



**Swix** BOULDER  
MOUNTAIN Tour

**NordicTown USA**  
TOWN SPRINTS

January 24 - February 2, 2014

**Ski the Rails**  
**Skin It To Win It**



**Paw 'n Pole**  
**Banff Film Festival** and more...

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

# NO COMPROMISES



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

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## IMPORTANT INFORMATION

The Sun Valley Nordic Festival is offering a \$49 all-inclusive nine day Festival Trail Pass. The pass includes the entire trail system from Bellevue to Galena Lodge, the Sun Valley Company's Nordic Trails, and the Sawtooth Valley trails. The pass and day passes are available at the following locations:

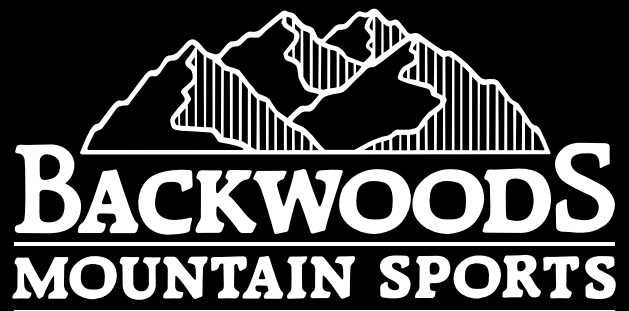
**Hailey:** BCRD Community Campus, Sturtos Hailey

**Ketchum:** Backwoods Mountain Sports, Elephant's Perch

**North of Ketchum:** SNRA, Galena Lodge

Program design by Judy Stoltzfus of Judy's Design House  
Program content provided by Ellen Gillespie of Sun Valley Events  
Photography courtesy of Nils Ribl  
Maps courtesy of Evelyn Phillips

To advertise in the 2015 Sun Valley Nordic Festival program, or if you have a story idea, please contact Ellen Gillespie at Sun Valley Events at (208) 726-2777 or ellen@sunvalleyevents.com



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And, there is no better way to pay tribute to the extraordinary recreation in our backyard than with the 2014 Sun Valley Nordic Festival. Whether you are watching or skiing, this unique mountain sport captures the spirit of our mountain town. The City of Ketchum is proud to welcome athletes and visitors from all over the globe for this world-class event. As a community, we also thank every volunteer, athlete and spectator who makes this event successful year after year.



FOR MORE INFORMATION ON KETCHUM CONTACT LISA HOROWITZ AT THE KETCHUM COMMUNITY AND ECONOMIC DEVELOPMENT DEPARTMENT  
208.726.7801 • [lhowitz@ketchumidaho.org](mailto:lhowitz@ketchumidaho.org) • [www.ketchumidaho.org](http://www.ketchumidaho.org) • [www.facebook.com/CityofKetchum](http://www.facebook.com/CityofKetchum)



**W**elcome to the 5th Annual Sun Valley Nordic Festival. Throughout our history we have been celebrating snow, playing and living in a winter wonderland. Every November, the conversation turns to snow: predictions of, prayers for, and Farmer's Almanac study. In eager anticipation, we dig out our boots and skis and wait for each flake to accumulate. Since the inception of the Boulder Mountain Tour in 1973, we have been sharing the joy of touring our fantastic trails with visitors from around the world who return year after year, becoming friends and contributing to what is now the Nordic Festival. Thank you for joining us for this year's festivities; enjoy our world class skiing and explore the galleries, shops, restaurants and parks that contribute to our lively mountain culture.

See you on the snow,

Nina Jonas – Ketchum Mayor



PHOTO BY: ANN GOODWIN



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reservations  
welcome



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208-622-3832



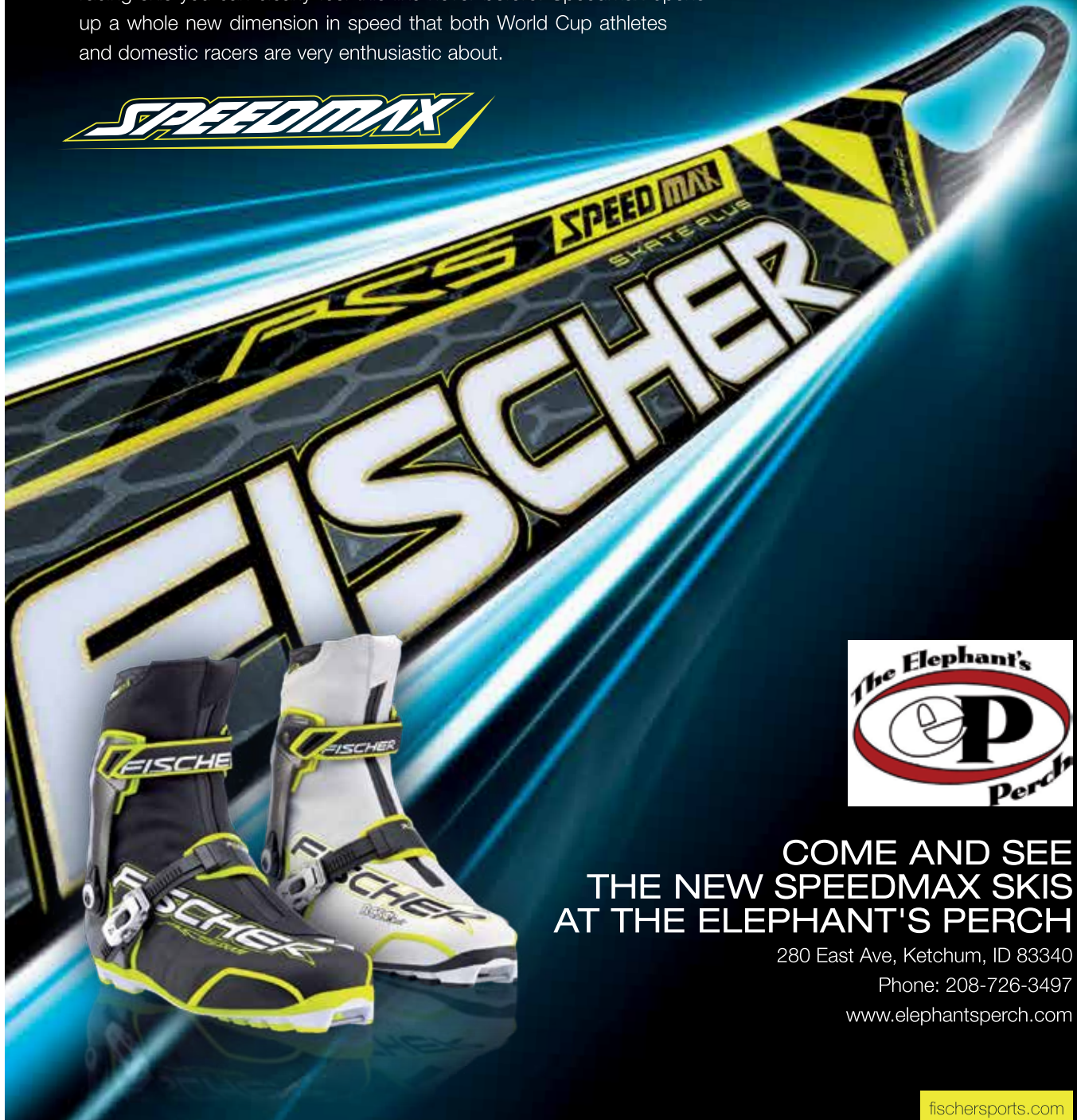


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[www.elephantsperch.com](http://www.elephantsperch.com)

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

# Welcome to NordicTown USA



## Opening Night Welcoming Celebration

Friday, January 24, 2014  
5:00 – 7:00 pm  
Ketchum Town Square



Come celebrate as the Sun Valley Nordic Festival kicks off ten days of culture, sport, and the best Nordic skiing in North America. Sponsored by The Sawtooth Club, the party will feature live music from the popular band the BoBos, a juggling fire dancer, the “Bavarian Spoons” dressed in authentic garb, and a Nordic Fashion Show with outfits from the Community Library’s Gold Mine and other Ketchum retailers. Enjoy food, drinks and beer by the Sawtooth Brewery. Meet your skiing friends or make new ones, and then hit the town to experience NordicTown USA’s many fine restaurants and bars. This event is free of charge and family-friendly. There will be plenty of dancing to keep you toasty, but still remember to dress warmly as the event is outside.



- Kids under 15 stay FREE
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e-mail: [hailey.id@americinn.com](mailto:hailey.id@americinn.com)

## BROSCHOFSKY GALLERIES

Established in 1987, Broschofsky Galleries features fine art with a focus on the west, historic through contemporary.

### WELCOME NORDIC SKIERS

JOIN US APRÉS SKI 4-5:30  
JAN. 24 - FEB. 2

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PHOTO: PAULETTE PHLIPOT

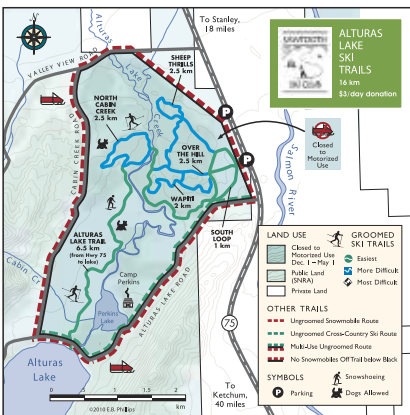
## SAWTOOTH VALLEY EVENTS SCHEDULE

**Jan. 24 - 26 Sawtooth Outdoor Bonspiel** at the Stanley Outdoor Ice Rink  
 Hosted by Boise Curling Club - [www.sobidaho.com](http://www.sobidaho.com).

**Jan. 25 Cody Canada and the Departed w/ American Aquarium**  
[www.rightlaneproductions.net](http://www.rightlaneproductions.net)



TRAILHEAD to IDAHO ADVENTURE



**Jan. 27 Skiers Special Breakfast/Brunch** at Smiley Creek Lodge - [www.NordicTownUSA.com](http://www.NordicTownUSA.com)

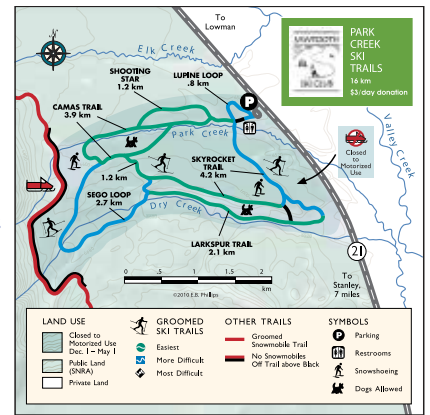
**Jan. 27 Learn to Curl** at the Stanley Outdoor Ice Rink - Hosted by Boise Curling Club  
[www.stanleysawtoothcc.org](http://www.stanleysawtoothcc.org).

**Jan. 27 Snowshoe Tour** - History of the Sawtooth Wilderness - [www.NordicTownUSA.com](http://www.NordicTownUSA.com)

**Jan. 27 Ski Tour** - Winter Wildlife of the Sawtooths  
[www.NordicTownUSA.com](http://www.NordicTownUSA.com).

**Jan. 27 Avalanche Awareness & Safety in the Backcountry** at Stanley Town Square  
[www.NordicTownUSA.com](http://www.NordicTownUSA.com).

**Jan. 27 Skiers Special Dinner** at Stanley Sluice in Stanley Town Square - [www.NordicTownUSA.com](http://www.NordicTownUSA.com)



13-VII-03 3000  
 For additional Information  
 on Idaho call 1-800-VISIT-ID



**STANLEY-SAWTOOTH**  
 CHAMBER OF COMMERCE - STANLEY, IDAHO

[www.stanleycc.org](http://www.stanleycc.org) | (208) 774-3411 | [information@stanleycc.org](mailto:information@stanleycc.org)



# 2014 Sun Valley Nordic Festival EVENT SCHEDULE

January 24 - February 2



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

check website for up to date information and times, or our Facebook page Sun Valley Nordic Festival

Date	Event	Venue	Timing	Hosted by
Friday 1/24	Opening Night Welcoming Celebration	Ketchum Town Square	5:00PM-7:00PM	Sawtooth Club / Sawtooth Brewery
Saturday 1/25	BCRD Ski the Rails/Hailey Downtown Party	Wood River Trail from Serenade Lane to Hailey	10:00AM	BCRD / Sun Valley Brewery
	Sun Valley Intermountain Junior National Invitational	Lake Creek Nordic Olympic/Paralympic Training Center Stadium	10:00AM-2:00PM	SVSEF
	18th Annual Galena & the Trails Winter Benefit	Limelight Room-Sun Valley Inn	5:30PM	BCRD
Sunday 1/26	Skin it to Win It Ski & Snowboard Race	Dollar Mountain	10:00AM	Friends of the Sawtooth Avalanche Center
	29th Annual Paw 'n Pole	Croy Nordic Trails	12:00PM	Animal Shelter of the Wood River Valley
	Sun Valley Intermountain Junior National Invitational	Lake Creek Nordic Olympic/Paralympic Training Center Stadium	10:00AM-2:00PM	SVSEF
Monday 1/27	Skiers Special Breakfast/Brunch at Smiley Creek	Smiley Creek Lodge	8:00AM-NOON	Smiley Creek Lodge
	Ski Tour: Winter Wildlife of the Sawtooths	Park Creek Ski Area, Stanley	12:00-2:00PM	Idaho Conservation League
	Avalanche Awareness & Safety in the Backcountry	Stanley Town Square	3:30-5:00PM	Friends of the Sawtooth Avalanche Center
	Skiers Special Dinner	Stanley Sluice	5:00-7:00PM	Stanley Sluice in Stanley Town Square
Tuesday 1/28	Twilight Ski & Dinner at Galena Lodge	Galena Lodge	5:30-8:30PM	Galena Lodge
	Coaching Through the Ages	Community Library	6:00PM	Community Library / SVSEF
Wednesday 1/29	Local Stoker: SVSEF Gold Team	Lake Creek Nordic Olympic/Paralympic Training Center Stadium	9:30-10:30AM	SVSEF Gold Team
	Paralympic Biathlon Practice	Sun Valley Nordic Center	10:00AM	Wood River Ability Program / SVSEF
	Lizzy's Fresh Coffee Tasting	Lizzy's Fresh Coffee Roasterie	12:00-4:00PM	Lizzy's Fresh Coffee
	Sun Valley Alpine & Nordic Hall of Fame Induction Ceremony	nexStage Theatre	5:00-6:00PM	Ketchum / Sun Valley Historical Society
Thursday 1/30	Local Stoker: Vamps Coaches	Harriman Trail: Meet at Ketchum Town Square	9:00AM	Vamps
	Paralympic Biathlon Race	Sun Valley Nordic Center	10:00AM	Wood River Ability Program
	Vintage Ski Wander	Sun Valley Nordic Center	11:00AM	Sun Valley Nordic
	Downtown Jam/ NordicTown USA Sprints (Nordic and Snowbike Races)	SVCA Field - Downtown Ketchum	4:00PM	SVSEF / BCRD / Elephant's Perch / Wood River Ability Program / Wood River Bike Coalition / The Haven / Sawtooth Brewery
	XC Party at Perry's	Perry's Restaurant	5:00-8:00PM	Perry's Restaurant
Friday 1/31	Boulder Mountain Tour Expo	Wood River Community YMCA	10:00AM-8:00PM	Swix Boulder Mountain Tour
	Friends of the Sawtooth Avalanche Center Incredible Raffle & Banff Film Festival	NexStage Theater	6:00-10:00PM	Friends of the Sawtooth Avalanche Center
Saturday 2/1	39th Annual Swix Boulder Mountain Tour	Harriman Trail: Galena to SNRA	10:00AM	Swix Boulder Mountain Tour
	Swix Half Boulder Mountain Tour	Harriman Trail: Baker Creek to SNRA	11:45PM	Swix Boulder Mountain Tour
	Swix Boulder Mountain Tour Awards Ceremony	Limelight Room - Sun Valley Inn	5:30-7:00PM	Swix Boulder Mountain Tour
	Friends of the Sawtooth Avalanche Center Incredible Raffle & Banff Film Festival	NexStage Theater	6:00-10:00PM	Friends of the Sawtooth Avalanche Center
Sunday 2/2	Boulder Mountain Tour Demo	Sun Valley Nordic	10:00AM-2:00PM	Sun Valley Nordic / Swix Boulder Mountain Tour



## 18th Annual Galena & the Trails Winter Benefit

Saturday, January 25, 2014 • 5:30 - 10:00 pm • Limelight Room, Sun Valley Inn

Join us in celebrating and supporting Galena Lodge. This year marks the 20th anniversary of the community coming together to ensure the future of this very special place.

This special fundraising evening, which raises crucial funds to support the maintenance and future of Galena Lodge and all the trails, includes a three course dinner with wine, a silent and live auction and live music. This is a great way to kick off the Sun Valley Nordic Festival!

Tickets cost \$95 if purchased before January 15, 2014, \$110 thereafter.  
To purchase tickets, go to [www.bcrd.org](http://www.bcrd.org) or call (208) 578-BCRD.

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# Sun Valley Intermountain Invitational



**Saturday and Sunday • January 25–26, 2014**

## **Lake Creek Training Center, Highway 75, 3 miles north of Ketchum**

Team van parking by permit on race day at Lake Creek. All spectators and volunteers are asked to park at Hulen Meadows, ½ mile south of Lake Creek, and take the event shuttle bus.

Hosted by the Sun Valley Ski Education Foundation

[www.svsef.org](http://www.svsef.org), (208) 726-3899

Event Director: Rick Kapala [rick@svsef.org](mailto:rick@svsef.org)

**The SVSEF Welcomes competitors to the Sun Valley Intermountain Junior National Qualifier.**

## **EVENT SCHEDULE:**

### **Wednesday, January 22, 5:00pm**

**Entries due:** please use excel team registration form.

Email entries to Race Secretary Heidi Watanabe, [heidewat@cox.net](mailto:heidewat@cox.net)

### **Friday • January 24**

**9:00am:** Courses open at Lake Creek for inspection

**5:00pm:** Team Leaders Meeting – Lake Creek Training Center

### **Saturday • January 25**

**10:00am:** Skate Sprint Prelim Start.

Men: U20/18, U16 Women: U20/18, U16

**11:00am:** Mass Start Youth Races. U10 1km Boys and Girls Combined, U12 2km Boys then Girls, U14 3km Boys then Girls

**12:00pm:** Sprint Heats. Men U20/U18 & U16 to completion

**1:30pm:** Sprint Heats. Women U20/18 & U16 to completion

**6:00pm:** Awards Banquet, location TBD

### **Sunday • January 26**

**10:00am:** Interval start classic races.

#### **RACE ORDER:**

**Youth Races:** U10 Boys and Girls 1km, U12 Boys and Girls 2km, U14 Boys and Girls 3km

**Junior Races:** U16 Boys 5km, U16 Girls 5km, U20/18 Girls 10km, U20/18 Boys 10km

Awards upon conclusion of races.

Entry fees are due at the Friday team leaders meeting.

**U20/U18/U16:** \$30 per person per day

**U14 and Younger:** \$15 per person per day

Saturday Awards Banquet: \$14 per person

**Course maps and team entry form:** [www.svsef.org](http://www.svsef.org) navigate to cross country tab and select events.

Races are FIS sanctioned so athletes with FIS licenses should include their FIS number on the entry form.

# SV GA

sun valley gallery association

## WELCOME NORDIC SKIERS

Come visit the Ketchum Galleries!  
[www.svgalleries.org](http://www.svgalleries.org)

# COLDWELL BANKER

## DISTINCTIVE PROPERTIES

Proud supporter of the  
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Mention Code: NF2014 at time of booking

208.622.3400 or [www.sunvalleyrentals.co](http://www.sunvalleyrentals.co)

## WELCOME NORDIC FESTIVAL PARTICIPANTS!

From high fashion to sportswear, ski gear to fine art, the eclectic **Gold Mine Thrift Store** and its new sister store, **Gold Mine Consign**, have something for everyone. Discover your hidden gems at these iconic Sun Valley stores.

### GOLD MINE CONSIGN *Consignment with a Cause*

Tue-Sat 10-6  
591 4th St. E., Ketchum  
208.726.5544  
[goldmineconsign.org](http://goldmineconsign.org)

### GOLD MINE THRIFT STORE *Purveyors of All Things Sun Valley*

Mon-Fri 10-6  
Sat 10-5, Sun 12-5  
331 Walnut Ave, Ketchum  
208.726.3465  
[goldminethriftstore.org](http://goldminethriftstore.org)



TWO GREAT STORES,  
ONE OUTSTANDING CAUSE  
All proceeds benefit:

THE COMMUNITY  
LIBRARY

# BCRD Ski the Rails

Saturday, January 25, 2014

10:00 am – 2:45 pm

Serenade Lane, Ketchum to Myrtle Street, Hailey

**J**oin in on a fun community cross-country ski tour along the Wood River Trail for skiers of any level. Ski the Rails starts at Serenade Lane in Ketchum (near the River Run ski base) and runs along the old railway line down to Hailey, a 12 mile ski. Pass over bridges and through wooded neighborhoods on a relaxed and scenic tour. There are aid stations along the way to keep you energized. Dogs are welcome to join in the fun and even have their own aid station with water and treats.

The trail is groomed for both classic and skate skiers.

The official start at Serenade Lane in Ketchum is at 10:00, but you can join in at any time and at any place along the course. Aid stations are open until 1:00 pm. The tour finishes at Myrtle Street in Hailey. Buses take you to the Sun Valley Brewery in Hailey where there are post-ski libations, and from there buses run back up to Serenade Lane.

This is a free community event. Questions? Call Janelle at 578-5453 or [jconners@bcrd.org](mailto:jconners@bcrd.org).

## Bus information:

The first bus leaves from the Sun Valley Brewery at 9:30am to arrive at Serenade Lane for the 10:00 start. After that, a bus leaves from the Sun Valley Brewery at 10:30, 11:40, 12:50, 2:00 and 2:45. A dropoff at East Fork can be requested. The shuttle bus between Myrtle Street, where the tour ends, and the Sun Valley Brewery runs from 11:00 until approximately 2:30. A drop-off at East Fork can be requested.

Please note that these times are approximate. If you feel that you may arrive at the finish later than 1:30, please consider leaving a car at Myrtle Street and taking the bus up to the start. All northbound buses stop at Myrtle Street.



# Visitor Information

## HOW TO GET HERE

### By Air

Friedman Memorial Airport (SUN) in Hailey is a short 20 minute drive south of Ketchum and Sun Valley. SUN is served by Delta Airlines, Alaska Airlines and United Airlines. Sun Valley Resort has complimentary airport shuttle service for its guests, and taxis and rental cars are also available.

Visitors can also take any one of 60 daily flights into Boise (BOI), 150 miles west of Sun Valley. Daily shuttles from Boise are available on Sun Valley Express and rental cars are also available.

## WHERE TO STAY

### Hotels

**Sun Valley Resort** has great shopping, fine dining, heated pools, a bowling alley and outdoor ice skating, and it is convenient to all the Nordic Festival events. They are offering Nordic Festival participants a discounted rate of just \$149 per night. Call 1-800-786-8259 and ask for the "Boulder Mountain Tour and Nordic Festival" discount. [www.sunvalley.com](http://www.sunvalley.com).

**The Best Western Kentwood Lodge** in Ketchum is located right on Main Street for easy access to all the restaurants. They have an indoor pool, pillowtop beds, and microwaves and fridges in each room. 1-800-805-1001. [www.bestwestern.com/kentwoodlodge](http://www.bestwestern.com/kentwoodlodge).

The **AmericInn** in Hailey has an indoor pool, hot tub and steam room. A hot breakfast is included. Regular bus service is available up to Ketchum and Sun Valley. 1-(800) 634-3444. [www.americinn.com](http://www.americinn.com).

## CONDOMINIUMS AND HOMES

**Coldwell Banker Distinctive Properties** offers a variety of homes and condominium to rent, and they are offering a special for Sun Valley Nordic Festival participants: book 5 nights and receive the 6th night for free with code NF2014. (208) 622-3400. [www.sunvalleyrentals.com](http://www.sunvalleyrentals.com).

**Tom Pomeroy** has a home for rent north of Ketchum. [www.chocolategulchhome.com](http://www.chocolategulchhome.com). (208) 726-4366.

## WHERE TO EAT

### American

**Ketchum Grill** serves local, sustainable dinners and has a great wine and beer selection. 5th St. and East Ave. (208) 726-4660. [www.ketchumgrill.com](http://www.ketchumgrill.com).

**Enoteca**, located on Main Street at Sun Valley Road, offers locally raised lamb, house cured meats, artisanal cheeses, traditional, wood fire, Napolitano style pizza, and more, as well as great wines. (208) 928-6280. [www.ketchum-enoteca.com](http://www.ketchum-enoteca.com).

**The Cellar Pub** has delicious burgers and the best fish and chips around. Happy hour specials from 4-6 and a full bar. 400 Sun Valley Road. (208) 622-3832. [www.thecellarpub.com](http://www.thecellarpub.com).

**Perry's Restaurant** has hearty breakfasts, deli style sandwiches, grill specials, and casual dinners. 4th St and First Ave. (208) 726-7703. [www.perrysunvalley.com](http://www.perrysunvalley.com).

**The Sawtooth Club** has a full bar and serves up a unique blend of American steakhouse classics, fresh seafood, wild game, and unique pasta dishes by a cozy fire. Main St between Sun Valley Rd and 2nd Ave. (208)726-5233. [www.sawtoothclub.com](http://www.sawtoothclub.com).



Photo courtesy of: Sun Valley Co.

### Asian

In addition to great sushi, **Sushi on Second** serves steaks, tempura, salads, noodles and beer and wine. 2nd St and Main, (208) 726-5181. [www.sushionsecond.com](http://www.sushionsecond.com).

**Globus**, located at 6th St and Warm Springs Road, has an eclectic and delicious menu featuring curries, pad thai, crispy fish and other culinary delights. (208) 726-1301. [www.globus-restaurant.com](http://www.globus-restaurant.com).

**Rickshaw** is a cozy neighborhood spot serving creative, fresh plates inspired by the flavors of Southeast Asia, and the best pot stickers on the planet. 4th St and Washington Ave. [www.eat-at-rickshaw.com](http://www.eat-at-rickshaw.com).

### Other

**Boca** serves up the distinct flavors, colors and sensations of the Latin world with tapas, cocas, paella, salads and more. They also have a full bar and specialty cocktails served up in an elegant, modern setting. 131 Washington Ave. South (Between 1st & 2nd). [www.bocaketchum.com](http://www.bocaketchum.com). (208) 928-7773.

**Rico's** Italian menu includes starters, soups, salads, over 20 signature pastas, hand-picked nightly specials, calzones and eleven specialty hand-tossed deck oven pizzas. 200 Main St between Sun Valley Rd and 2nd Ave. (208)726-7426. [www.ricospizzaandpasta.com](http://www.ricospizzaandpasta.com).

**Glow** is a vegetarian and vegan restaurant live food cafe and health food store that serves energizing superfood smoothies, green juices, organic live vegan entrées, loose-leaf teas, and nutrient-dense decadent desserts. 380 Washington Ave (208) 725-0314 [www.glowlivefood.com](http://www.glowlivefood.com).

## WAXING RESOURCES

### Professional Services

**Elephants Perch**, 280 East Ave. (208)726-3497 [www.elephantsperch.com](http://www.elephantsperch.com).

**Backwoods Mountain Sports**, 711 Main St N. (208) 726-8826 [www.backwoodsmountainsports.com](http://www.backwoodsmountainsports.com).

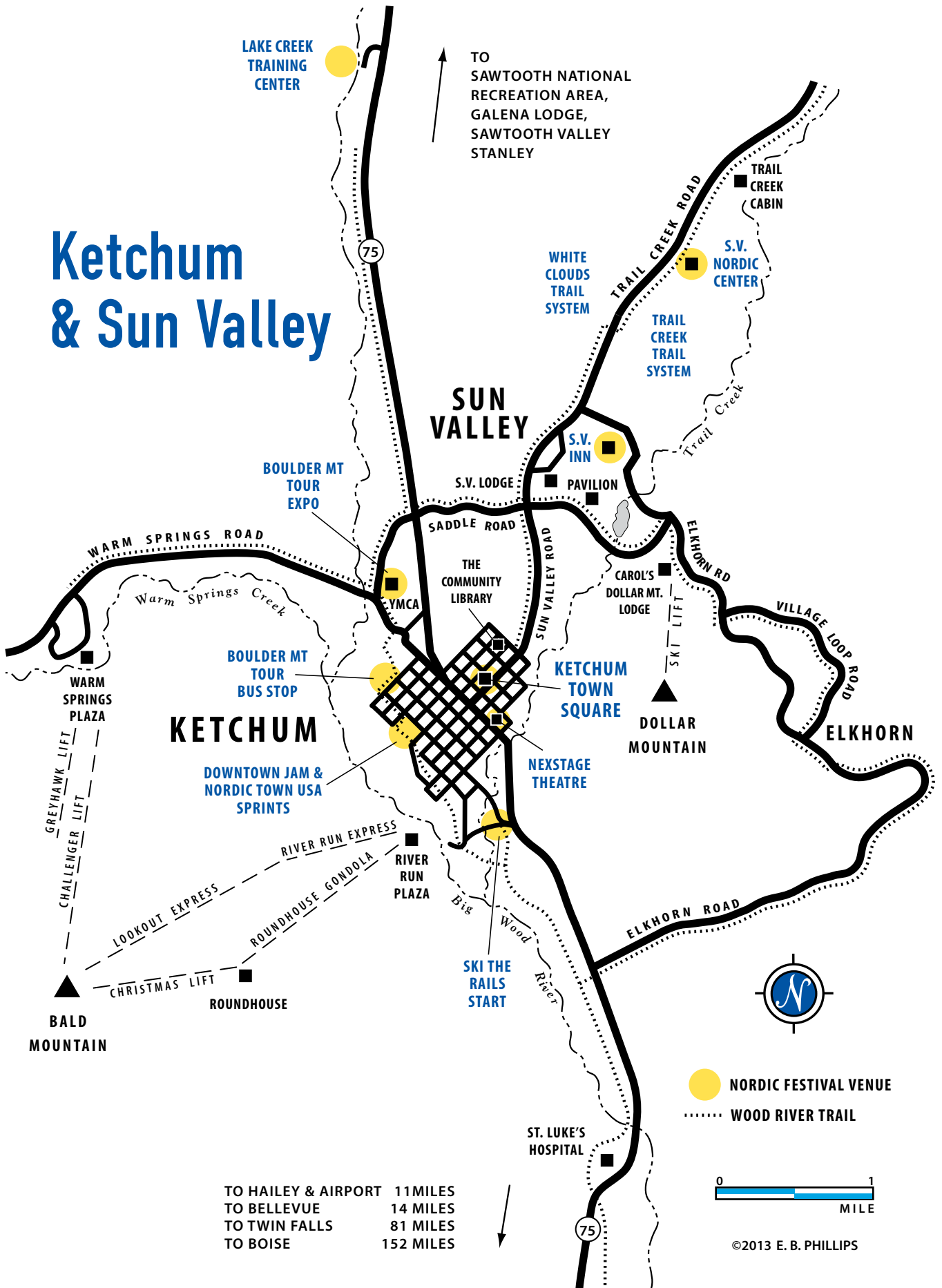
**The Waxroom**, 131 Second St. (208)726-7595. [www.waxroom.com](http://www.waxroom.com).

### Do-it-Yourself

**5B Garage** has tuning benches and waxing tools, bring your own wax. Cost: \$35. 110 Bell Drive Unit 4, behind Sun Valley Cleaners. (208) 481-8013

For more local information go to [www.visitsunvalley.com](http://www.visitsunvalley.com).

# Ketchum & Sun Valley



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 TO BOISE 152 MILES

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 ..... WOOD RIVER TRAIL



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# How to Utilize Tune Up Races

By Miles Havlick

Only about once a year, I wake up in a cold sweat extremely relieved that my vivid nightmare was no longer reality. But once a year is enough to remind me how important proper preparation can be.

It's my junior year in high school and I'm only about two hours away from the best feeling on Earth; opening that heavy school door to the freedom of summer break. However, the only thing standing in the way of that euphoria is my "French 3" final exam.

To this day, few things haunt me as deeply as that vulnerable, quivering feeling going through my body as I blankly stare down at that white paper. I had completed the weekly homework throughout the semester, survived the midterms, but with distractions getting the better of me, I had not set myself up well for that final exam. And let me tell you, my result reflected that. From that day forward, I vowed to myself to never experience that unprepared feeling again for any test, ever.

When it comes down to it, a ski race is essentially a test, and it is just as important to prepare for a race as study for an exam. The most valuable tools in training for that pinnacle race of the season are those early season tune-up races. You can put in the hours, hammer out the intervals, but every time you slip that bib over your head, it is a completely different game and as much a mental one as a physical one. Don't think that Marit Bjørgen will be showing up to the start line at the Olympics ready to tackle her first race of the season. Nope, that's not



how it works. Her body would not be ready physiologically and her mental state would be even more fragile...much like I was for that final exam.

Whether you are the best in the world or just a weekend warrior setting out to improve your PR at the Boulder Mountain Tour, we can all see the value in those early-season tune-up races. They act as appetizers to dial in your pre-race meal, your warm-up, your pace, and perhaps most importantly, your pain tolerance. Everyone is different and there is no golden formula to guarantee that you will perform at your very best when you want to; that is actually what makes skiing so darn fun!

What I like about early season races is the assurance that if I suck, it doesn't really

matter and I can learn from the experience to make sure that the same mistakes won't happen next time. I've eaten too much. I've bonked from eating too little. I've tired myself out in warm up and been crippled by lactate for too little warm-up. With this experience gained in those early races, comes the knowledge of how to do it right.

So, this year when you are standing at the start line of the Boulder Mountain Tour, look over at that spandex clad skier next to you, notice them quivering in unpreparedness, be comforted by those early-season races you've conquered, and smile.

*Miles Havlick is a SVSEF Gold Team Member and two time NCAA Champion for the University of Utah.*

# Paw 'n Pole

Sunday, January 26, 2014

12:00 pm

Croy Nordic Trails, Hailey

The 29th Annual Paw 'n Pole event is for everyone who loves snow, whether they have two legs or four. It features family friendly ski and snowshoe races for all ages and abilities, in addition to costumes and silly pet trick contests, with lots of fun prizes. This year's theme is the Olympics. Don't have a dog to race with? You can borrow one from the Shelter.

Many families have fond memories of participating in the Paw 'n Pole over the years. Local resident Deb Fox remembers coming to the event with her family about ten years ago. "A shelter volunteer asked my son if he wanted to do the ski race with Shelter dog, Amos. He came home with us that day and we have been bringing him back to race every year since then!"

Each participant will be registered to win a BCRD Nordic ski pass for themselves and their dog.

Tickets are \$5 for kids, \$10 for adults, and \$25 for a family. To purchase tickets visit [www.animalshelterwrv.org](http://www.animalshelterwrv.org) or call (208) 788-4351.



Dynamic Duo: Deb and Amos, aka Batman and Robin

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Animal Shelter of the Wood River Valley

## 29TH ANNUAL PAW'N POLE

X-C and Snowshoe Races With Your Dog

Sunday, January 26, 2014

Noon at the Croy Nordic Trails



This year's theme:  
**THE OLYMPICS**

**Best costume and Silly Pet Trick contests!**



**Raffle for BCRD Winter pass for you and your dog**

Race entry fees: \$5/child, \$10/adult, \$25 family  
Includes lunch and raffle ticket entry



**Contact the Shelter for more information:**  
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[www.animalshelterwrv.org](http://www.animalshelterwrv.org)

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Can't make this race? Make West Yellowstone your Nordic skiing destination.



# Skin It 2 Win It

**Sunday, January 26, 2014**

**10:00 am - 1:00 pm**

**Dollar Mountain**

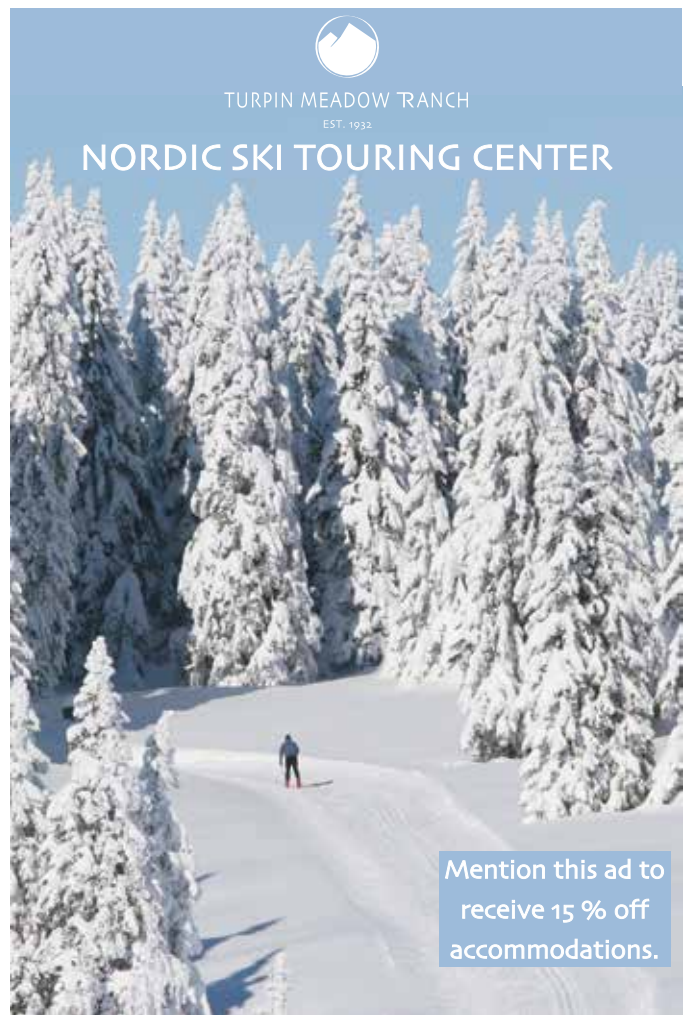
'Skin it 2 Win It' is a randonee ski and snowboard race on Dollar Mountain. Participants skin 563 feet up Forbidden Fruit ski run and then ski or snowboard down Otto's Run, trying to complete as many laps as possible in three hours. The uphill course length is approximately 1 mile and the total loop is 1.7 miles. Each lap takes approximately 15 minutes. Categories include men, women, and coed teams of one, two and four persons. Coffee, energy drinks, food and music are provided for racers to enjoy between laps. This fundraiser benefits the Sawtooth Avalanche Center.

**Entry fee:** \$25 per person, includes timing chips, hot drinks and food, awards and raffle prizes

**Registration:** Elephants Perch and Backwoods Mountain Sports in Ketchum. Closes Saturday, January 25th. No race day entries.

**Awards:** 1:00 pm at Dollar Mountain Lodge. Prizes for most laps for men, women and coed teams of one, two and four persons for both skiers and snowboarders.

Questions? [skinit2winit@gmail.com](mailto:skinit2winit@gmail.com)



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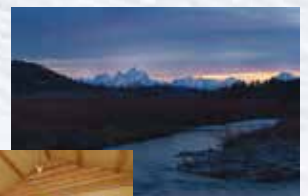
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# SAWTOOTH VALLEY EVENTS



## Monday, January 27, 2014

Take time to travel over the Galena Summit to experience Nordic trails surrounded by the breathtaking beauty of the Sawtooth Valley. On January 27th there are a wealth of activities to make the trip extra special.

### Skiers Special Breakfast/Brunch

8:00 am - noon

Smiley Creek Lodge

Smiley Creek Lodge will be serving spinach frittatas, rosemary red potatoes, and mimosas. (208) 774-3547

### Ski Tour: Winter Wildlife of the Sawtooths

12:00 - 2:00 pm

Park Creek Ski Area, Stanley

The Sawtooth Valley is bustling with wildlife in the winter time. Join the Idaho Conservation League, Sawtooth NRA staff and the Sawtooth Interpretative & Historical Association on cross-country skis and learn more about world of winter wildlife while exploring the rich habitat that the Sawtooth Valley has to offer. Group size is limited. Register by contacting the Idaho Conservation League, dmazzotta@idahoconservation.org, 208-726-7485. Donation suggested.

### Snowshoe Tour: History of the Sawtooth Wilderness

12:00 - 2:00 pm

Alturas Lake Ski Area, Stanley

Did you know that this year marks the 50th anniversary of the Wilderness Act? Join the Idaho Conservation League, Sawtooth NRA staff and the Sawtooth Interpretative & Historical Association on snowshoes to learn about the History of the Sawtooth Wilderness.

Group size is limited. Register by contacting the Idaho Conservation League, dmazzotta@idahoconservation.org, 208-726-7485. Donation suggested.



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[idahoconservation.org/NordicFest](http://idahoconservation.org/NordicFest)

Idaho Conservation League

# SAWTOOTH VALLEY EVENTS

## Avalanche Awareness & Safety in the Backcountry

3:30 - 5:00 pm

Stanley Town Square

Join a Sawtooth Avalanche Center forecaster and a Sawtooth Mountain Guides backcountry ski guide for an avalanche awareness presentation and avalanche rescue equipment demonstration. Learn about how and where avalanches occur, how to avoid being caught in an avalanche, and what you can do if someone in your group is caught and buried. This is a free event with no registration required.

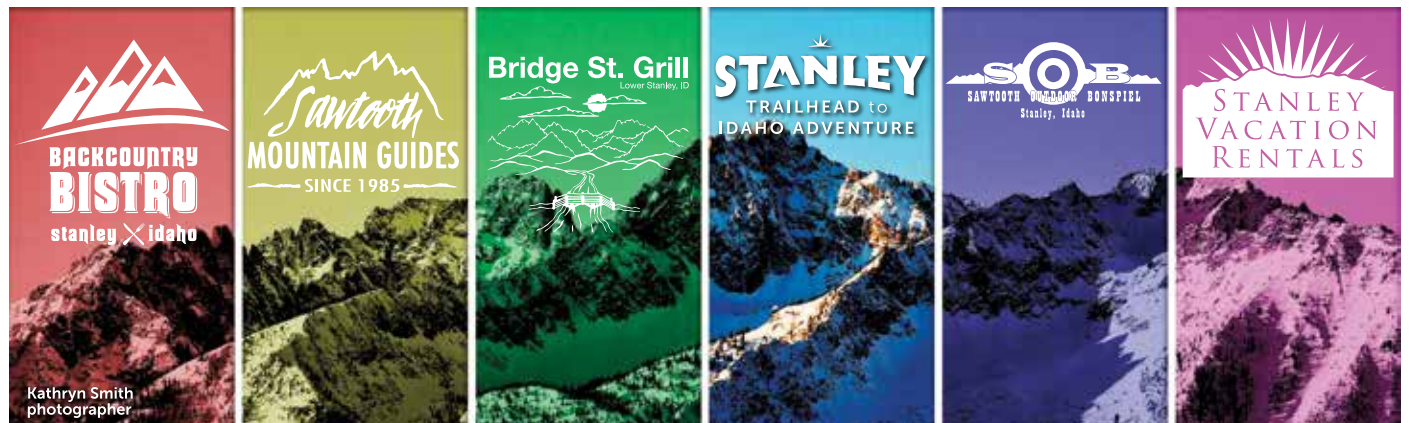


## Skiers Special Dinner

5:00 - 7:00 pm

Stanley Sluice, Stanley Town Square

Dinner at the Stanley Sluice will be chicken piccata and beef stew served buffet style. Beer and wine available.



The Backcountry Bistro is the co-sponsor of Cody Canada and the Departed w/ American Aquarium, January 25, 2014, Stanley, ID. Tickets go on sale December 23, 2013 at [www.rightlaneproductions.net](http://www.rightlaneproductions.net)



Sawtooth Mountain Guides offers guided weekly ski tours, a variety of backcountry courses and hut adventures in the heart of the Sawtooths. 208-774-3324 - [www.sawtoothguides.com](http://www.sawtoothguides.com)



Try the Bridge St. Grill's famous burgers, steaks and seafood, with Salmon River and Sawtooth Mountain views dining on our deck. Find us at [www.bridgestgrill.com](http://www.bridgestgrill.com) or call us at 208-774-2208



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# The BMT Kick: A Winning Strategy for the Finish

By Michael Sinnott

**I**t's cold, you're tired, and the feed from Prairie Creek is half frozen to your face. The scenery, sharp and majestic though it may be, just will not sustain you for the final couple kilometers. Some excitable hillbilly is slapping your tails, shifting around, and threatening to end the very existence of your poles. Things are losing their fun appeal. It's the end of the Boulder Mountain Tour and you need to find that little inspiration to finish strong, because, despite what you told your friends and family, this is a race and you will beat that schmuck who refused to pull.

Everyone who throws on a bib, experienced or green, knows that the big thrill is at the end. It's the digging and fighting to find a little extra surge across the line. People are there watching, filming, cheering. You need to look good here more than elsewhere, and it feels twice as nice to find that extra something reserved for a cold day in February. The BMT is all about the kick. And the kick is an art.

This winter, while training, spend a little extra time building some speed into your legs. Try doing some short 15 second speeds. Practice giving it your all at the end of a longer day. Little things like this will go a long way to help acclimate your muscles into firing hard when they are full of lactic acid. It's not a natural feeling to make them snap, but you can be confident that with some practice and a shot of adrenaline, your finishing push will find a substantial spring.

To use it right, the kick actually starts coming into play a couple of kilometers from the finish. I use the aspens as a marker for myself while racing. I know the course, and I know there is an open area followed by a choking of the course as you enter the aspen trees with just a few kilometers to go. In the more open plains, move yourself into a competitive position to make a run at winning your pack. Once in the aspens, it's a lot harder to move around through the field and pass people. For me, second place is the place to be here. Third is still great, fourth workable. Fifth place is just too far from the action.



Leading isn't terrible, but it'll sap a little energy from you compared to the others as you pull them to the line.

I like to ski tight up on the person ahead of me, but relaxed. I think of long powerful V1 strokes, loose shoulders, and I try to slow my breathing. From the aspens on, I am trying to clear lactate out of my legs and build a small energy reserve. The course winds around, people will become antsy, but it is important to remain calm. Too much thrashing and wasted attempts at passing will wear you out. Let the person in front provide a draft, and slip stream you forward. You'll pass a parking lot access trail, the trees will thin, and the course will start to open up. Stay patient. The longer you hold your patience the better.

Up ahead, the course bends past the last stand of trees and juts slightly up for a short finishing stretch. After the access trail, with about 500m to go, I back off my leader slightly then use my arms to ramp up the tempo. I think it's important to come up for the pass with momentum, from about 3 meters back. My goal is to time things so I build speed, step aside from the leader's draft, and hit full throttle all at the precise time as the trail bends and things open up. You need to read the pace setter a little, discern his path (usually the middle), and make an aggressive push next to him and by him. It's a short finish, so every little thing helps. Remember to complete full motions, gliding strong with

your hips high. Often people will try to move faster by becoming too choppy and short. Be confident in your ability to ski, and ski powerfully, snappy, and complete. The draft, the slingshot, the extra relaxation, they all add maybe a few ounces of energy, totaling maybe a few extra feet.

It'll likely come down to a lunge, and you'll have an edge, but a good lunge can beat a good kick. Keep your weight and hips forward, then extend from there. It's almost a push from your back leg as much as a reach with your front one, extending straight and true, across the line. Game over.

The race over, it's important to clear the finish lanes for all those skiers you just dusted. Grab a bite to eat, put on some clothes, and enjoy the day. Enjoy the excitement and the energy in the air. Thank the volunteers. Laugh about your tangle-ups. Look at the mountains, be proud of your effort, and cheer on the other competitors. It's a fast and wild race. It's hard. It's fun. Good luck.

*Mike Sinnott grew up racing in Sun Valley and skied for Dartmouth where he helped lead The Big Green to an NCAA Championship. He is a SVSEF Gold Team Member, 2013 US Super Tour Champion and Former Boulder Mountain Tour winner. Mike is ranked among the best sprinters in the USA and will be racing World Cups in Scandinavia to start the 2013-14 season.*

# Twilight Ski and Dinner at Galena Lodge

Tuesday, January 28, 2014

5:30 – 8:30 pm

Galena Lodge

Join the folks at the historic Galena Lodge for their 3rd Annual Twilight Ski and Dinner. Nordic ski among the glow of tiki torches and the setting sun before heading into the lodge for a delicious dinner. A great evening for friends and groups looking to do something different. Full menu, wine, beer and full bar available.

A trail pass is required for skiing.

Call Galena Lodge for reservations at (208) 726-4010.

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



## Coaching Through the Ages

Tuesday, January 28, 2014

Community Library

6:00 pm

Sun Valley's favorite ski coaches will discuss their favorite activity; training for cross country skiing.

Join Rick Kapala, SVSEF Head Junior Coach since 1987; Colin Rodgers, Head Coach for the SVSEF Gold Team, which is comprised of local athletes striving to race at the Olympic Games; and Muffy Ritz, two-time American Birkie Champ and founder and director of very popular women's master program VAMPS, as they share the similarities and differences in coaching juniors through master skiers. Free of charge.



Photo: Dev Khalsa



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## Q and A with Liz Roquet

**L**iz Roquet grew up skiing on the Nordic team here in Sun Valley. As she recalls, at that time “there was a little bit of that oh, you’re on the Nordic team. . . .and their eyes conveyed, oh the poor thing can’t ski gates. Alpine was definitely king in the valley.” Nonetheless, she had a great time on the team.

“Some training days were hard,” she said, “and some days included jump building, Chinese downhill races, and battles with the hot pot of klister.” Her Nordic team had fun on the road too, maybe a little too much fun. They were single handedly responsible for getting the SVSEF kicked out of the 6-K Hotel in Jackson (for life). “Kevin Swigert [who now runs the BMT] was the head coach,” said Liz, “and I don’t think I’ve ever seen a person as pissed off as he was that day. But in true SVSEF coach style, this was turned into another life lesson – this one on trust and responsibility.”

Liz skied at her first Junior Nationals in Lake Placid at the age of 15, and skiing paid her way through the College of Idaho, where she earned a BA in International Business. Today she runs Lizzy’s Fresh Coffee, a sponsor of the Boulder Mountain Tour. Her coffee is not only a local favorite, but has grown in popularity all



over the country thanks to BMT racers who taste it here and order it online when they return home.

I sat down with Liz over a cup of Joe and asked her a few questions while breathing in amazing coffee aromas.

### What do you like best about Nordic skiing?

It’s such a joyful sport. I go out for the fun and fitness of it all. I love skiing with friends or alone on my lunch break. It’s just unbelievable that we have such beautifully groomed trails everywhere in our valley. I can do a long ski Saturday on the Harriman trail, get a quick bit of exercise in at Lake Creek after work, or take an evening “headlamp assisted” cruise on the bike path in Hailey. I love that I can make my outing as peaceful or social, or as hard or easy as I feel. No other sport compares for me.

### Which Sun Valley Nordic Festival event is your favorite?

I’d have to say that I still get excited about the Boulder Mountain Tour every year. It just has so many memories for me. I remember when the trail used to be built only once per year, and we’d get so excited to get on it and ski something different that the usual 15k we were limited to at the Lake Creek training area.

### Describe your perfect day.

After my morning latte? 28 degrees, 2 days after a snowstorm, Galena trails, skiing with my husband and son. Afterwards, enjoying a killer lunch at Galena Lodge. I seriously smile from ear to ear just thinking about it.

### Which trails are your favorites?

Anything with a ripping downhill of course! If nothing else, the kids from this area learn how ski (and love) a good downhill! I love Cherry Creek and Rip and Tear at Galena, and the Diamond Back trail at the Sun Valley Nordic center. There’s only one reason to go up a hill – to get the prize of zipping down it.

*Interviewed by Ellen Gillespie*

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## Local Stoker: Ski with the Sun Valley SEF-XC Gold Team

**Wednesday, January 29, 2014**  
**9.30 – 10:30 am**  
**Lake Creek Olympic Training Center**

Join the local Sun Valley SEF XC Gold Team for a distance ski on their home race course! Meet the athletes and explore the Lake Creek Olympic training venue. Technique tips available so come with questions and get answers from some of America's top XC ski athletes. This is a free group ski but a trail pass is required. The athletes will also be at Lizzy's Coffee tasting, so if you can't join them for the ski then come by and enjoy a cup of Lizzy's Coffee and talk skiing.

Questions? Contact Colin Rodgers,  
(208)720-8129, [colin@svsef.org](mailto:colin@svsef.org)

## Paralympic Biathlon

**Wednesday, January 29 and Thursday, January 30, 2014**  
**10:00 am**  
**Sun Valley Nordic Center**

Join the Wood River Ability Program and many Adaptive athletes, working in conjunction with the US Paralympic Team, for a day of Biathlon Training on Wednesday, followed by a Biathlon Race on Thursday. The race will consist of five 1 kilometer laps, including a shooting stage at the completion of the first four laps. We will be using Infra-Red rifles in order to provide a safe, fun experience for all. No fire arms will be used or allowed.

Training day is not required to race. In order to accommodate the young or inexperienced, fewer laps will be allowed. Open to the Public.



## Coffee Tasting

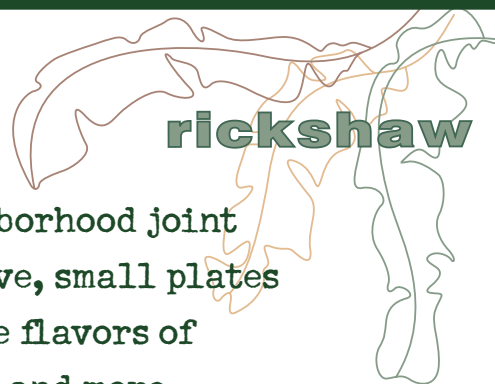
**Wednesday, January 29, 2014**  
**12:00 – 4:00 pm**  
**Lizzy's Fresh Coffee Roasterie, 971 Main St. South, Ketchum**

Lizzy and her crew will be brewing different coffees from her offerings and serving as espresso, pour over, French press or drip. Take a seat at the tasting bar, learn everything you ever want to know about coffee and enjoy! Free of charge.

## Sun Valley Ski Hall of Fame Induction Ceremony

**Wednesday, January 29, 2014**  
**5:00 – 6:00 pm**  
**NexStage Theatre**

Come celebrate as the Ketchum/Sun Valley Historical Society inducts this year's legends into the Sun Valley Ski Hall of Fame. The inductees are Earl and Carol Holding, Jon Engen, the Heinz family, Jimmy Griffith, Don and Gretchen Fraser, Alison Owen, Maria Maricich, Bob Disbrow and Kim Kawaguchi. Free of charge.



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## Local Stoker: Vamps Coaches



**Thursday, January 30, 2014**  
**9:00 am – early afternoon**  
**Meet at Ketchum Visitors Center**

Ski the first 10km of the Boulder Mountain Tour course with the legendary Muffy Ritz, two-time winner of the American Birkebeiner, and her fabulous Vamps coaches, and then enjoy lunch at Galena Lodge. The group will meet at the Visitors Center, will car pool up to Galena (leaving some cars at Prairie Creek), will ski to Prairie Creek, and then drive back up to Galena Lodge for lunch, before returning to the Visitors Center. Intermediate and better only, skate skiing only. This is a free group ski but you will need to bring money or a credit card for lunch and a trail pass is required. Please email Muffy if you are planning on attending at [muffyriz@cox.net](mailto:muffyriz@cox.net).



## Vintage Ski Wander

**Thursday, January 30, 2014**  
**Sun Valley Nordic Center**  
**11:00 am, with a lunch special afterwards**

Ski 5km in the tracks of the legendary Leif Odmark on old skis in your grandparents' woolens. The course will take you along the Trail Creek Loop, with a feed station at the Trail Creek Cabin. Old skis only (must be made 1980 or earlier), bamboo poles or other wooden sticks. Vintage clothing is encouraged. Great warm up for the afternoon Town Sprints!

**Mass start. 11:00 am racers, 11:05 am wanderers**  
 Entry: \$15 (this also covers the trail fee)  
 The Sun Valley Club will offer a lunch special afterwards.



### Breakfast

### Lunch





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 Open 7:00 am Daily

## Cross-Country Party at Perry's

**Thursday, January 30, 2014**  
**5:00 – 8:00 pm**  
**Perry's Restaurant**  
**131 4th Street West, Ketchum**

Stop into Perry's before, during, or after the NordicTown USA Downtown Jam and Sprints. Just a block from the Downtown Jam action. Perry's dinner will feature Lava Lake Lamb Stew; seasoned, braised, and slow-cooked locally raised lamb served in a red wine tomato gravy with Idaho Red garlic mashed potatoes and sautéed fresh veggies. They also offer other entrees, appetizers, premium beers and wines.

15% of sales will go to Galena & North Valley Trails. Help us support our outstanding trail system! Donations for BCRD gladly accepted.

For more information call Perry's at (208) 726-7703



# Downtown Jam/ NordicTown USA Sprints

**Thursday, January 30, 2014 • 4:00 – 8:00 pm**  
**2nd Avenue between 4th and 6th Streets, Ketchum**  
 (by the Post Office)

Don't miss a great downtown Ketchum community event. This Nordic mecca in what is usually an empty field includes a 400 meter oval race course, a bonfire or two, hot food from Haven and beer and other beverages from Sawtooth Brewery, local sponsor booths and music to help you dance away the cold. The NordicTown Sprints provide skiers a chance to go head to head in a two person sprint relay format. A great spectator event that features top racers from across the US as well as US Para-Olympic and youth skiers and a Snow Bike Race. Come join the party!

Format: Senior XC Ski Race: Two Person Co-Ed Teams, skate technique, 1 leg (2 laps of the sprint course) Race Length = 6 legs per team (each skier completes 3 legs).



Teams will be seeded by adding overall USSA points of both team members, or, secondarily, BMT results.  
 Registration: At race start beginning at 3:00pm day of race.  
 Main Event Race Entry Fee to Compete for Prize Money: \$20 per team.  
 Youth, Para and Bike events are free.

SCHEDULE:	3:00pm	Registration Opens at Race Stadium/ Bib pick-up, Entries paid
	4:30pm	Youth Mass Start 1 lap Event
	4:45pm	Youth Mass Start 2 lap Event
	5:00pm	Para-Olympic Race 2 lap Event
	5:15pm	Main Event: Team Event Relay
	5:30pm	Demonstration Fat Tire Snow Bike Race

Prizes (per team): 1st \$300, 2nd \$200, 3rd \$100

MUSIC, FOOD and SKI RACING...Now That's Livin!

This event is free of charge.

For more info, (208) 726-3899 or [rick@svsef.org](mailto:rick@svsef.org)

Thanks to The Sun Valley Center for the Arts and The Blaine County Rec District for their support.



# 39th Swix Boulder Mountain Tour

Saturday, February 1, 2014 • 10:00 am • Galena Lodge to SNRA

“There are some races that are just fun to be a part of no matter the outcome, and the annual Boulder Mountain Tour in Sun Valley, Idaho, is one of them. Against a picturesque backdrop, blue skies and on a downhill 32km course, it’s hard not to be happy to be racing the BMT.” — FasterSkier.com

The highlight of the Sun Valley Nordic Festival, the Swix Boulder Mountain Tour, attracts 1,000 skiers from all over the country. Last year’s field ranged in age from ten year olds Aidan Rasmussen and Sydney Palmer-Leger, both from Park City, to 86-year-old local Charley French.

Whether you are out to enjoy the scenery and the company, or you are out to win it, the Swix Boulder Mountain Tour is not to be missed.

Following is the logistical information for the 2014 Swix Boulder Mountain Tour. **\*\*\*\*Please note that all of this information is subject to change; for the latest, up-to-date information, please consult the Information Sheet in your racing bag, or refer to the race website, [www.bouldermountaintour.com/info](http://www.bouldermountaintour.com/info).\*\*\*\***

## REGISTRATION

To register, go to [www.bouldermountaintour.com](http://www.bouldermountaintour.com). The race is limited to the first eight hundred paid participants registered. Mail-in entries must be accompanied by the correct entry fee to be processed. The entry fee includes participation in the race, transportation to the start and back to Ketchum from the finish, clothing bag with transport from the start to the finish, bail-out shuttles along the course, aid stations, finish area food and refreshments as well as race souvenirs (the famous BMT hat) and sponsor related promotional materials. The entry fee also includes admission to the Awards Ceremony to be held at the Limelight Room in Sun Valley and a raffle ticket for each entry. You must be present at the awards ceremony to be eligible for raffle prizes. Entry registration closes at midnight on Jan. 30, 2014 or when the 32 kilometer field has reached 800 paid entrants.



## RACE BIB PICK UP

Race bibs are available to be picked up on Friday from 10:00 am until 8:00 pm at the Wood River YMCA, located on Warm Springs Road in Ketchum. Racers will receive their bibs, an information sheet, a timing chip, the famous Swix Boulder Mountain hat, some sponsor freebies, and a souvenir race bag which will be used to transport extra clothing from the start to the finish of the race. There will also be sponsor booths at pickup, so be sure to go in person – don’t just send your buddy or spouse or you’ll miss out!

When you receive your bib, please take a moment to check the label to make sure that your name and age is correct, and that your chip number is the same as your bib number.

## TIMING CHIPS

When you pick up your bag, you will also receive an electronic timing chips (except if you are skiing the Half Boulder). The chips must be secured to your ankle with the attached Velcro strap. Please be aware that the chips must be returned at the finish line. If you do not race after having picked up your chip please return it by mail to BMT, PO Box 173, Sun Valley ID 83353.

## FRIDAY COURSE INSPECTION

The course will be open for inspection on Friday, Feb. 3 until 4:00 pm; a North Valley Trail Fee is not required. A trail fee will be required to ski after the race or on Sunday.



## BUSES

Shuttles will transport skiers from Hemingway School in Ketchum to the start at Galena Lodge. Hemingway School is located on 8th Street in Ketchum. When the parking lot at Hemingway School has filled, please park responsibly on the area streets.

Men's and Women's Elite and 3rd and 4th wave skiers need to be on the early buses, departing from 7:00 until 7:45. Only skiers in those waves will be allowed on these first shuttle buses. Remaining waves and spectators can board from 7:45 am until 9:00 am.

Half Boulder skiers will board after 9:00 with the last bus to Baker Creek at 11:00. Buses departing for Galena between 7:00 and 9:00 am will not stop at Baker Creek for the Half BMT Start.

There is absolutely **NO PARKING OR WAITING OF VEHICLES AT GALENA LODGE**. In order for the BMT to continue in the future it is very important that we abide by our permits and limit traffic north of Ketchum. **PLEASE RIDE THE BUS**. Cars may drop off skiers at the turnout one-quarter mile south of the lodge. Skiers violating the parking restrictions at Galena may face disqualification.

Return shuttles from the finish area to Ketchum will leave from the

finish approximately every 20 minutes from 12:00 pm till 4:00 pm.

There is no parking available on the highway at the finish; your vehicle may be ticketed and/or towed.

Spectator buses will depart from the start at Galena Lodge at about 10:15 am and will stop at the finish. Spectators may join skiers on the ride to Galena and back to Ketchum from the finish.

## EXTRA CLOTHING AND RACE BAGS

Please bring the souvenir race bag displaying your bib number for your extra clothing (warm clothing for before and after the race). Check that your bib number and your bag number are the same. All your extra gear and clothing must be in your race bag or clearly marked with your bib number to be transported to the finish. Loose items may become lost; do not leave cell phones and car keys in loose clothing at the start. Tie your bag securely so as not to lose any items. Place your bag in the area assigned for your wave and bib number. You will find similar areas at the finish and can easily locate your warm clothing. **DO NOT** leave anything on the bus, as we cannot guarantee it will be at the finish.



# 39th Swix Boulder Mountain Tour continued

## START TIMES

Start is at 10:00 am SHARP.

You must start in your assigned wave. The race bib has a colored bar on the shoulder which indicates your wave number. Your start time has been entered into the computer and if you start in the wrong wave you will be disqualified. Only the Elite waves have lane assignments. Wave three skiers are permitted to leave skis in the lane to “save” a start position during warm up. All waves will start exactly on time; you must be ready when the horn sounds. The Start Area is set with tracks. All skiers must start in a track and remain in that track until it expires and skating is permitted. SWIX replacement poles will be available at the start as well as at the Road Crossing and the Aid Stations. If you borrow a pole please return it at the finish.

## ELITE SEED RACERS

Elite Men are in wave #1 with RED bibs. Elite Women are in wave #2 with RED bibs. There will be an Elite check-in at the start with lane assignments matching your bib number. Please be sure and allow enough time to be checked in before the 10:00 am start. Women start at 10:02 am.

## FOR EVERYONE ELSE

The Boulder Mountain Tour is a mass start, marathon ski race and as such requires strategy and involves negotiating a certain amount of skier traffic. The race has been organized in such a way as to minimize but not eliminate these skier challenges. Respect for your fellow racers and the volunteer officials will make an enjoyable event for everyone.

## Wave Start Times

Wave #1	Elite Men	RED	10:00
Wave #2	Elite Women	RED	10:02
Wave #3		YELLOW	10:10
Wave #4		BLACK	10:12
Wave #5		PINK	10:14
Wave #6		GREEN	10:16
Wave #7		PURPLE	10:18
Wave #8	Half Boulder / Approximate Start		11:45

**IMPORTANT** – Your race number must be clearly visible from the front and back, if not, your time cannot be recorded. Your number must be on top of camelbacks and jackets.

## DURING THE RACE

There will be three Aid Stations along the course and a fourth Aid Station at the Finish. Aid Stations provide hot and cold drinks, food, loaner poles to replace broken ones and First Aid. A shuttle bus will pick you up at any Aid Station and deliver you to the Finish should you decide not to complete the course.

Please make note of the following points:

- Please don't ski backwards on the course especially at the Finish.
- Competitors who overtake other racers are not allowed to command (“TRACK”) the slower skier to give way or move.
- The right side is designated as the “slow lane” and the left side is designated as the “fast lane” or “passing lane.” Slower skiers are asked to use the right side so faster skiers may pass more easily; we request that all skiers extend this courtesy.
- There are no fast or slow lanes in the start or on the first several kilometers of the course, passing must be achieved, as on all parts of the course, by going around the slower skier.
- Slower skiers are requested to make a reasonable effort to allow faster skiers to pass without undue difficulty. Skiing partners should ski single file (not abreast) when other skiers may wish to pass. Leaving an open lane is a courtesy.

The Galena Backcountry Ski Patrol will be patrolling the course for your safety. Members of the Patrol have discretion to pull participants from the course if they feel it is not safe for that person to continue. Please be courteous. The Ski Patrol is a volunteer organization as are all the people who work on race day.

## AID STATION LOCATIONS AND CUT OFF TIMES

1st Aid Station, 12km, Noon. Sponsored by Community School.  
 2nd Aid Station, 22km, 2:00 pm. Sponsored by Suns Hockey  
 3rd Aid Station 27km, 3:00 pm. Sponsored by Girls on the Run  
 Finish 32km, 3:30 pm. Sponsored by the Sawtooth Club.

The last bus to Ketchum from the finish leaves at 4:00pm. You may stay on the course beyond these times, at your own risk. Galena Backcountry Ski Patrol can and may ask for your Bib after Aid Station Cut-Off Times. The Finish Area will be taken down and support crew will be off duty at 4:00 pm.

## FINISH AREA

The Finish Area will provide soup and bread to the racers in addition to hot drinks and cookies.



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### EVENT PHOTOGRAPHY

There will be photos taken of each participant during the race. These will be available through Facchino Photography and will be accessible by going to [www.bouldermountaintour.com](http://www.bouldermountaintour.com) and clicking on the icon. Media photographers will also be onsite. Please be courteous to all of these photographers.

### IMPORTANT

IF YOU ARE AWARE A SKIER HAS BEEN INJURED OR IS IN NEED OF AID DURING THE RACE IT IS VERY IMPORTANT THAT YOU NOTIFY AN AID STATION OR A MEMBER OF THE BACKCOUNTRY SKI PATROL AT THE FIRST OPPORTUNITY.

### RESULTS

Spondoro Timing will electronically record results until 2:00pm. Finishers after this time will be recorded by hand timing. An unofficial Awards Ceremony will take place for the top three men and women at approximately 11:45 am. Results for the unofficial top group will be posted at the finish area as soon as they can be processed. If there is a protest it must be lodged with the race jury at the finish line before you leave the finish area. Times are recorded in hours, minutes and seconds. Results will be available at the Awards Ceremony or at [www.bouldermountaintour.com](http://www.bouldermountaintour.com) as soon as possible following the race.

### AWARDS CEREMONY

The Boulder Mountain Tour Awards Ceremony will be held following the race at 5:30 pm in the Limelight Room at the Sun Valley Inn. Each entry will include one raffle ticket, available at the door and you must be present to be eligible for raffle prizes.

Awards will include cash prizes for the top finishers, cash awards for the Preem winners, and medals and prize table awards for the age group winners. The Boulder Cup Perpetual Trophy will be awarded to the fastest state. The Zenergy Award will be awarded to the top skier in each wave, both men and women. In addition to the above awards there will be a large number of raffle prizes including skis, boots, bindings, clothing and training aids. The Awards Ceremony will begin

at 5:30 pm and conclude by 7:00 pm. There will be plenty of time to take in a dinner out on the town so please support the restaurant community and make your dinner reservations in advance.

### LOST AND FOUND

If you lose an item on the course or at an aid station, every effort will be made to get the item to the finish. There will be a lost and found area adjacent to the timing shack and will be signed. Any items not claimed will be taken to the Awards Ceremony; any items not claimed there will be available at the Elephants Perch in Ketchum for approximately one week. The race organizers are not responsible for your equipment and you should not assume that all equipment left on the course will be collected. Unclaimed race bags and clothing will also be available at the Awards Ceremony.



# Half Boulder Mountain Tour

Saturday, February 1, 2014

11:45 am

Baker Creek to SNRA

The Half Boulder is a 15 kilometer untimed "race" on the last half of the Boulder Mountain Tour race course from Baker Creek to the finish at SNRA. This is a way for skiers to partake in all the fun of the Boulder Mountain Tour without having to ski the entire distance. There are no Half Boulder "winners" as the race is untimed. For adults skiing with children 10 and under there is a special combo entry fee.

To register go to [www.bouldermountaintour.com](http://www.bouldermountaintour.com). Mail-in entries must be accompanied by the correct entry fee to be processed. The entry fee includes participation in the race, transportation to the start and back to Ketchum from the finish, clothing bag with transport from the start to the finish, bail-out shuttles along the course, aid stations, finish area food and refreshments as well as race souvenirs (the famous BMT hat) and sponsor related promotional materials. The entry fee also includes admission to the Awards Ceremony to be held at the Limelight Room in Sun Valley and a raffle ticket for each entry. You must be present at the awards ceremony to be eligible for raffle prizes. Entry registration closes at midnight on Jan. 30, 2014.

Half Boulder participants are in Wave #8 and will start as a single wave from the Baker Creek Start Area at approximately 11:45am.



## Buses

Shuttles will transport skiers from Hemingway School in Ketchum to the start at Baker Creek. Hemingway School is located on 8th Street in Ketchum. Please park responsibly on the area streets.

Buses for the full Boulder Mountain Tour will run from 7:00 until 9:00. These buses **will not stop at Baker Creek for the Half BMT Start**. Half Boulder skiers should board after 9:00 with the last bus to Baker Creek at 11:00. Return shuttles from the finish area to Ketchum will leave from the finish approximately every 20 minutes from 12:00 pm till 4:00 pm. There is no parking available on the highway at the finish; your vehicle may be ticketed and/or towed.

For more information on the awards ceremony, aid stations, lost and found, clothing transport, etc. please see the information printed on the previous pages for the full Boulder Mountain Tour participants.

**\*\*\*\*Please note that all of this information is subject to change; for the latest, up-to-date information, please consult the Information Sheet in your racing bag, or refer to the race website, [www.bouldermountaintour.com/info](http://www.bouldermountaintour.com/info).\*\*\*\***

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JACKSON HOLE SKI & SNOWBOARD CLUB

**February 15, 2014**  
[jhskiclub.org](http://jhskiclub.org)

# The Queen Bee of the BMT

If you've ever skied the Boulder Mountain Tour, you have probably noticed Jo Ann Levy and her radiant smile. There's no chance that she wasn't there the year you skied, since she has skied every single BMT since the very first race in 1973.

Back then, Nordic skiing was new to most residents of the Wood River Valley. The year prior, Buck Levy, who had competed in Nordic Combined at the 1956 Cortina Olympics, organized a ski demonstration at Hemingway school. He invited his Olympic teammates, brought in demo gear, flattened a course in the snow on the playing fields, and introduced the sport to a handful of curious participants. To keep generating interest in the sport, he helped Rob Kiesel and Bob Gordon organize the inaugural BMT the next year. By then he was dating a beautiful blonde Hawaiian native named Jo Ann, who gamely decided to take part.

"There were about 30 or so skiers then," Jo Ann recalls. "There were no groomed trails so I didn't really train for the race. The course



"There were about 30 or so skiers then," Jo Ann recalls.

crossed the highway several times and we had to take our skis off and run across the road." Back then the course finished with a final, steep downhill. "People were piled up at the bottom," recalls Buck with a chuckle.

Forty-one years later Jo Ann is still at it. She switched to skate skiing, no longer carrying wax and a scraper with her, and she wears lycra instead of wool. She has skied the race in all kinds of conditions, and watches the weather carefully in the days leading up to it. "Most years it is picture

perfect," she says, "like a postcard." But she has also skied in wind and snow and freezing conditions that left her fingers numb. She still can't sleep the night before, despite being a veteran of the race.

Jo Ann's enthusiasm has not waned over time. "I love the electricity in the air at the start," she said. "It's exciting to be out with all these skiers who are so friendly. This is such a wonderful place to ski. We met the Norwegian Olympic team when they were training here and they said that they love it here, that the trails were better than what they had at home. Everyone is so happy to be here."

Judging by Jo Ann's smile, she is pretty happy to be skiing the Boulder Mountain Tour each year as well. As Buck follows her in his car on the highway, shouting out an encouraging "weee oooop!" to spur her on, Jo Ann will do what she always does, enjoy the day.

"I want to get a good time," she says, "but I also want to take time to enjoy the views."



**Thank you to our Boulder Mountain Tour sponsors. Without them, this race would not be possible.**

**SWIX USA**  
**Hammer Nutrition**  
**The Sawtooth Club**  
**Fischer Skis**  
**Atomic**  
**Rossignol**  
**Christopher and Company**  
**Lizzy's Fresh Coffee**  
**Tom Heinrich Sotheby's Realty**

**Boulder Nordic Sport**  
**Wood River YMCA**  
**Webb Landscape**  
**AMS / Nature Valley**  
**Galena Lodge**  
**Sawtooth National Recreation Area**  
**North Valley Trails**  
**Backwoods Mountain Sports**  
**The Elephants Perch**

# Feeding Strategies for Races

By Mary Rose

**T**here are many different strategies for feeding during races and each person is unique in what benefits them the most. Important factors include how often you feed, where you feed, and what the feed is.

In a long race, such as the Boulder Mountain Tour, it is very important to feed multiple times. During my time at University of Colorado at Boulder, I learned it is very essential to feed early on in a race, starting at about 3k. This is especially important for longer races, as it will be important to maintain energy reserves throughout the race. By keeping reserves high early on, you will have more left at the end to finish strong. Once your reserves are totally depleted, they are not coming back during that race. Feed early and often should be your motto!

It is also important to consider where you plan to take your feeds. For me, it is most beneficial to take a feed before a longer downhill section. Some people find that if they feed right before or during a climb they are more prone to cramps or are not able to easily grab and eat/drink the feed. Positioning the grab before or on a slight descent allows your body time to absorb the energy before hammering up the next big climb. You will also have time to breathe and relax as you take the feed.

When deciding what to feed with it is important to have something with simple and complex carbohydrates. Simple carbohydrates (common sugars found in sports drink) are absorbed quickly and are good for shorter distance needs. One feeding option that I have recently discovered is coke with no carbonation (open the bottle of coke the night before and let it sit overnight). This is most beneficial when you need quick energy.

Complex carbohydrates provide more



By keeping reserves high early on, you will have more left at the end to finish strong.

sustained energy for longer distances such as the Boulder Mountain Tour. A good option for longer distances is to have both sports drink and an energy gel together. With this option you get simple sugars for a short-

term boost while your body absorbs the more complex carbohydrates that will fuel you for the long haul.

Be sure to think carefully about feeding strategies for your races. Good feeding can lead to awesome race results!

***Mary Rose** is a 2013 graduate of the University of Colorado's powerful NCAA winning Nordic team, and is a first year member of the SVSEF Gold Team. Mary grew up racing in Colorado and is now one of the top young female skiers emerging on the US Circuit.*

# Banff Mountain Film Festival

Friends of the Sawtooth Avalanche Center  
Incredible Raffle and Silent Auction

January 31 and February 1, 2014

6:00 - 10:00 pm

NexStage Theatre, 120 North Main Street, Ketchum



**T**he Banff Mountain Film Festival World Tour will be shown at the NexStage Theatre in Ketchum on two nights, Friday, January 31st and Saturday, February 1st. A completely different program will run each night.

Doors will open at 6:00pm with the program starting at 6:30pm and films at 7:00pm. Proceeds from the event will go to support the Friends of the Sawtooth Avalanche Center and The Satipo Kids Project which funds 34 school age children from Peru to attend school. Tickets are \$14 in advance and \$15 at the door, if there are any left. This event sells out every year so it is advisable to purchase tickets in advance. Tickets are available online at [www.Mountain-Fever.com](http://www.Mountain-Fever.com), and after January 14th they will also be available in Ketchum at Backwoods Mountain Sports, The Elephants Perch and Chapter One Bookstore.

The Friends of the Sawtooth Avalanche Center will once again be hosting their annual fundraising event at the theater with a raffle both nights. With \$10,000 in prizes and a chance to win a heliski trip for two, this raffle is worth a try. All proceeds benefit the Avalanche Center.

The Banff Mountain Film Festival is an inspiring international film competition featuring the world's best footage on mountain subjects. The World Tour provides a first class film experience, in a local venue for those who cannot make the annual trek to the Canadian Rockies. 2014 marks the 14th year that the Banff Mountain Film Festival World Tour has come to the Sun Valley area. For a list of the films in this year's program, visit [www.Mountain-Fever.com](http://www.Mountain-Fever.com).



## Get out, have fun, & support the Sawtooth Avalanche Center!

### SKIN IT 2 WIN IT RANDONEE & SNOWBOARD RACE

Jan 26, Dollar Mtn, 10-1pm

Solo or teams

\$25/pp

Loads of prizes!



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Jan 31-Feb 1, NexStage Theatre, 6pm

\$10k in gear & a heli-ski trip for 2!

Need not be present to win

See the world's best mountain films!



Race registration & Raffle tickets available at Backwoods, The Perch, & [www.sawtoothavalanche.com/about-friends](http://www.sawtoothavalanche.com/about-friends)

# Sun Valley's U.S. Olympic/Paralympic Training Site Designation

The Sun Valley area is home to some of the most fantastic and varied Nordic ski trails and amenities anywhere in the United States. With more than 200km of groomed Nordic trails in winter and 35 miles of paved bike trails for summer roller-ski training, it comes as no surprise that the governing body of the U.S. Olympic Committee announced in October that Sun Valley will become an official Olympic/Paralympic training site for Nordic skiing.

Many of the best cross-country skiers in the world have already discovered the Wood River Valley on their own. The Norwegian national team used the Sun Valley Resort as a training ground in 2010, just a few weeks before capturing 14 medals at the Vancouver Olympics. "National cross-country teams from Italy, Slovenia and Sweden have also trained here," said Rick Kapala, who heads the Sun Valley Nordic Program, named the USSA Cross Country Club of the Year. His Gold Team has achieved SuperTour Titles, National Championship Titles, World Cup Competition and Olympic starts.

"We have the best Nordic coaches in the country, excellent facilities, clean air and great people," said Dick Fosbury, whose "Fosbury Flop" technique earned him an Olympic gold medal in the high jump. Fosbury, a Wood River valley resident, was a member of the steering committee that helped bring the official designation to Sun Valley.

"Now when visitors come here and see the Olympic rings, they will be reminded what a special place this is."



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# BMT Demo Day

**Sunday, February 2, 2014**  
**10:00 am – 2:00 pm**  
**Sun Valley Nordic Center**

Try the latest ski equipment and enjoy the skiing at Sun Valley Nordic Center. Reps from a variety of companies will have skis, boots and poles to try out.

Take advantage of the special discounted daily ski pass rate of \$10.

The Clubhouse at the Sun Valley Nordic Center will be running a lunch special for this event.

## Welcome Sun Valley Nordic Festival Participants

Sun Valley is offering a special rate of just **\$149** for Nordic Festival participants. Enjoy Sun Valley's fine dining, heated pools, bowling alley and outdoor ice skating. Convenient for all events.

**Call 1-800-786-8259** and ask for the Boulder Mountain Tour and Nordic Festival discount.

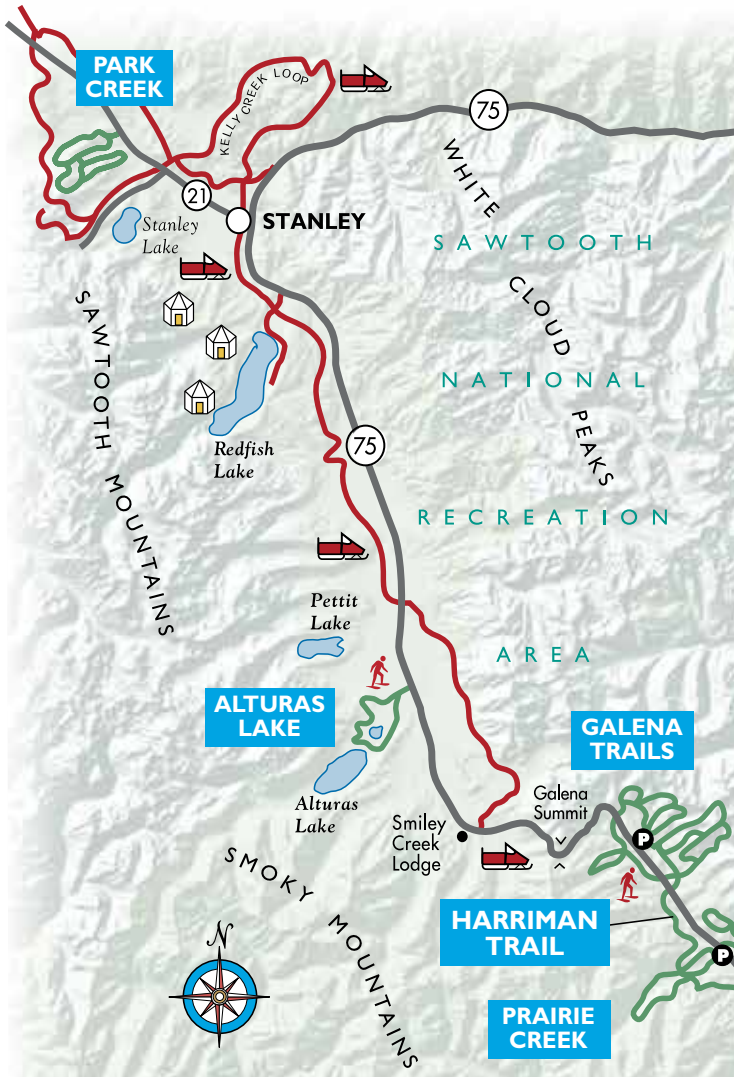


**US Bank is a proud supporter of the Sun Valley Nordic Festival**

*Welcome Nordic Skiers!*

# NORDIC SKI TRAILS

In the Wood River & Sawtooth Valleys



- Groomed Ski Trail
- Snowshoe Area
- Groomed Snowmobile Trail
- Snowmobile Area
- Parking Area
- Yurt

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

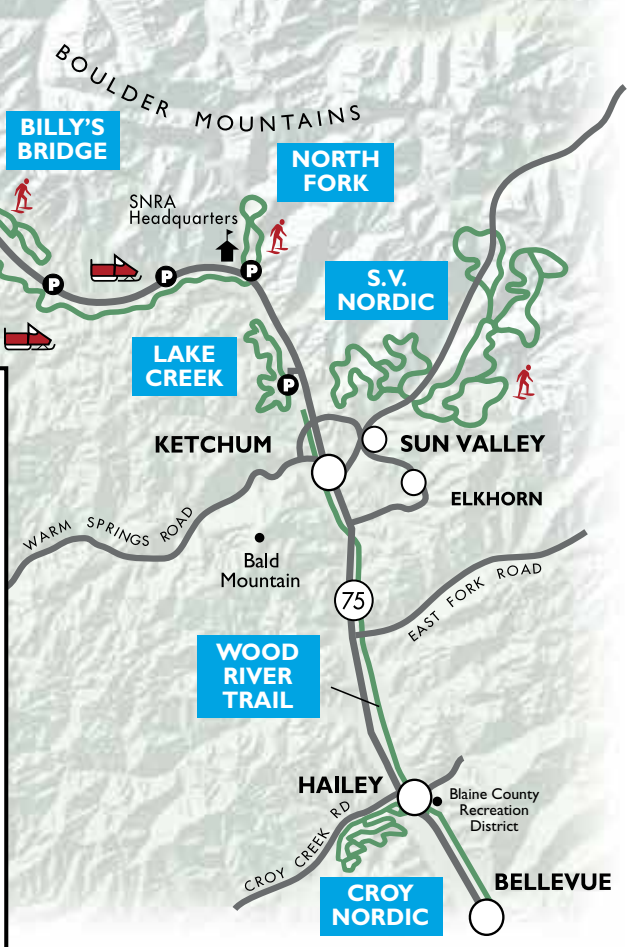
North Valley Trails, The Harriman Trail and Galena Lodge are projects of the Blaine County Recreation District in partnership with the Sawtooth National Forest.

©2013 E.B. PHILLIPS.

The Sun Valley Nordic Festival is offering a \$49 all-inclusive nine-day Festival Trail Pass. The pass includes the entire trail system from Bellevue to Galena Lodge, the Sun Valley Company's Nordic Trails, and the Sawtooth Valley trails.

The pass and day passes are available at the following locations:  
**HAILEY:** BCRD Community Campus, Sturtos Hailey  
**KETCHUM:** Backwoods Mountain Sports, Elephant's Perch  
**NO. of KETCHUM:** SNRA, Galena Lodge

North Valley Trails are user <b>FEE</b> Trails. <b>DAY</b> Passes available at: Backwoods Mt. Sports, Elephant's Perch, Sturtevant's, SNRA Headquarters and Galena Lodge. <b>SEASON</b> Passes available online at <a href="http://www.bcrd.org">www.bcrd.org</a> or by calling BCRD at 208-578-BCRD (208-578-2273).		Miles from Ketchum	Trail Distance - Kilometers	T=Traditional / S=Skating	F=Fee Trail / D=Donation	Dogs Allowed	Level of Difficulty
<b>NORTH VALLEY TRAILS</b> Blaine County Recreation District Grooming Hotline: 578-XSKI (9754)							
GALENA		24	50	T/S	F	8K	All
PRAIRIE CREEK		18	8	T/S	F	No	■
BILLY'S BRIDGE		18	8	T/S	F	Yes	●
HARRIMAN TRAIL	Galena to Easley Easley to SNRA	22	14	T/S	F	No	■
NORTH FORK		7	4	T/S	F	Yes	●
LAKE CREEK		3	15.5	T/S	F	No	All
CROY NORDIC		12	9	T/S	F	1K	●
<b>SAWTOOTH VALLEY TRAILS</b> Sawtooth National Recreation Area. 727-5000							
PARK CREEK		65	16	T/S	D	Yes	●
ALTURAS LAKE		34	14	T/S	D	Yes	●
<b>WOOD RIVER TRAIL</b> Blaine County Recreation District. 578-2273							
WOOD RIVER TRAIL		0	30	T/S	D	Yes	●
<b>OTHER AREA SKI TRAILS</b>							
SUN VALLEY NORDIC	622-2250	1	41	T/S	F	4K	All



# A History of the Boulder Mountain Tour

From “super funky” trail to World-Class race course

Anyone who has skied up from the SNRA to Galena Lodge and back again on the Harriman Trail can pat themselves on the back for a hefty 60km workout. But what if you did it on old-fashioned skis, over snow-covered sagebrush, while breaking trail through the snow? Legend has it that this is exactly what Sun Valley Company manager Louis Stur did one winter when the road was closed and the owner of Galena Lodge, Pearl Barber, needed some medicine.

In 1973, inspired by Louis’ legend, a group of local skiers decided to hold a race on the downhill portion of his epic ski. The Harriman Trail had not yet been created, so Rob Kiesel and Bob Rosso, along with Dale Gelsky and a few other helpers created a ski trail along the highway berm kicked up by the snowplows. They used a snowmobile, but it also required a lot of sheer manpower.

“We had to foot pack and ski pack a lot of the trail,” recalls Bob Rosso, who is now the owner of the Elephant’s Perch, because snowmobiles at the time were so under-powered. The conditions were challenging, and the route often necessitated crossing the highway several times, meaning that the skiers had to take their skis off, run across the road, and clamp back in.

The first race had about twenty or thirty participants who all started together in a mass start. There was only classic skiing then, so the talk at the start was all about what wax was being used and how it was layered. Once the race began, it was similar to the Boulder Mountain Tour races these days, with the more competitive racers bunched up in front while the recreational skiers enjoyed the scenery and the camaraderie that comes with a slower pace. What was different then was that the racers couldn’t pass easily because of the sketchy grooming. And as for the slower skiers, they really took time to enjoy the day.

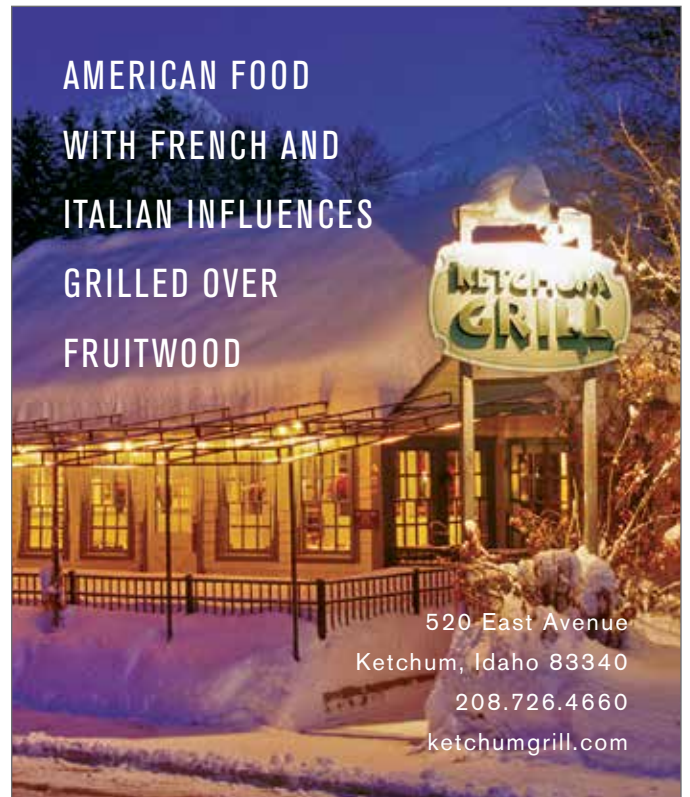
“There were no aid stations back then. We used to bring a backpack with lunch, and sometimes a bottle of wine,” reminisced Andy Munter, the owner of Backwoods Mountain Sports and a veteran of many Boulder Mountain Tour races. “The trail was only set for one day a year, so people really took time to enjoy it.”

Because the Harriman Trail hadn’t been built yet, the trail had to be built from scratch for every BMT, and the course varied from year to year. “Some years it was all on the east side of the highway, with all the hills,” said Andy Munter. Often the course meant that a group of men had to haul logs and build a temporary bridge where Murphy’s Bridge now stands.

“When we launched the first race down the course, we were breaking through the snowpack,” recalls Bob Rosso. “Our skis were icing up... remember it was only classic skiing in those years. We were all in tears from laughing so hard. We had a hard time staying upright.”

These days, the grooming is impeccable, so if there are any BMT skiers having trouble staying upright, it may be that they’re celebrating the BMTs of old with a touch of wine in their camelbacks. And like in the old days, the course remains a beautiful tour down the Wood River Valley.

“It is still quite unique to have a point to point race,” said Bob Rosso. “With the course basically losing elevation the entire 30 kilometers, it makes it fun, fast, and a truly memorable experience for all abilities and ages. From Olympians to beginners, they all race the same course.”

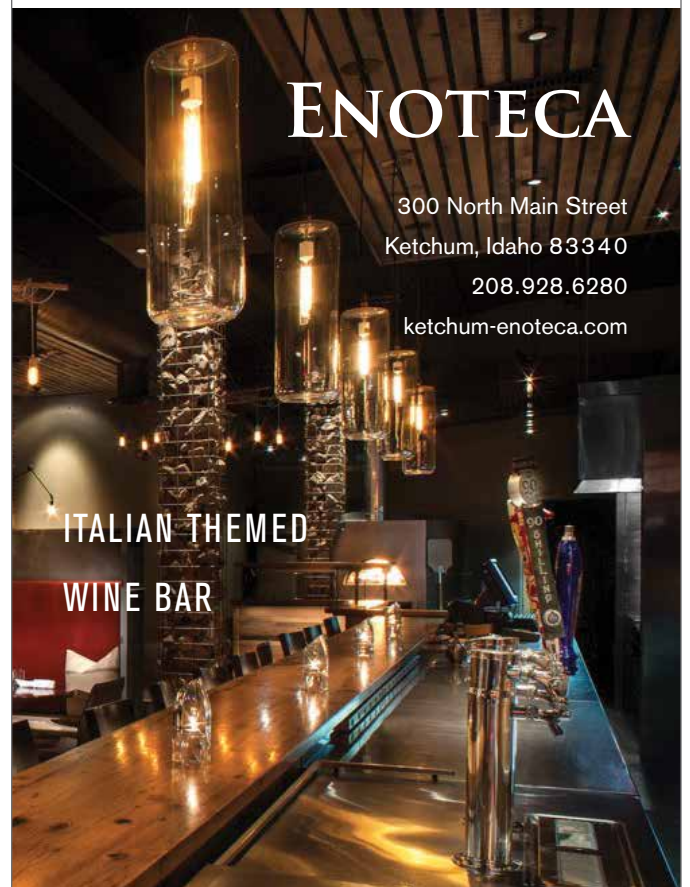


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## The Jewel at the End of the Trail

Save Galena Celebrates its Twentieth Anniversary

**1994** was a nerve wracking year for the Nordic skiing community in the Wood River Valley. A place so special to many was on the verge of disappearing. Galena Lodge, named for the veins of silver and lead found in the surrounding Sawtooth Mountains and the boom town it used be, was to close for good, becoming just another “ghost of Galena,” its history and heritage forgotten, its unique place in the hearts of the Nordic community no more...

But there are some places so treasured that you have to fight for their existence. Galena Lodge was one of those places, and fight the community did. It took a dedicated village of people, including the hard work of Jenny Busdon, a generous lead gift from Teresa Heinz and the Heinz family, and funds raised by the community through the

Save the Galena Campaign to support the Blaine County Recreation District taking ownership and ongoing responsibility to keep the Lodge going. 2014 celebrates 20 years since that moment, 20 years of gathering at the Lodge with family and friends, enjoying the rustic atmosphere and a delicious meal by the fire, taking in the surrounding magnificent scenery through the immaculately groomed cross country and snowshoe trails in the area, and the experience of bringing our community together in health and well-being.

Today, Galena Lodge remains vibrant at the heart of over 200km of incredible cross country trails. Join us in 2014 for the Sun Valley Nordic Festival as we toast the Lodge at the end of the trail, one of the “must see” experiences in all of NordicTown USA.



Koth Sports Physical Therapy is proud to support the Sun Valley Nordic Festival.



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A photograph of the interior of Bocac restaurant/lounge. The space features orange leather sofas and green armchairs with metal tables. The walls are purple and green, and there are orange and green curtains. The word "Bocac" is overlaid in large white letters. There are also labels for "Cocktails", "Tapas", and "Lounge" in colored boxes.

Cocktails

Tapas

Lounge

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**Thank you for joining us for the 2014 Sun Valley Nordic Festival.**

We hope you enjoyed the great skiing, eating, shopping and scenery of our valley, made new friends, and enjoyed being around other people who love Nordic skiing.

Mark your calendars for next year's Sun Valley Nordic Festival, which will run from January 30th to February 8th, 2015, with the Boulder Mountain Tour happening on February 7th, 2015.

It has been our pleasure to host you, and we look forward to welcoming you back soon.

*Thank you to all the volunteers who put in countless hours to make this event happen. Thank you also to our sponsors and donors. Without your support none of this would be possible.*



Photo courtesy of: Sun Valley Co.



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**FC7** - Very wide range in cold and dry conditions, -2°C to -30°C.

**FC8X** - Covers most normal winter conditions, -4°C to +4°C. FC8X is the most used Cera F.

**FC10X** - For melting or falling wet snow, 0°C to +20°C.

## CERA F SOLID TURBO

100 % fluorocarbon solid block.

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**FC8XWS** - Cera F Solid "Uni Turbo". +4°C to -4°C.

**FC10XWS** - Cera F Solid "Wet Turbo". 0°C to +20°C.

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