS

The Boulder Mountain Tour recognizes overall champions, age class champions, preem, and wave winners in the Full Boulder. Other award categories are Adaptive, Oldest/Youngest Racers, Corporate Teams, and the Jon Engen Award which goes to the man and woman who show the greatest percentage of time improvement from 2022. Overall, age and team champions are recognized in the Charley Course Half Boulder. The BMT prize purse totals \$13,000.

LOST AND FOUND

There will be a Lost and Found located at the finish area. Any items not claimed will be transported to the Awards Ceremony in Ketchum Town Square. The BMT is not responsible for items left on the course.

SAFETY

Staff members and volunteers of Galena Backcountry Ski Patrol, Ketchum, Sun Valley and Wood River Fire Departments, Wood River St. Luke's, Idaho State Police, Blaine County Search and Rescue and Wood River Ham Radio are an integral part of the BMT as each participant's safety is our number one priority. *

Calendar of Events

SATURDAY, JANUARY 28 - FRIDAY, FEBRUARY 3

Zions Bank Virtual Boulder Mountain Tour

"Our Boulder, Your Backyard." Participants will ski a 15 or 30 kilometer course of their choice anywhere in the world! Submit your time and course to be eligible for fantastic prizes from our generous sponsors. Virtual awards will be announced on Monday, February 6.

THURSDAY, FEBRUARY 2

NordicTown USA Sprints

Simplot Lot, 2nd Avenue & Fourth Street, Ketchum

The NordicTown USA Sprints pit teams of two in a head-to-head free-style relay format on a 400-meter oval. The event features elite racers from the field, adaptive skiers, as well as top juniors from the Sun Valley Ski Education Foundation. Cash prizes to the top teams. Come join the fun as a participant or spectator. Day of race signup only. Hot drinks and cookies provided by Sun Valley Community School. Details, Rick Kapala (208) 726-3899.

Sprints 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.	Adaptive class - 4 laps (If enough racers)
5:15 p.m.	Elite class - 6 laps

BOULDER MOUNTAIN TOUR CHAMPIONS RECEPTION

The Elephant's Perch, Ketchum, 6 p.m.

Meet and mingle with past champions of the Boulder Mountain Tour while enjoying complimentary food, beverages and a raffle.

FRIDAY, FEBRUARY 3

Race Bag/Packet Pickup and BMT Expo, 10-6 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 souvenir bib, timing chip, race-day details, official SWIX race hat, and goodies. The BMT Expo features event sponsors, industry insiders and local vendors. Want to get the lowdown on trails, temps, wax and equipment from the pros? This is the spot to do it.

Transportation/Shuttles

Getting From Here to There and Back Again

Whether you are a participant or spectator, we strive to make it easy to get you where you want to go. This, in a large part, is thanks to Andy Munter who has been in charge of the race shuttles for several years. He's the cheery fellow at Hemingway Elementary helping racers get to the starting line.

RACE SHUTTLES

Hemingway Steam School, 111 8th St East, Ketchum

Full Boulder

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 9:30 a.m. for the Full Boulder. We recommend racers in waves 1-2-3 travel between 7-8:15 a.m. Average travel time is 35 minutes, weather dependent. Buses will depart as they fill up.

Charley Course Half Boulder

Racers should plan on traveling to the Half Boulder start between 10-10:45 a.m. Half-Boulder participants should not board buses before 10 a.m. as they will not stop at Baker Creek. Return shuttles from the finish area to Hemingway will leave every 20 minutes from 11:30 to 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 due to the limited parking available at the Lodge.

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 10:30 a.m. and no public parking whatsoever at SNRA Headquarters, unless you are eligible for handicapped parking. Lot attendants will be on hand to enforce these restrictions. Parking along the Highway 75 corridor is discouraged, extremely limited and only allowed in designated turnouts. Parking is available on Barlow Road, a quarter-mile south of the finish area. Law enforcement will be patrolling to help keep the event as safe as possible. Violators will be towed at their own expense.

WATCHING THE RACE

Spectators wanting to watch the race start at Galena may board the buses between 9-9:30 a.m. as room allows. Racers will be given priority. There will be two spectator buses from Galena to the finish area. The first at 10:15 a.m. and second at 10:45 a.m. Elite racers generally cross the finish line shortly after 11 a.m. but we cannot guarantee you will be at the finish line to see the winners. 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.

SATURDAY, FEBRUARY 4

Boulder Mountain Tour, 10 a.m.

Harriman Trail, Sawtooth National Forest

The 50th annual Boulder Mountain Tour launches at 10 a.m. on the Harriman Trail. A field of 800 racers will challenge themselves over 34 kilometers. Spectators can catch the elite class finish shortly after 11 a.m. at the end of the Harriman Trail located across from SNRA Headquarters. The 15k Charley Course Half-Boulder begins at Baker Creek at 11:30 a.m.

SATURDAY, FEBRUARY 4

5-7:30 p.m.

BMT Awards Celebration and Block Party

Ketchum Town Square, East Ave and Fourth St

Cash prizes will be given to the top three men and women overall, preem winners, and adaptive racers. Commemorative prizes will be presented to the top three male and female in each age class in the Full Boulder, wave champs and Oldest/Youngest racers. Most Improved skiers will receive the Jon Engen Award given to the man and woman who improve their time the most from the 2022 BMT. Half Boulder prizes go to fastest overall, class and team winners. 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. Party tunes, a huge raffle with great prizes from our generous sponsors and supporters. You must be present to win.

2023 WOOD RIVER VALLEY CROSS COUNTRY SKI CALENDAR

January 27-February 24 Wood River Trail Challenge

February 5 Hispanic Ski and Snowshoe Day at Quigley Ski Area

February 11 Ski the Rails

February 12 Papoose Club Quigley Cup

February 25 BCRD Ski Free Day

March 22 Ride, Stride and Glide at Galena Lodge

April 2 Galena Lodge Closing Day



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Shauna Thoreson

When it comes to Boulder Mountain Tours, Shauna Thoreson was much more consistent than snow conditions. You could count on her showing up every winter.

A resident of Sun Valley, Idaho, for 46 years, Shauna was a fixture on the ski trails and could reliably be found on the BMT starting line every year - and, of course, the finish line. Shauna often remarked the BMT was one of her favorite events, and she always looked forward to skiing in it - something she had been doing since the 1970s.

Growing up in Utah, Shauna began as an



alpine ski racer and fell in love with Nordic skiing as an adult. Her strength belied a petite frame, paired with an equal amount of grace and persistence.

Shauna skied her final Boulder in February of 2022 - just a month past her 88th birthday. Her time in the 15k Charley Course Half Boulder was 1:47:39, placing her first in her age class, 84th in her gender, and 154th in a field of 169 finishers.

She spent her final night enjoying dinner with close friends. The following day, March 11, she peacefully passed away from an aortic dissection.

Surviving Shauna are four children, eleven grandchildren, and nine great-grandchildren - as well as countless friends made on the cross-country ski trails. *

CLOSING REMARKS: A Happily Shared Endeavor

50 It's a solid number. When you hit 50, the event, or person, is no fly-by-night entity. You are established, have some history, hopefully, some wisdom, and people obviously care about you.

This Zions Bank Boulder Mountain Tour exemplifies this, especially the people-caring part.

I am old enough to remember when winter seemed much longer than it does now. Events were a way for the community to come together and stave off the interminable boredom of living in a small town where nothing ever happened (or at least it felt like that from my teenage perspective).

As documented, the Boulder started as a ski tour, grew into a race, and is now one of the Wood River Valley's most beloved and long-standing events - right behind The Kindercup and Wagon Days, now clocking in at 67 and 66 years old.

Over the years, skate skiing was discovered, the Harriman Trail developed, Galena saved, modern grooming utilized, road crossings limited, and electronic timing implemented.

What remains unchanged is the solicitude for the Boulder. The genuine investment people have in the event's success, personal connection to, and love for the race. It is displayed in the months leading up to the race and event day itself. We are shepherding something into being, something we all feel good about, and something that seamlessly weaves its history and ours together in a way that is at once galvanizing and life-affirming.

This spirit of giving and grace motivated Julie Gallagher, Roberta Heinrich, and Gay Riley, our beloved "bib bag ladies," for countless years. The trio organized and headed up our race bag packing and showed us how to combine professionalism, enjoy what you do and benefit your community simultaneously. They have handed over the task to students at Sun Valley Community School, passing the baton to the generation of altruistic individuals.

We would also like to thank all of our volunteer committee heads, including the following who have contributed more than two decades of their lives to the BMT. Sincere gratitude to Ted Angle,

Jenny Busdon, Ned Hamlin, Rick Kapala, Andy Munter, Nappy Neaman, Bobby Noyes, Pete Stephenson, and, of course, Bob Rosso.

Giving back is an oft-repeated theme continuously proven through the Boulder Mountain Tour. Bob being example number one. Starting off helping out with Boulder number one in 1973 (when it was known as the Sawtooth Mountain Marathon), morphing from serious racer to guiding force to elder statesman.

Like all of us, Bob and his wife, Kate, are dealing with challenges and changes. And despite this, they return to the Boulder to ski, to laugh, to engage with this wonderful community of racers, many of whom are facing vulnerabilities of their own. Often, I feel, getting to the starting line is a triumph in itself and should be celebrated as such.

On behalf of all of us at the Boulder, thank you for being a living, breathing part of our valley's history. It is a joy to be here with you.

Warmest regards,
Jody Zarkos, BMT Executive Director



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