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order for a real estate contract
to be finalized.



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buyer must pay upfront as part
of a real estate transaction.



ICE DAM
Ice dam formed at the roof edge
from melting snow that
thaws and re-freezes of
melting snow on the overhang.



JOINT TENANCY
A legal term for when two or
more people own equal shares of
the same piece of property.



LISTING PRICE
A list price is the price of a
home for sale set by the seller
and listing agent.



WALK-THROUGH
The final inspection of a home
by a buyer before finalizing a
deal to purchase the home.



YIELD
The interest or return earned by
an investor stated as a percentage
of the amount invested.



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Stay up to date on the latest market trends in Singletree

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INSIDE Singletree

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NOTE: When community events take place, photographers may be present to take photos for that event, and they may be used in the publication.



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PUBLISHERS NOTE

Hello Singletree Residents!

With a hint of spring in the air, our March issue is a celebration of journeys, dreams, and the spirit of adventure. Please read on!

To begin, we follow Heidi Heltzel and March Prisant to the heart of Austria's alpine wonderland. Having volunteered on the Birds of Prey World Cup courses at Beaver Creek as well as race courses in St. Moritz, Switzerland, their passion for skiing ultimately led them on a 14-month sojourn in Innsbruck with their 11-year-old border collie, Apollo. Their story is more than just about volunteering on US World Cup race courses; it's an intriguing exploration of culture, connection, and the love for a sport that knows no borders.

Leslie Grooters leads us on a different journey, one that unravels the beauty and allure of Portugal. Her experiences paint a vivid picture of a country rich in history, culture, and natural beauty – from cobblestone streets to golden beaches and rugged cliffs, from mansions and castles to unforgettable

coastal views – this destination will definitely make the top of your bucket list!

The joy and determination of youth are captured in this issue through the stories of five of our young athletes: Spencer Bahney, Zander Coleman, Ruby Bullivant, Alexander Stewart, and Kathleen Viele. Be sure to keep an eye on these rising stars of winter sports as they master the disciplines of alpine ski racing, Nordic, moguls, and hockey.

Fresh off his experience at the Youth Olympics in South Korea, Brooklyn DePriest candidly shares with us the highlights – and the low lights – of pursuing his passion for big air and slopestyle snowboarding. With eyes set on the grand dream of the 2026 Olympics, Brooklyn is making waves on the global stage. His story is one of ambition, challenges, and the transformative power of a positive mindset.

This issue of *Stroll Singletree* is an ode to the adventurers, the dreamers, and the relentless pursuit of passion. We invite you to flip through these pages and find a little bit of yourself in these stories.

Warm regards,

Holly Proctor

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MARCH CONTRIBUTORS

YOUR STORIES. OUR PAGES.

Without your support, this publication simply wouldn't exist; the continued growth and success of *Stroll Singletree* relies on ongoing contributions from people like you. So please accept this invitation to all of you – from junior writers to retirees and everyone in between – to contribute to and shape the future of *your* neighborhood magazine. Please email your stories and photos to holly.proctor@n2co.com. We look forward to hearing from you!



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CALLING ALL SENIORS!

We look forward to recognizing the **CLASS OF 2024** high school graduates in the May issue of *Stroll Singletree*. Participation in the graduation feature article will require a senior photo, a fun photo, and the answers to a few easy questions — favorite memories, greatest achievements, and plans for the future.

For additional information regarding participating in this year's graduation issue, please forward your name and contact information or the names of any seniors in the neighborhood to holly.proctor@n2co.com. The deadline for all submittals will be **FRIDAY, MARCH 15**.

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Please join us in welcoming our newest sponsors to *Stroll Singletree!* Your neighborhood publication would not be possible without the support of our business partners. Please be sure to call on them when you are in need of their products or services.



SUNSATIONAL WELLNESS

Jordan Rebecca is a wellness enthusiast and health connoisseur, with years of experience in the field. Born and raised in Miami, FL, she has had many opportunities to find her center in the world - from travels to wellness retreats in Europe and living abroad, she believes the wellness journey should look and feel peaceful. She grew up in a family of medical professionals, enjoyed a successful career in pharmaceuticals, and is currently attending Cornell University online for her certification in nutrition and dietetics. Today, she is pursuing her true passion with the opening of Sunsational Wellness.

Hoping to empower her clients through knowledge of what it is to maximize health throughout our bodies and minds, Jordan learns every day that there is not a one-size-fits-all approach to longevity. She takes a personal approach to finding what works best for each client. When she lost her healthy aunt to a biking accident, she knew she had to carry on the legacy of helping others. Sunsational Wellness is a playground for wellness, a place where clients are able to get their fix all under one roof.

"I see the value in future clients spending their days here, athletes recovering after a long day of skiing, and everything in between," Jordan says in sharing her vision. "This is a safe space to come unapologetically as you are."

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CASTLE PEAK SENIOR LIFE & REHABILITATION

Castle Peak Senior Life & Rehabilitation is a one-of-a-kind nonprofit organization. As the only healthcare provider of essential senior care at this level between Denver and Grand Junction, the community offers a continuum of health from Assisted Living to Memory Care to Long Term Care as well as Short Term Rehabilitation. The Castle Peak staff is dedicated to caring for the whole person - body, mind, and spirit, because all are vital for good health and life transitions are tender moments.

"Before Castle Peak opened, our seniors were forced to move away from us to access essential healthcare. That stress and isolation on the individuals and their families was unjust, and quite honestly, a real loss for the Eagle River Valley. Now, those who dedicate their lives to building our treasured communities are enjoying what they built and are being honored"

- Pat Hammon, RN, Board Member & Singletree Resident

Today, the husband/wife team of Shelly Cornish as Executive Director and Jesse Cornish, the Director of Assisted



Living Housing, Admissions and Marketing, are responsible for the day-to-day operations at Castle Peak. Their love of Eagle County runs deep. As frequent vacationers, the couple was living in Minnesota at the time when Jesse proposed to Shelly 17 years ago in Beaver Creek. Having harbored dreams of eventually moving to the area, Shelly could not resist the opportunity to apply for the position of Administrator at Castle

Peak four years ago. Shelly brought her extensive experience in providing services to older adults to the table and proved to be the perfect fit for Castle Peak. The family jumped on board for a move and the decision was made to relocate to Eagle. Looking back, Shelly recalls, "Joining Castle Peak is the best decision I could make - and quite literally, a dream come true!"

Castle Peak Senior Life & Rehabilitation is a company sponsored by Cassia, a non-profit organization providing housing, health care, and community services for older adults in Minnesota, Iowa, North Dakota, Florida, and Colorado. Here in Eagle County, Castle Peak relies on charitable support to fulfill its mission of helping our Valley keep its promise to provide a loving place to live and be cared for regardless of physical condition or financial circumstances.

To learn more, please visit castlepeak.org or call **970-432-1150**.



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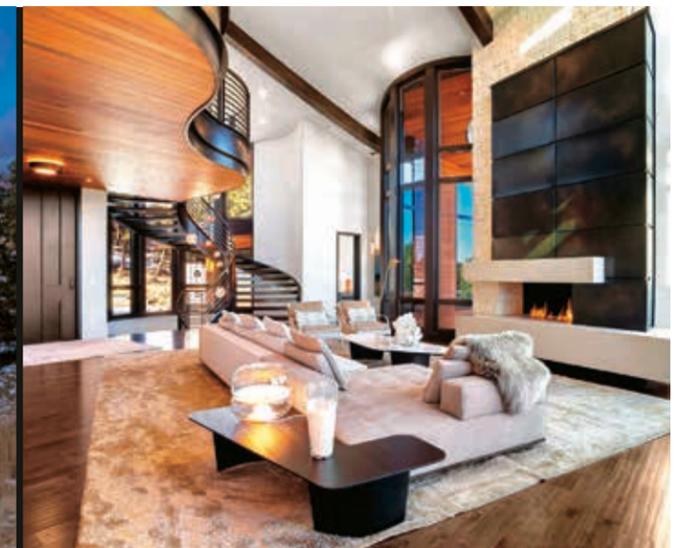
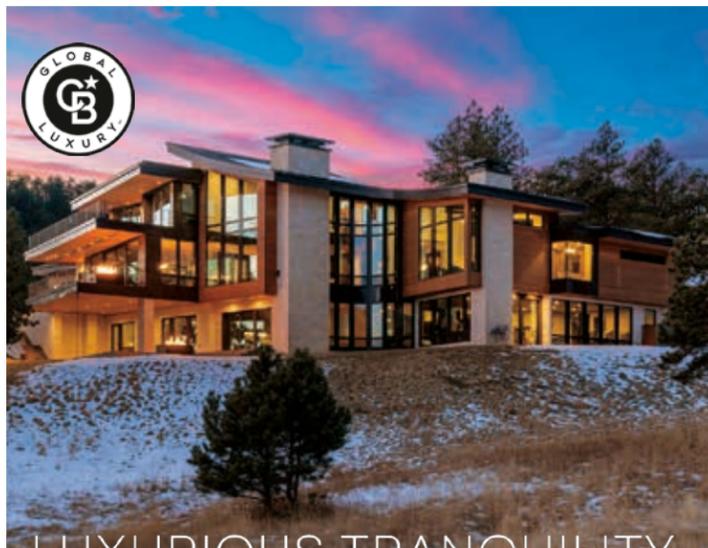
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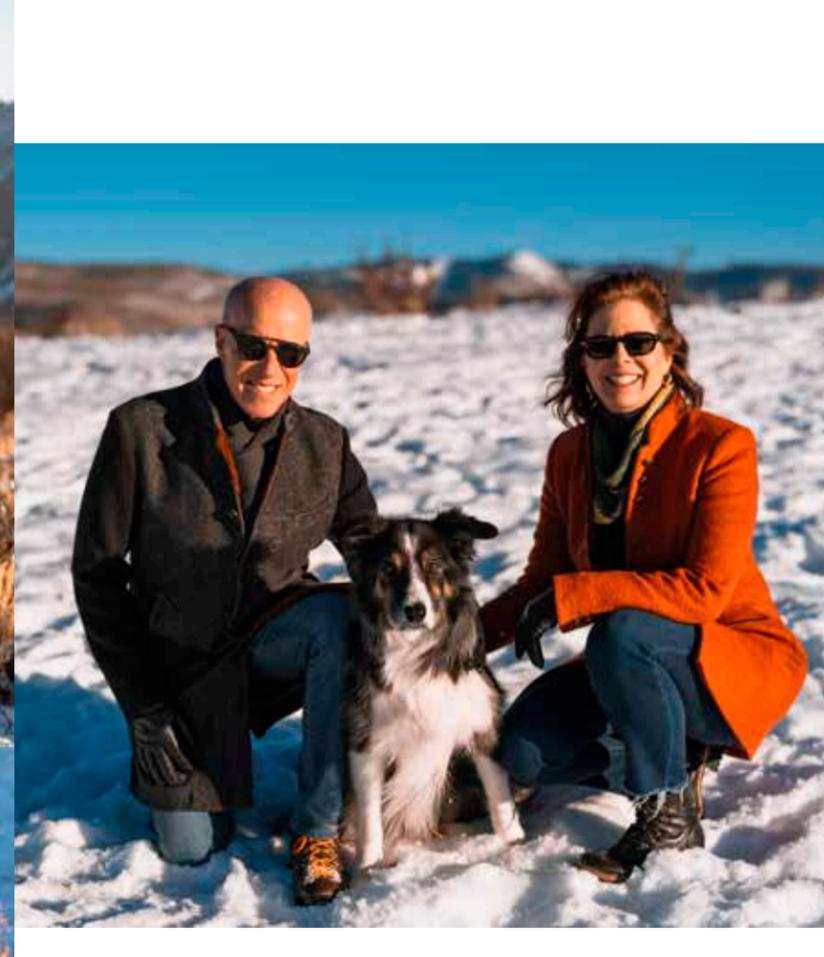
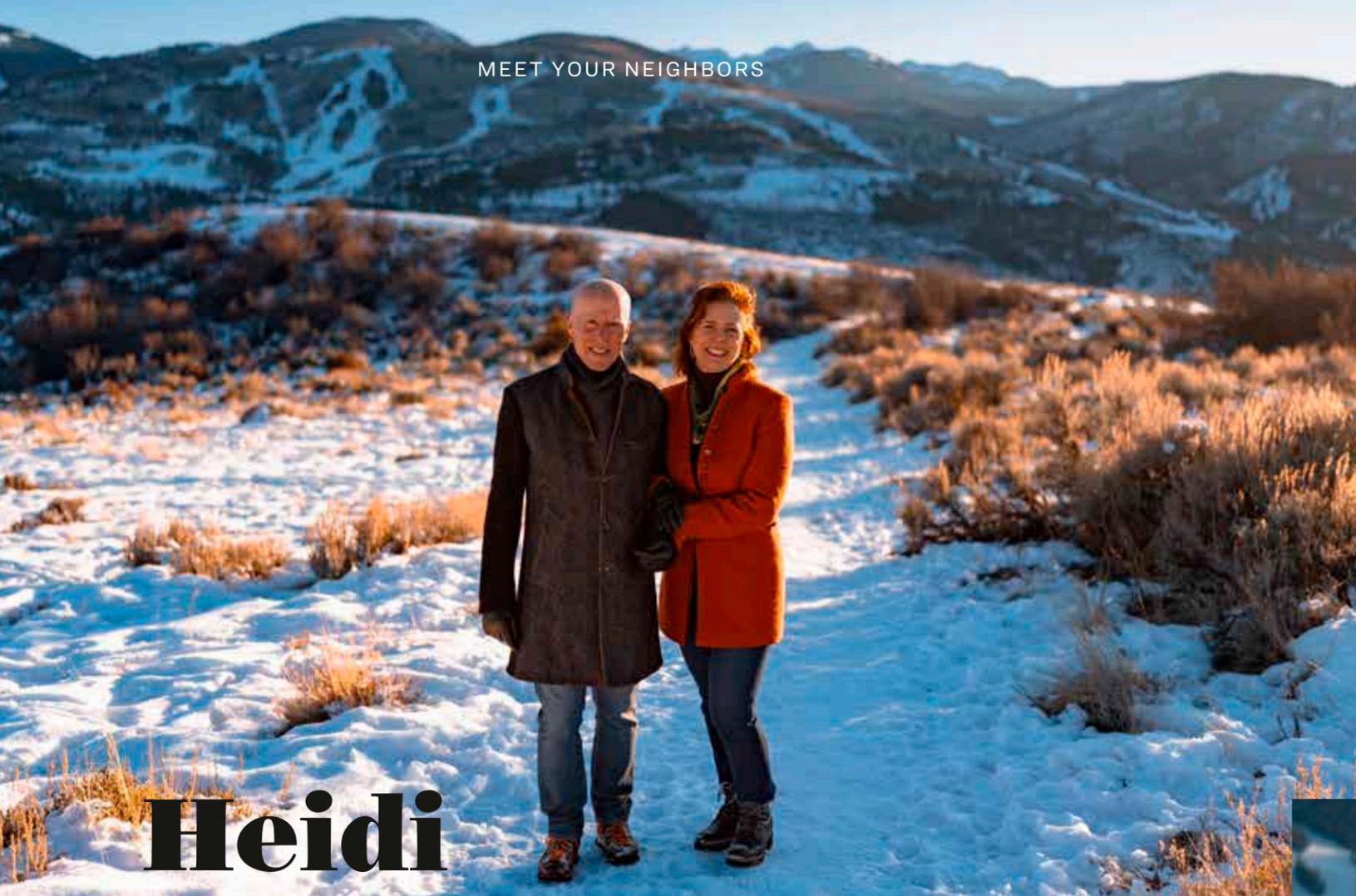
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Steadman Philippon Research Institute. As luck would have it, Marc also attended that meeting. After the meeting, Marc asked Heidi to join him for dinner to further discuss her work as he had donated a kidney to his brother in 1996. Heidi politely declined.

But apparently, she didn't decline his invitation for long. Marc and Heidi were married in 2010, while Heidi was serving as the Executive Director of the American Transplant Foundation. She moved from Denver to Singletree after their marriage, and eventually resigned that position. In 2012, Marc retired and they proceeded to redefine their lives together.

Both Marc and Heidi had been skiing since childhood. Marc started at age 5 in his backyard on Long Island and has not missed a winter on snow since. Heidi was about 8 when she first strapped on the boards and began her skiing career in New England. To say that skiing is pretty much a part of their collective genetic codes would be an understatement to be sure. So much so, that Marc proposed to

Heidi Heltzel & Marc Prisant

PHOTOGRAPHY BY JEFFREY HULSE PHOTOGRAPHY
ARTICLE WRITTEN BY TIM SWIFT, SINGLETREE RESIDENT

Heidi Heltzel and Marc Prisant came to the Valley like so many of us, almost by accident. Heidi moved from Boston to Denver in 1991 after finishing grad school to take a job with the Colorado State Legislature's Legislative Council, eventually working as the lead lobbyist for the Colorado Chamber of Commerce. Marc was recruited by his longtime friend and business partner, Mike Egan, to join him in Vail in 2007. Mike had been hired to serve as the CEO of the Steadman Philippon Research Institute and he needed a CFO. Mike reached out and offered Marc the position, which he accepted.

While Heidi was serving as a lobbyist in Denver, she and two acquaintances founded the American Transplant Foundation in 2005, a not-for-profit organization with a mission to close the gap between the need for organs and their supply. It was this role that eventually brought Heidi to Vail and a meeting with the





Heidi while on a ski trip to Zermatt, on a mountain peak at an elevation of 12,736'. Ultimately, they decided to take their passion for the sport to another level by making a contribution to World Cup ski racing.

Beginning in 2013, they volunteered annually for the Birds of Prey at Beaver Creek. Then in 2015, they volunteered for the World Championships at Beaver Creek and spent two weeks on the courses for all four alpine disciplines: Slalom, Giant Slalom, Super G, and Downhill for both the women and the men.

In 2016, their skiing lives took a truly lucky turn. Marc was heliskiing in Canada when he happened to meet a woman from St. Moritz, Switzerland. This resort was scheduled to host the next World Championships in 2017 and Marc expressed an interest in having

friend of the head of the volunteers for those very world championships. What Marc also learned, however, was that volunteering for a big-time ski event in Europe was a much different experience than at Beaver Creek. For instance, a large portion of the course workers at the St. Moritz event, unlike in the U.S., were not volunteers. They were active-duty soldiers in the armed forces.

This situation was not unique to St. Moritz, and in fact, was the norm throughout the alpine events in Europe. What Marc and Heidi had to do was actually apply for the positions, as if they were applying for a job. They both needed "résumés" of sorts, which might include photographs of them performing course duties at the Birds of Prey! After this application process, they were both "hired" as volunteers and were admitted to this very

he and Heidi volunteer for that event. As luck would have it, Marc's new friend was a close

selective and tight-knit organization. Marc headed for St. Moritz and Heidi was not far behind him.

The couple continued to expand their horizons in the international ski arena. In 2017, Marc was introduced to Hans Olson, the Chief of Race for the 2018 World Cup Finals and the 2019 World Championships to be held in Åre, Sweden. Again, Heidi and Marc applied for the position; both were accepted and they headed for Sweden. Marc worked the course and Heidi was assigned to the finish area monitoring who could come and go from that tightly controlled bit of snow-covered real estate. She also kept tabs on the media access to the finish area and occasionally was drafted to work on course.

Soon, they realized that photographs of Heidi schlepping a massive drill with a three-foot bit on a frozen downhill course or putting up B-net could open doors to volunteer at F.I.S. events in

Europe, opportunities that would normally be closed to foreigners. For Marc, being a member of the Birds of Prey Talon Crew carries a level of clout throughout the world and is a résumé builder that paves the path to the finest race courses in Europe.

Fast forward to March of 2022, and Marc and Heidi decided to undertake a major life change. They packed their skis, boots, poles, and Border Collie, Apollo, rented out their house in Singletree, and headed to Innsbruck, Austria, where they spent the next 14 months in one of the most magical places in the Alps.

In Innsbruck, while they weren't trying to replicate their lives in the Valley, Heidi and Marc decided to volunteer at a first-time world cup race, the Matterhorn Cervino Speed Opening. This was to be a unique event on the glaciers in the shadow of the famed Matterhorn, where the course begins in Switzerland and ends in Italy! Unfortunately, both the 2022 and 2023 editions of that event were cancelled, first due to a lack of snow and then due to high winds.

The time that Heidi and Marc spent in Innsbruck changed them both in many ways - for the better. Innsbruck and the surrounding area showed them that life can be savored, embraced, and enjoyed. They developed friendships that will never be forgotten. They realized that taking Apollo for a walk and stopping for a coffee or a meal along the way could become part of a new lifestyle. Yes, dogs are allowed in bars, cafes and restaurants. They discovered that life does not come to a halt if all the stores are closed on Sunday. It simply carries on in a more relaxed vein.

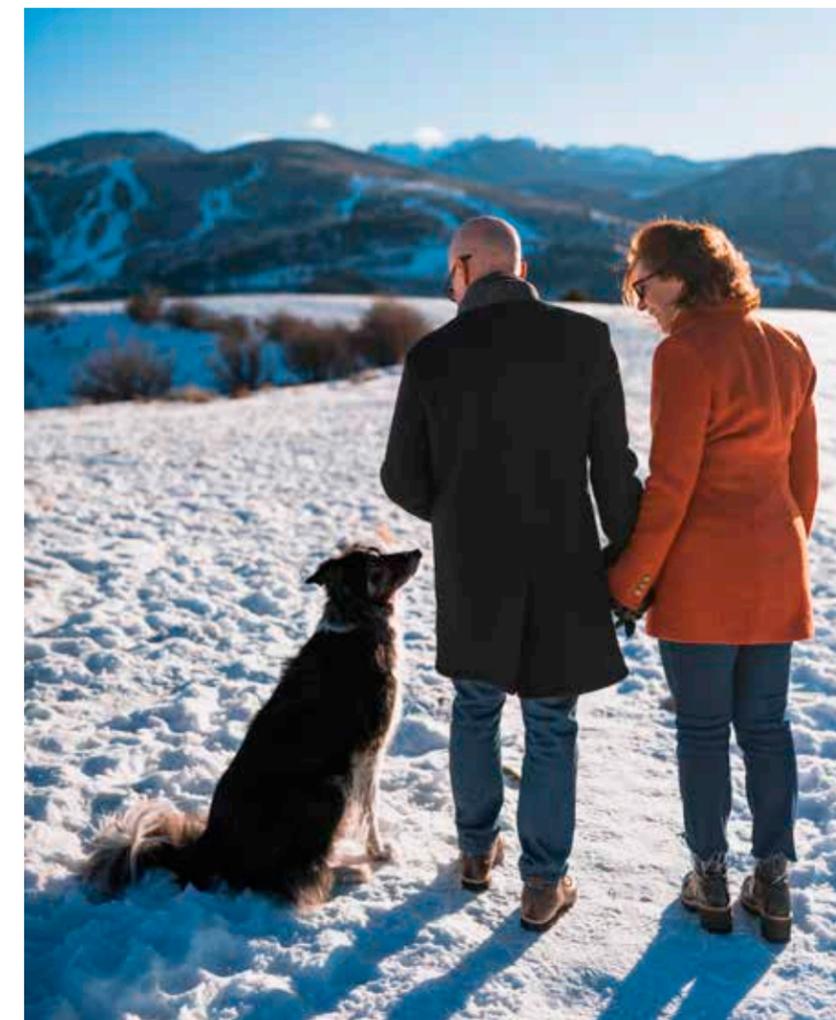
Both are multi-lingual. Heidi speaks Spanish and now German in addition to English. Her German is so good, in fact, that she passed the A-level government exam necessary to apply for a job in Austria. Marc, for his part, is fluent in Spanish and now German, and has a passing familiarity with Italian and Swedish.

Talking to Heidi and Marc about their adventures in Innsbruck was a wonderful experience. In Innsbruck, they learned to live in a foreign country as locals, rather than as tourists,

and to appreciate the importance of actual relationships with neighbors. It meant so much to them, in fact, that while listening to Heidi recount their experiences, I couldn't help but sense in her words a wistful longing to one day get back to the bridge on the Inn River which is the literal translation for "Innsbruck" from German to English.

Their love of skiing and ski racing is so strong that Heidi and Marc are now solid supporters of the U.S. Ski and Snowboard Team. They are both Board Ambassadors for the team. In addition, they have established an academic scholarship for the athletes on the team and arranged for a legacy gift to the team in their estate plan.

These two life-long skiers have made a positive contribution to their passion of which they can both be justly proud. Skiing could not have a pair of more accomplished or committed supporters.





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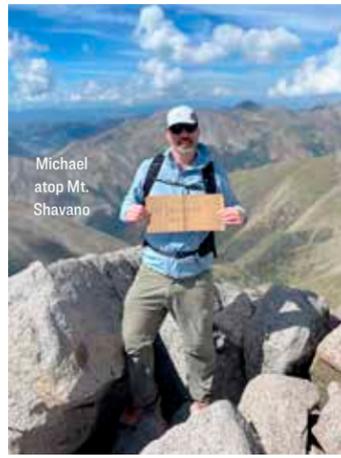
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The Invictus Private Wealth Team (L to R): Sydney Levy, Jessica Margetson, Michael Caplan, and Jodi Burnett



Michael atop Mt. Shavano



Sydney with new friends on top of Mt. Quandary



realm of wealth management. His background in law, particularly private equity and hedge fund law, equips him with a profound understanding of complex financial transactions. As a Fellow at Georgetown's Institute of International Economic Law and an adjunct law professor at Georgetown University Law Center, Michael's journey reflects a commitment to excellence.

Apart from his professional achievements, Michael embraces the beauty of Colorado, spending time skiing in Vail and hiking 14ers. His dedication extends to quality time with his family - his wonderful wife, Janelle, and their 17-year old triplets and 13-year old son.

Jessica K. Margetson, CFP®

Jesse Margetson, with her specialized training as a Certified Financial Planner™, takes the lead in providing wealth preservation, estate transfer, and charitable giving guidance at Invictus. Her meticulous analysis of client objectives and extensive experience in financial planning ensures that investment portfolios align seamlessly with long-term goals.

Jesse, a graduate with distinction from the University of North Carolina at Chapel Hill, balances her professional commitments with a love for outdoor adventures. Exploring in the mountains surrounding Avon are among her favorite pastimes, complemented by quality moments with her husband and two young children.

Sydney V. Levy, CFP®

Heading the Business Development at Invictus Private Wealth, Sydney Levy is a driving force behind client communication, business initiatives, and relationship building. With a diverse background ranging from Human Resources to Chief of Staff to Wealth Strategy, Sydney brings a unique perspective and analytical skillset to the team.

A graduate with distinction from the University of Maryland, Sydney moved from New York City to Denver in 2021 to be closer to the mountains. Her passions include live music, hiking, skiing, and unique culinary experiences.



Jodi M. Burnett

Jodi brings over 20 years of experience in the financial services industry, and her role at Invictus includes overseeing operations and productivity. As Valedictorian of her class at Regis University, Jodi's commitment to excellence is evident in her management and operational roles.

Jodi relocated to Tampa, Florida in 2017 and today she balances her professional responsibilities with family time on the beautiful beaches. Her academic achievements and dedication to creating a seamless client experience make her an integral part of the Invictus team.

TAKE THE NEXT STEP IN GETTING YOUR FINANCIAL FUTURE ON TRACK

Invictus Private Wealth is a beacon of financial expertise in the heart of the Vail Valley. The team of dedicated professionals create a personalized and transparent financial journey for their clients. Whether planning for tomorrow, retirement, or years the come, the Invictus team is committed to helping clients achieve financial success with confidence and clarity.

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To learn more, please visit www.invictuspw.com or contact Sydney Levy at Sydney.levy@invictuspw.com or 720-734-2454.



Navigating Financial Success with Expert Guidance

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In the complex world of wealth management, where financial landscapes are ever evolving, having a trusted partner to navigate the complexities of life and finances becomes paramount. Enter Invictus Private Wealth, a boutique financial firm dedicated to providing comprehensive and goal-oriented financial planning services. Led by a dynamic team of experts, Invictus stands out for its commitment to transparency, simplicity, and personalized service.

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Invictus Private Wealth begins their client journey with a meticulous analysis of individual goals, current assets, desired outcomes, and potential windfalls. This thorough understanding forms the basis for crafting a goal-oriented

financial plan integrated with a personalized investment strategy. The team recognizes that wealth brings both rewards and complexities. Invictus is dedicated to helping clients manage both aspects with precision and care.

The core strategy at Invictus is refreshingly simple - a combination of portfolio optimization and financial planning aimed at reducing risk, costs, and complexity. Acting as a single point of contact, the team provides extensive personal wealth management services encompassing education funding, legacy planning, philanthropy, and tax mitigation strategies.

MEET THE MINDS BEHIND INVICTUS PRIVATE WEALTH

Michael S. Caplan, CFP®

Michael, a seasoned Private Wealth Advisor, brings a unique blend of mathematical acumen and legal expertise to the



Jessica with her husband and two kids

THE POWER TEAM

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- 81 Lariat Road B | Duplex
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- 10 Prairie Circle | Single-family
4 bd | 5 ba | 4,604 sf | \$3,299,000

Under Contract

- 260 Buckboard B-1 | Condo
3 bd | 2 ba | 1,333 sf | \$1,250,000
- 71 Mesquite Drive | Single-family
5 bd | 5 ba | 4,965 sf | \$4,595,000
- 306 Hackamore Road A | Duplex
3 bd | 4 ba | 1,955 sf | \$1,300,000
- 10 Stetson Drive A | Duplex
3 bd | 3 ba | 2,141 sf | \$1,595,000
- 141 Chaparral Road | Single-family
4 bd | 5 ba | 3,688 sf | \$3,195,000

Sold

- 142 Chaparral Road | Duplex
3 bd | 5 ba | 2,474 sf | \$2,650,000
- 141 Saddle Drive B | Duplex
3 bd | 3 ba | 2,263 sf | \$1,525,000

Source: VMLS 12.15.23 - 1.15.24



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KID WONDERS IN ACTION

Five young Singletree athletes showcase passion, determination, and an undying love for their chosen sport

CONTRIBUTED BY KATHLEEN VIELE, ZANDER COLEMAN, RUBY BULLIVANT, SPENCER BAHNEY, AND ALEXANDER STEWART, SINGLETREE RESIDENTS



From the speed of alpine racing to the precision of Nordic, the thrilling twists of moguls, and the swift maneuvers on the ice, Katheen, Zander, Ruby, Spencer, and Alexander each share their unique story, triumphs, and challenges. Join us in celebrating the joy and inspiration that comes from their enthusiastic pursuit of excellence!

KATHLEEN VIELE
HOCKEY
VAIL SKI AND SNOWBOARD ACADEMY
GRADE 6

When did you first start playing hockey? Age 5. My dad thought ice skating would help me with my edges when ski racing.

Why did you choose to continue hockey? I have the most fun playing hockey, more than any other sport.

Who has inspired you the most? My older brother Wyatt inspires me the most. Watching him play hockey all over the world and have such cool opportunities made me want to do it too.

What are your favorite parts of training and competition? My favorite hockey training is at VSSA. My coaching team there includes special trainers like power skating coach, Tara Lane, and my physical training coaches at GOAT, John Mark and Laura Seelig.

What do you find is the most difficult or challenging part of playing hockey? Proving my worth as a girl on a boys' hockey team. Getting the boys to pass me the puck is challenging. My mom says driving all over is the most difficult part of hockey. For example, on Thursday mornings, I train at 6 am at the Eagle rink, then I go to physical training at GOAT in Edwards, then to school in Minturn until 5 pm, and sometimes another ice session at night.

What has been your best memory so far? Hockey summer camps, skating at the Avalanche intermission, and winning the state championship with the girls' team.

What do you think the rest of this season holds for you? Hopefully more Ws than Ls.

What are your aspirations for hockey in the future? Playing for Team Colorado and earning a college scholarship for hockey.

ZANDER COLEMAN
ALPINE RACING
VAIL SKI AND SNOWBOARD ACADEMY
GRADE 5

When did you first start skiing? 18 months.

Why did you choose to pursue alpine racing? Because it is a fun sport and I like to go fast.

Who has inspired you the most? Mikaela Shiffrin.

What is your favorite part of training and competition? Giant slalom.

What do you find is the most difficult or challenging part of racing? Slalom racing.

When was your first competition and how did you do? I raced GS at Sunlight when I was 6 years old and I got 1st place.

How did it feel to be competing? Pretty good, I like racing.

What has been your best memory so far? Winning the GS spectacular two years ago.

What do you think the rest of this season holds for you? My goal is top 10 in all my races.



What are your aspirations for ski racing in the future? World Cup race.



RUBY BULLIVANT
ALPINE RACING
VAIL SKI AND SNOWBOARD ACADEMY
GRADE 5

When did you first start skiing? I first started to ski when I was 18 months old in our driveway. I was screaming and crying, but sure it was fun and eventually I started to become a great skier! And personally I think that my mom and dad kept me in ski school for too long but we still have debates on that.

Why did you choose to continue skiing? Well... I did not really have a choice, but I really love skiing. If I did not like it, then I would be cranky on the hill and I don't like people who are cranky, am I right? Part of what I love about skiing is to feel the wind in my hair! It feels so good...

Who has inspired you the most? That's a hard question, but I have to admit either Lindsey Vonn or Mikaela Shiffrin. They are such good skiers, and you know they inspire me to do my best and it is ok not to win, even though I really really would love to.

What are your favorite parts of training and competition? I have a lot of favorite parts of training and competing but I have to say that I love the speed events that my coaches bring up and my absolute favorite is Super G. It is so fast and again, I love feeling the wind in my hair.

What do you find the most difficult or challenging part of ski racing? I would say that the most difficult thing about skiing is to wake up. Honestly, I hate waking up early, which is why I like when school is out on the weekends and when training starts at 11:00 or 12:00 or maybe 10:00, but that's later and it is really nice because I can sleep in.

When was your first competition and how did you do? My first competition was at Ski Cooper and I was in age class prep then (that was two years ago), but I got 4th place and 6th place out of the girls of age class prep. They divide the age class to make it fair.

How did it feel to be competing? It felt great to be competing because I love to ski. The best I ever did was in Winter Park, the first year when I was in U10, I think, and I got a 1st, a 2nd, and two more 1sts. Then I carried momentum and I started to do better and better and I got mostly top 10 all year.

What has been your best memory so far? Well, the best memory so far was here in Vail because it's my hometown and I did very well, and it was a slalom course! I don't think I'm very good at slalom, but my mom says that I look great.

What do you think the rest of this season holds for you? Um, I think that this season holds a lot of medals, ribbons, and etc. I also think that this season will hold lots of joy, happiness and love from teammates, family, and friends.

What are your aspirations for racing in the future? I think trying my hardest in training for skiing and during race day, to go fast and just try to win it, at least that's what my coach Sarah said, but I think it's important too.



ALEXANDER STEWART
MOGULS
VAIL MOUNTAIN SCHOOL
GRADE 8

When did you first start skiing? I had my first ski lesson when I was 3 and had a few more whenever we came to Colorado on vacation, but I didn't start skiing properly until we moved here when I was 7.

Why did you choose to ski moguls? I'm not sure why I chose moguls - I think because it just sounded fun!

Who has inspired you the most? Brad Kreuz, who was my coach for the last few years. He's really funny, he cares about moguls, and he really cares about the kids he's coaching.

What is your favorite part of training and competition? The mix of discipline and fun. I feel like I'm achieving something and really enjoying it at the same time. Plus I have a lot of fun with my friends!

What do you find is the most difficult or challenging part of skiing moguls? It's hard doing something over and over and over again until you get it right.

How did you feel at your first competition? My first competition was intimidating, but it felt great to compete. Now I'm used to competing so it's less intimidating, but it's still really rewarding.

What has been your best memory so far? Landing my first backflip on snow!

What do you think the rest of this season holds for you? Hopefully at least one win in competition.

What are your aspirations for skiing moguls in the future? I want to be known as a great mogul skier.



SPENCER JON BAHNEY
NORDIC
VAIL SKI AND
SNOWBOARD ACADEMY
GRADE 6



When did you first start Nordic skiing? 1st grade (6-7 years old).

Why did you choose Nordic? I started Nordic skiing through the Homestake Peak (HSP) Nordic Club. I really liked it and was good at it, so my coaches and parents encouraged me to try it more competitively. I still enjoy alpine skiing on the weekends as well.

Who has inspired you the most to pursue your passion? My family and first coach, Carl, from HSP Nordic Club

What is your favorite part of training and competition? Hanging out with my friends and when Coach Eric gets us ice cream (summer) or hot chocolate (winter) after a hard practice.

What do you find is the most difficult or challenging part of Nordic? Interval training!

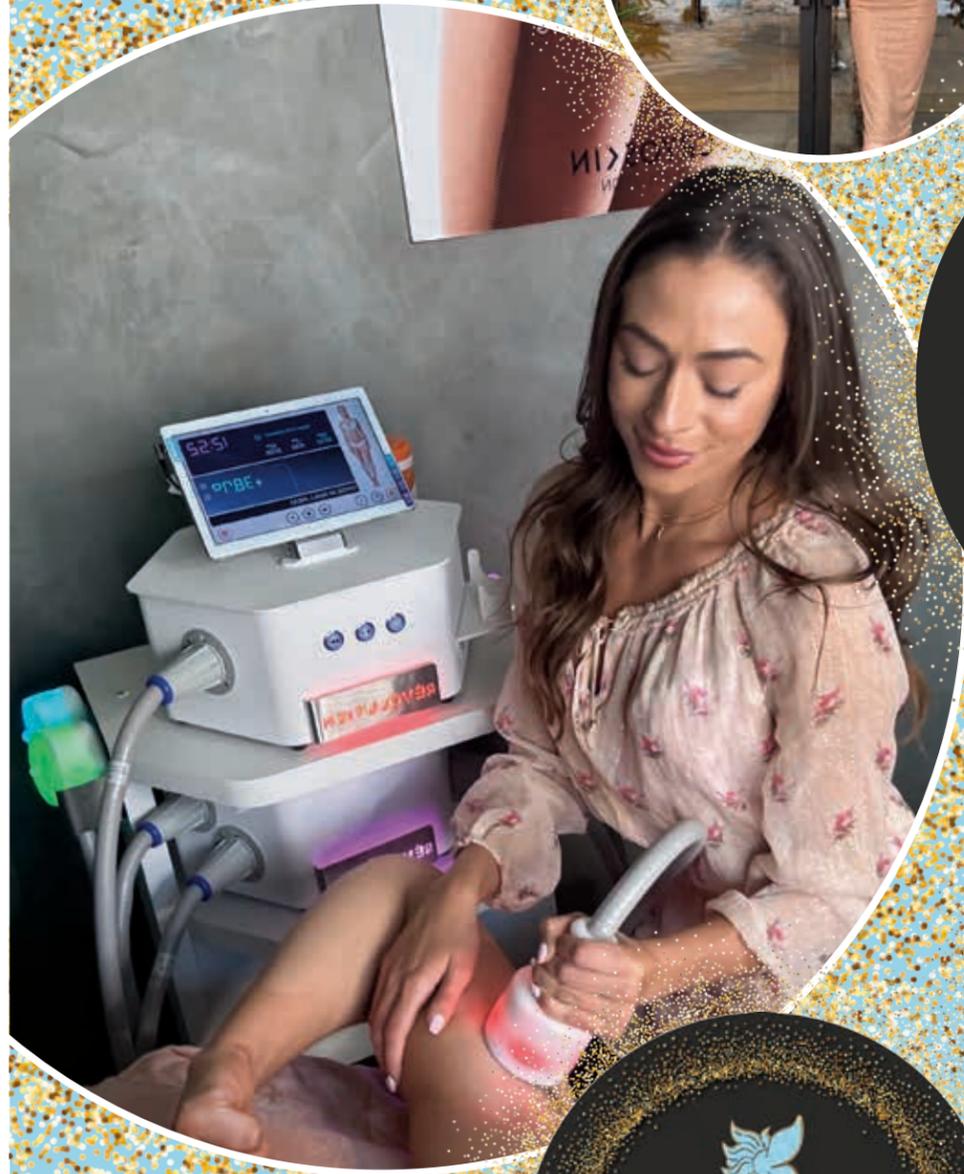
When was your first competition and how did you do? The first competition was in Winter Park Snow Mountain Ranch on December 15th. I got 6th place in both classic and skate.

How did it feel to be competing? Nerve-racking before the race, felt like I was going to die during the race, and then really good afterwards.

What has been your best memory so far? Finishing the race and doing well.

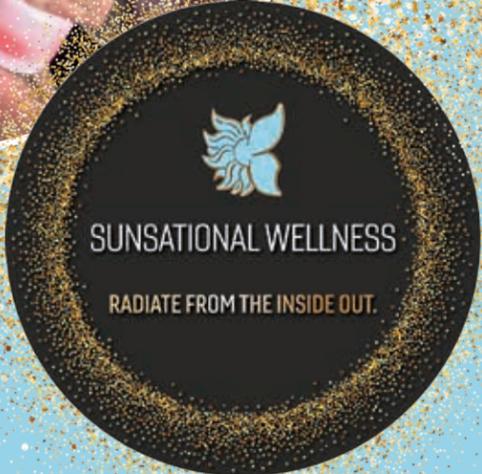
What do you think the rest of this season holds for you? Lots of fun and potentially a podium in a race.

What are your aspirations for Nordic skiing in the future? Going to a good college/university, hopefully playing my sport.



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Portugal Unveiled: A Journey Through Rich History, Coastal Charm, and Culinary Delights

Leslie Grooters embarks on planes, trains, and automobiles (and ferries and on foot) to experience the wonders of this enchanting country

CONTRIBUTED BY LESLIE GROOTERS, SINGLETREE RESIDENT

A friend from California and I made the good choice of going to Portugal this past fall. We traveled the first two weeks of October and the pleasant weather and much fewer visitors made it the perfect time to visit.

We flew into Lisbon and stayed in a central location so we walked almost everywhere. Lisbon's location, sitting alongside the natural harbor of the Tagus River, has made it an important trading seaport for many ages. Lisbon was built on seven hills and all the cobblestone streets seem to find their way down to the beautiful River Tagus. The cobblestone streets are beautiful and often very decorative. A true work of art with various drawings decorates the city. Be cautious however, as the stones and tiles can be very slippery when wet.

The first day we went down to the waterfront where the Praca do Comercial (Commerce Square) is one of Lisbon's most spectacular squares. Not only is the surrounding architecture stunning but the square is lined with restaurants with outdoor



1 / Cobblestone streets are a work of art
2 / Commerce Square on Lisbon's waterfront

tables to take in all the action. Bands play at sunset and the square is filled with people enjoying the river views and shopping in the outdoor market. In the middle of the square is an equestrian statue of Dom Jose I, king at the time of the big earthquake and subsequent rebuilding.

A little history of Lisbon: "On November 1, 1755, a series of earthquakes struck Lisbon and the surrounding areas, causing serious damage to the port city and killing an estimated 60,000 people in Lisbon alone. Because November 1 is the Feast of All Saints Day, a large part of the population



was attending mass at the moment the earthquake struck. The churches, unable to withstand the seismic shock, collapsed, killing or injuring thousands of worshippers. The earthquake almost completely destroyed Lisbon and the adjoining areas. This was known as the Great Lisbon earthquake."

and has intricate carvings of exotic and maritime motifs. Belem is a western district of Lisbon and boasts of many monuments and museums. Another great "building" in Belem is the Monument to the Discoveries. It's a ship-shaped sculpture with 33 statues of kings, navigators, and writers that honor the heroes of the

We took a Yellow Boat (river ferry) up the river to cruise under the Ponte 25 de Abril, one of Lisbon's most iconic landmarks. This suspension bridge closely resembles the Golden Gate Bridge in San Francisco. We floated past the Tower of Belem. The Tower of Belem is a 16th Century fortress

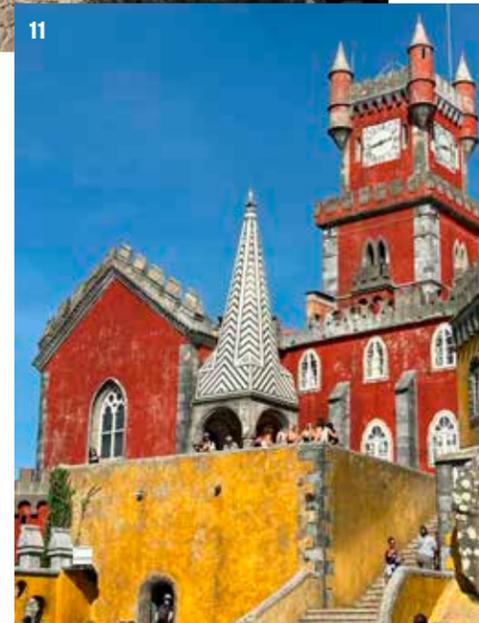
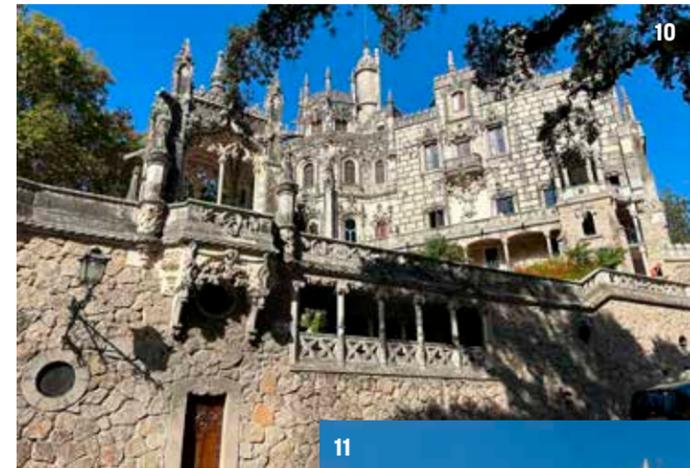
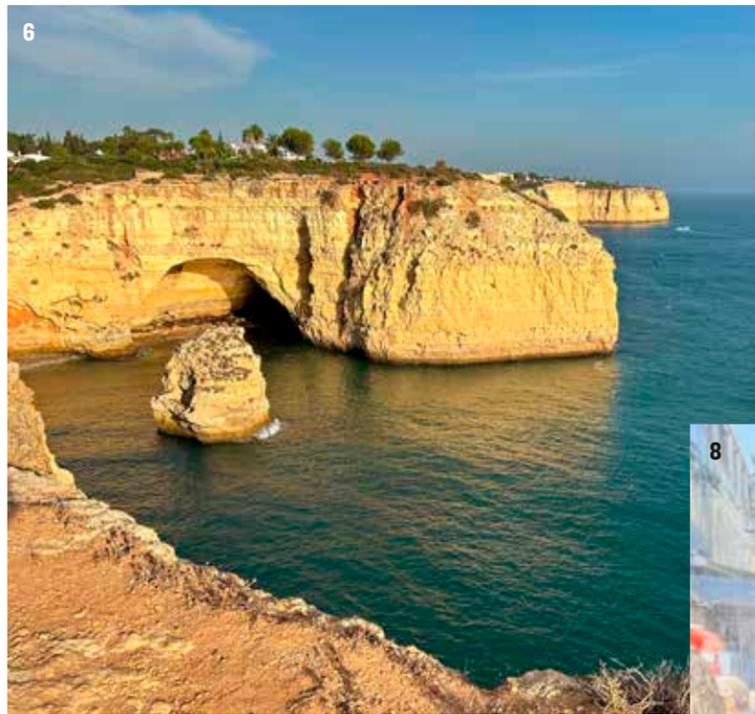
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Portuguese exploration. So much history and beauty to absorb in and around Lisbon.

We enjoyed lunch at Time Out Market. This gourmet food hall features 26 restaurants, 8 bars, and a dozen shops and dessert stalls. You walk around, watch them prepare the food, and then try to pick just one of the many awesome choices. I chose fresh tempura shrimp and a wonderful Sangria. Even though Sangria isn't the official drink of Portugal, it was our drink throughout the trip. So yummy!

Our next adventure was taking the train up to Cascais, just a short ride west to the coast. This resort town, originally a small fishing village, is beautiful with its three small, sandy bays. The water is cold but that doesn't stop the younger crowd of beach goers and surfers. Despite the masses of people, Cascais has retained some of its small-town character. Every street is full of shops so a very commercial feeling. "Yellow Street" is a section downtown where the restaurants and bars set their tables out on the yellow painted flagstones and you enjoy your drinks and dinner outside watching all the crowds walk by. Right next to all the action is the beautiful Clube Naval de Lisboa. The yacht club was founded in 1938 and plays an important role in nautical sports. Cascais has some of the best conditions for sailboat racing in the world due to the ocean swells and ever-changing wind conditions.

Back in Lisbon, we went to the Alfama area. It's the oldest part of the city and its narrow streets and alleys are charming. This neighborhood miraculously survived the Big Earthquake of 1755 so much of its historic architecture is intact. It is a very hilly neighborhood with stunning views over the Tagus River. One of the most incredible major landmarks in the area is the Costello Sao Jorge (St. George's Castle). Although St. George's Castle was constructed by the Moors, the site had previously been fortified by the Romans and Visigoths. Inside the entrance is a statue of Dom Alfonso Enriques, whose forces besieged the castle in 1147 and drove the Moors out of Lisbon. Because it sits

high on a hill, we got there around sunset to take advantage of the incredible sunset vistas over the city and river. Absolutely beautiful. One of my best memories!

Our next adventure took us to the Algarve, the Southern-most area of Portugal. We took the train from Lisbon which was very reasonable and enjoyable as we met such wonderful people. We learned two things on this trip: 1) trains have a first-class section, and 2) you need to be on the right side of the train to get off when it stops as the door only opens on the correct (non-track) side. This inability to get off before the train started to roll again meant that we rolled on to the next stop, past our desired connection.

So, to make lemonade when given lemons, we hopped off, went to a local small outdoor restaurant and had fried mackerel and a cocktail. Then we called a taxi to drive us to our correct destination.

We checked into the Tivoli Carvoeiro Algarve Resort, a beautiful hotel overlooking the Atlantic Ocean and the golden cliffs. I recommend this hotel to everyone. Because of its stunning views, it is very popular with couples getting married here. The beach was not very accessible due to the steepness of the cliffs in the bay. We met such wonderful people and made several new friends.

6 / The rugged cliffs of The Algarve 7 / Seven Hanging Valleys Trail 8 / Enjoying a tall sangria for lunch

The steep cliffs are spectacular with incredible rock formations, caves, and lots of secluded beaches, which are a golden yellow. This area can be very hot and dry in the summer and winter can be damp. As we were there in October, the weather was just about perfect! There are approximately 300 days of sunshine per year in this area which attracts many tourists. In fact, the Algarve is one of the world's best places to retire according to many.

The next day we went hiking the Seven Hanging Valleys Trail. This hike went up the cliffs and down to the ocean at least seven times. Lots of steps and it was a quite warm day. We had enough water with us to just get us to our final destination, a beach known as "one of the most beautiful beaches" in this area. The hike was about 7.5 miles and due to the vertical terrain, took us about 4 hours. A popsicle really "hit the spot" once we arrived. After a short splash in the ocean, we got a ride back to the resort on a Tuk-tuk, a large open golf-cart type vehicle. A cool swim in the hotel pool was well deserved. That evening we went into Carvoeiro to a great restaurant and had monkfish and shrimp kabobs with monkfish rice along with a great wine. Excellent meal and we were hungry after our hike today.

One day, we rented a car and drove to the southwestern most point of Portugal to Sagres to view the Fortaleza de Sagres (the Sagres Fort), built on a narrow peninsula that juts out into the Atlantic. This fort was built by Prince Henry the Navigator in the 15th century along with his famous nearby school of navigators. The views from the fort are spectacular as it sits high on the cliffs above the crashing waves. The importance of this area dates back to the 4th century BC, as Mediterranean seafarers found it to be the last sheltered port before they hit the wild winds of the Atlantic. The earthquake of 1755 and the tsunami destroyed most of the fort. Even though it was repaired, it never regained its previous significance. I found this area to be one of the most spectacular. Due to its location, it is often windy - not a good place to be on a super windy day.

On the way back to Carvoeiro, we drove to Lagos, a fishing village and one of the most popular resort towns in southern Portugal with a very laid-back lifestyle and feel. One of Lagos' greatest treasures is the Church of Santo Antonio. It is known as one of the finest in the whole area.

Unfortunately, due to the time of day, we were not able to view it. It was rebuilt after the earthquake and is a great example of the Baroque style of architecture. This church is known for its breathtaking and lavish interiors and is classified as a National Monument.

As it was close to sunset, we went to Praia do Camilo, a beautiful golden sand beach, to take photos. There is a long wooden walkway and staircase that leads down to this wedge of a beach, encircled with rock formation and caves. As this is a sanctuary for countless seabirds, it's a great place to sit and observe. Bizarre stacks of sandstone pillars, the color of gingerbread, stick out of the water, creating a beautiful backdrop to this much photographed beach.

When we left the Algarve, we once again boarded the train and headed to Sintra, located 18 miles NW of Lisbon on the Portuguese Riviera. A stark change from the golden cliffs of the Algarve, Sintra is a valley of lush hills and wooded areas. Situated on the north slopes of the Serra de Sintra, the area has its own microclimate. It can be cool and misty in Sintra, while Lisbon can be warm and sunny. I loved the beauty of the area and the spectacular views everywhere. We enjoyed the walking and got in "our steps" quickly as everything is up and down.

Sintra is a UNESCO World Heritage Site and "is the jewel in this region's proverbial crown." Sintra's history, architecture and beauty captures many. The Moors were the first to build a castle on the peaks. Later, Sintra became the summer residence of Portuguese kings and aristocrats.

9 / Sagres Point - the most southwestern tip of Portugal 10 / Quinta da Regaleira in Sintra 11 / Pena Palace

Many poets, writers, and travelers have been and are drawn to Sintra for its beauty.

Our first adventure in Sintra was visiting the Park and National Palace of Pena.

This 19th century Romanticist castle with its brightly painted yellow terraces and walls sits on a hilltop in the Sintra Mountains. This is the biggest attraction in Sintra and it is said that Disney's design was inspired by this Palace.

A little more history: "Built as a monastery in 1503, it was badly damaged in the big earthquake of 1755. The monastery remained active in the ruined building but was abandoned when religious orders were expelled from Portugal in 1834. Inspired by the Bavarian castles of his homeland, Fernando II commissioned a German mining engineer to build a castle of his fantasies - which was very extravagant. There is a surrounding park that is filled with trees and flowers as well as hidden temples, grottoes, and the Valley of the Lakes.

Even though it was October, the lines to enter and view the property were long. Hint: do not go in the summer. Despite the crowds, I enjoyed the beauty, history, and the incredible views from this hilltop attraction.

We then went down to tour the Moorish Castle. The panoramic views from the serrated walls explain why the Moors chose this site. This fortress finally fell to the Christian forces in 1147. There are steps that lead from these ruins down to the town center as no cars are allowed. Once again, a day filled with many steps.

We enjoyed being spontaneous and going into the town center, picking a restaurant in which to eat that looked good, had outdoor seating, and a little action. Almost everywhere, we found the food to be good and very reasonable.

The next day we walked to one of Sintra's most intriguing and privately owned mansions. The Quinta da Regaleira was built in the early 20th century for a Brazilian mining magnate who was interested in freemasonry and the Knights Templar. The incredible gardens surrounding this estate are filled with statues, water features, grottoes, lookout towers, and most well-known, the 100' deep Initiation Well—an inverted underground



"tower" that spirals down with tunnels leading outward. It is said that this was the site that the Freemasonry and Knights practiced their rituals.

Fun fact: Our very own neighbors and friends here in Singletree, Tom and Jami Rahn, resided in Sintra during the early 1980s. Jami, a sculptor and painter, had the privilege of renting the personal home and studio of the celebrated Portuguese architect Raoul Lino. This extraordinary residence, known as "Casa Cipreste," was completed in 1914. It skillfully incorporates Portuguese tiles and merges them with its natural surroundings, allowing nature and light to permeate the house through features like exposed rock and an intimate courtyard. Situated halfway between the Pena Palace and the National Palace of Sintra, it truly embodies a harmonious blend of architecture and nature and was a source of inspiration for Jami's art.

We had made previous plans to travel up to Porto but decided to stay in Sintra longer and enjoy its beauty instead of rushing off to another location. I hope to go back to Portugal and look forward to visiting Porto at that time.

Even though the next day was cloudy and cool, we took the 45-minute tram ride from Sintra to the beach. The antique open air, red street cars chug along through the country side and down the mountain to the ocean. Lots of seafood restaurants line the area; however, being "off season", many were closed. Since the sky was cloudy,

the waves rough, and the rain threatening, we headed to one of the restaurants that had been recommended and had one of our best meals and wine of our trip. A perfect way to enjoy the views and rough weather outside!

Once back in Lisbon after leaving Sintra, we stayed near the airport and had our only two days of rainy weather. We decided to go back down to the heart of Lisbon for one of our last two evenings in Portugal; so being close to the subway, we took that means of travel. I was a little hesitant as I don't often take the subways in the states. I was incredibly impressed, however, with the cleanliness and the ease of maneuvering the subway lines.

The only regret I have about my trip to Portugal was not being able to stay longer! I plan on returning someday to explore all the places I was unable to visit. If Portugal is on your "bucket list", I highly suggest you move it to the top!



Looking down in the Moors Castle and out west to the coast



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A BORDER COLLIE WHO HAS CROSSED MANY BORDERS

CONTRIBUTED BY MARC PRISANT AND HEIDI HELTZEL, SINGLETREE RESIDENTS

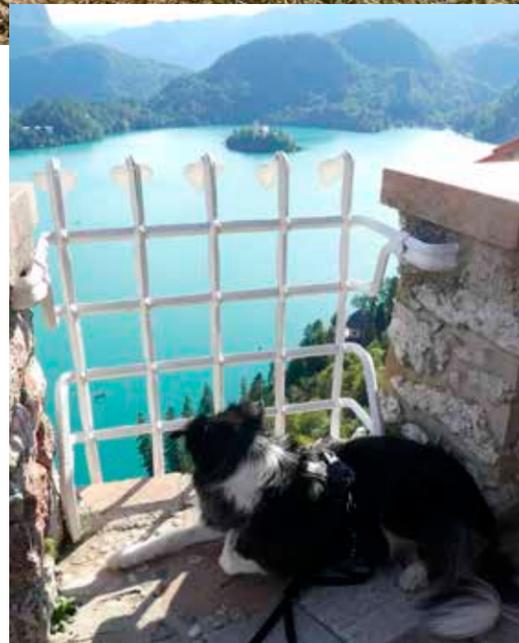


Apollo made his journey to Singletree on August 16, 2013, at the age of 8 weeks. It was his first trip in a car, during which he got car sick. He was met curbside at LAX, and he then made his way through TSA PreCheck security (they thought he was adorable) and then on to the gate. The flight to Denver and drive to Singletree went effortlessly and quietly. He was a perfect puppy that first day, and handled his new adventures like the well-seasoned traveler he would become.

As a border collie, he might typically be trained for agility or working with livestock. But with Apollo, we focused on obedience, which makes exploring the world, off-leash whenever possible, all the more fun. Whether it's hiking in the summer or running through the snow in the winter, he has flourished here. He also loves finding and "herding" the golf balls that are lost in the native grass along the golf course, which he does once the course is closed for the season.

He'll be 11 years old in June and has become a very important part of our family. His adventures continue to this day, and there have been many. Probably Apollo's biggest adventure was his time in Austria. He recently returned from living 14 months in Innsbruck, Austria. Flying both ways between Denver and Munich, he handled the trip on Lufthansa like a frequent flyer.

During his time abroad, he visited 7 countries (Austria, Switzerland, Italy, France, Germany, Slovenia, and Lichtenstein), and he now travels with an EU Pet Passport. Yes, this is a real thing, issued by his vet, and it contains his vital medical records and other documentation.



The absolute best part of having him with us in Europe was the acceptance of dogs as an important member of the family. Dogs are a common sight in the cities, and border collies are particularly popular. Dogs are allowed in stores, cafes, bars, restaurants, and on public transportation, funiculars, and cable cars. Some museums even have kennels available, so Apollo could stay there while we visited the exhibits.

Whenever we went into a store, bus/tram or eating establishment Apollo knew his routine. In stores he would lie down and stay, as we browsed. Sometimes we would leave him in one spot and simply walk away, with other customers moving around him. When we stopped at coffee shops, bars or restaurants, Apollo would go under the table without any instruction from us, and he'd be out of the way. The same that he does at home. On public transportation, we would also go under the seats. On one train trip, the conductor saw him and got down to give him some special attention. He loved it.

In Innsbruck, he was well known at some stores. Often the clerks might just Greet us with a "hello", but then they'd see Apollo and say, "Oh, hi Apollo." Yes, they knew his name, not ours.

Walking and hiking are a big part of life in Europe, and Apollo never had so much activity. He loved when the young people living downstairs in our building took him for long walks. They had a key to our flat, and if we weren't home, they were welcome to grab Apollo and his leash. Often, they'd be gone for 2 hours or more.

If you're wondering, yes, he is named for the NASA moon missions. The breeder always has a theme for the names of the puppies. His siblings were named for various NASA-related missions or space craft, such as Endeavor,

Challenger, Shuttle, Apollo, etc. We decided to keep the name, and his full AKC name is "Contact Point's Apollo Mission Control". Interestingly, Apollo had the chance to meet astronaut Charlie Duke, the Apollo 16 Lunar Module pilot and 10th person to walk on the moon, in Bachelor Gulch. General Duke was also "CAP COM" when Neil Armstrong first stepped on the moon. Apollo didn't understand the fuss.

Apollo wants us to leave you with this message; there's a common expression amongst owners of the breed, specifically, "They aren't dogs, they are border collies".





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JANUARY 2024

Youth Olympic Games:

Gangwon / Welli Hilli, South Korea

6th - Slopestyle

8th - Big Air

NorAm Cup – Sun Peaks, British Columbia

2nd - Big Air

9th - Slopestyle

SEPTEMBER 2023

FIS Park and Pipe Junior World

Championships:

Cardrona, New Zealand

5th - Big Air

6th - Slopestyle

APRIL 2023

NorAm Cup National Championships:

Copper Mountain

1st - Slopestyle

Named to US Team

MARCH 2023

NorAm Cup – Stoneham, Quebec

2nd - Big Air

NorAm Cup – Horseshoe Resort, Ontario

6th - Slopestyle

9th - Big Air

FEBRUARY 2023

NorAm Cup – Winsport, Calgary

4th - Big Air

First World Cup Start – Slopestyle:

Mammoth Mountain

6th – Slopestyle

JANUARY 2023

NorAm Cup – Copper Mountain

3rd - Slopestyle

NorAm Cup – Sun Peaks, British Columbia

3rd - Slopestyle

DECEMBER 2022

First World Cup Start – Big Air:

Copper Mountain

29th - Big Air

MARCH 2022

FIS Park and Pipe Junior World

Championships:

Leysin, Switzerland

14th - Slopestyle

20th - Big Air



Defying Limits: Brooklyn Embraces an Inspirational Ascent in the World of Competitive Snowboarding

CONTRIBUTED BY BROOKLYN DEPRIEST, SINGLETREE RESIDENT



In February 2022, *Stroll Singletree* (fka *Inside Singletree*) featured 7 aspiring ski and snowboard athletes at Vail Ski and Snowboard Academy: their experiences, accomplishments, obstacles, and aspirations. Among those young athletes was Brooklyn DePriest. At the time, Brooklyn reported his greatest achievement to date was finishing 16th Overall in the 2021 Rev Tour. And his greatest challenge was fear. Since his family's move from Lake Tahoe to Singletree in 2018, Brooklyn has diligently honed his skill on the snowboard while at the same time developing a mindset of confidence and positivity. The results speak for themselves.

Understanding your specialties are big air and slopestyle, can you please explain the difference between the two events before we dive into the events of the past two years?

Big air is one jump, whereas slopestyle is a course. I think there is a rule that dictates that it has to have two rails and two jumps or something close to that. In big air, you get two hits in qualifiers, and your best one counts to qualify for finals. And once you're in finals, you get three hits instead of two. But the catch is, of these two hits, you have to spin once to the left and once to the right.

On a snowboard, there are basically four directions. So you have your dominant way of snowboarding, which is either your left foot forward or your right foot forward. I'm

left foot forward, so I'm regular. And then you have front side, which typically you take off your heels and spin to the left. You have back side, which is you take off your toes and spin to the right. And then when you go switch, you have taking off your toes and one of the left or taking off your heels and one of the right. So it's just kind of flips. You have to spin once to the left and once to the right and then they take your best two scores and combine it for your result.

Whereas in slopestyle, you have two runs and you put a run through the whole course and they judge you based on what tricks you did, how you did them, overall impression, what was your speed like, did you look good, that kind of thing. So big air is a lot more technical because they look a lot more closely at just one trick. But in slopestyle, it is looked at much more as a whole than a single part.

What is your preference?

Slopestyle. 100%. I definitely have an aptitude towards slopestyle just because it's a lot harder and you have a lot more to deal with. You can be a lot more creative and you also have a combination of rails and jumps which is way nicer.

Last year, you overcame some significant physical challenges. How did you come to be diagnosed with pars defect (a stress fracture of the bones in the lower spine) in May 2023?

I had been dealing with pain in my back since June of 2022 which started with skating one day and my back was really not happy with me. I was trying to be just chill because I had a snowboard camp out in Whistler. I was like, well, relax. But by the time I got to Whistler, it was still really not happy with me. And I just kind of rode through it thinking oh, I'm a snowboarder. It's just low back pain.

It would ebb and flow throughout the season, but in April, I was lifting, and I picked up a weight weird, and it was the worst stabbing pain one yet. I couldn't bend down, I couldn't do anything. The pain was shooting down my right back and leg.

My mom had booked me an MRI when we got back from El Salvador for spring break. Normally with MRIs, they take a week or two to tell you stuff. But they called me the next day and told me, "You need to be in a brace yesterday. You can't pick up weight, you can't twist, you need to do nothing for three months." So I was completely out of commission. I wasn't doing anything until I got my brace off in the middle of July.

Coincidentally, April was when I was named to the US Team. I got a call from the US Team coach who gave me the news and then shortly after I found out my back was blown. I was like, oh, he's going to hate me for this.

So after the brace came off, you went to New Zealand?

Right before New Zealand, I went vacationing. I was cliff jumping, swimming, just kind of getting things back to how they used to be. Then I went to Utah with the US Team and worked there as hard as I could for two weeks. They just like crushed me for two weeks. And then I was way stronger than I ever imagined I would be for not moving for three months. I left for New Zealand on August 1st.

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Design Review Committee approval is required, prior to exterior work being completed. All applications can be found online at www.singletreetoday.com/design-review/.

AIR CONDITIONING UNITS

All mechanical equipment and air-conditioning condensers installed on the exterior of the home shall be installed as close to the home as possible and screened from view with evergreen landscaping and require DRC approval prior to installation. All conduit, lines and wiring shall be located inside the walls.

ROOFING

There are several approved roofing materials in Singletree. Asphalt shingles are prohibited.

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Repainting with or without color changes shall be reviewed and approved prior to the repainting taking place.

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All door, window, deck, and garage door replacements shall be approved prior to commencement of the work.

TREE REMOVAL

Submit a tree removal application for review and approval prior to removing any trees from your property.

EXTERIOR LIGHTING

All exterior lighting shall be dark sky compliant. Review and approval of new lights is required.

SOLAR INSTALLATIONS

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And then, what happened in New Zealand?

So far, everything had been good. Training was good, qualifiers solid, everything was good. Then the crash happened in finals practice, which was super early in the morning, which I'm thankful for because it's the best possible conditions - the corduroy is super fresh, the snow's soft, there's no wind, and the lighting is nice.

You plan on getting four practice runs and it was my second run on the course. The trick that I was doing was... I'm going to say this in complete snowboard jargon here. So I was going to do a cab dub 9, we call cab switch frontside. Meaning I'm going switch right foot forward and spinning off my heels to the right. I was going to do a cab dub 9, which means I do a flip and then another flip. So it's two flips for a total of 900 degrees. Okay. And then I was going to do a backside 900 which is my left foot forward now because I landed regular. So I took off regular, went 900 degrees, landed switch. I'm going in switch and going to do switch backside double 1260 which is left foot forward off my toes, spin to the left, and that's two and a half times around yourself. Landing regular again. Then the one where I got hurt was going to be a frontside double 1260 which is off your heels regular, spinning left and three and a half times around yourself.

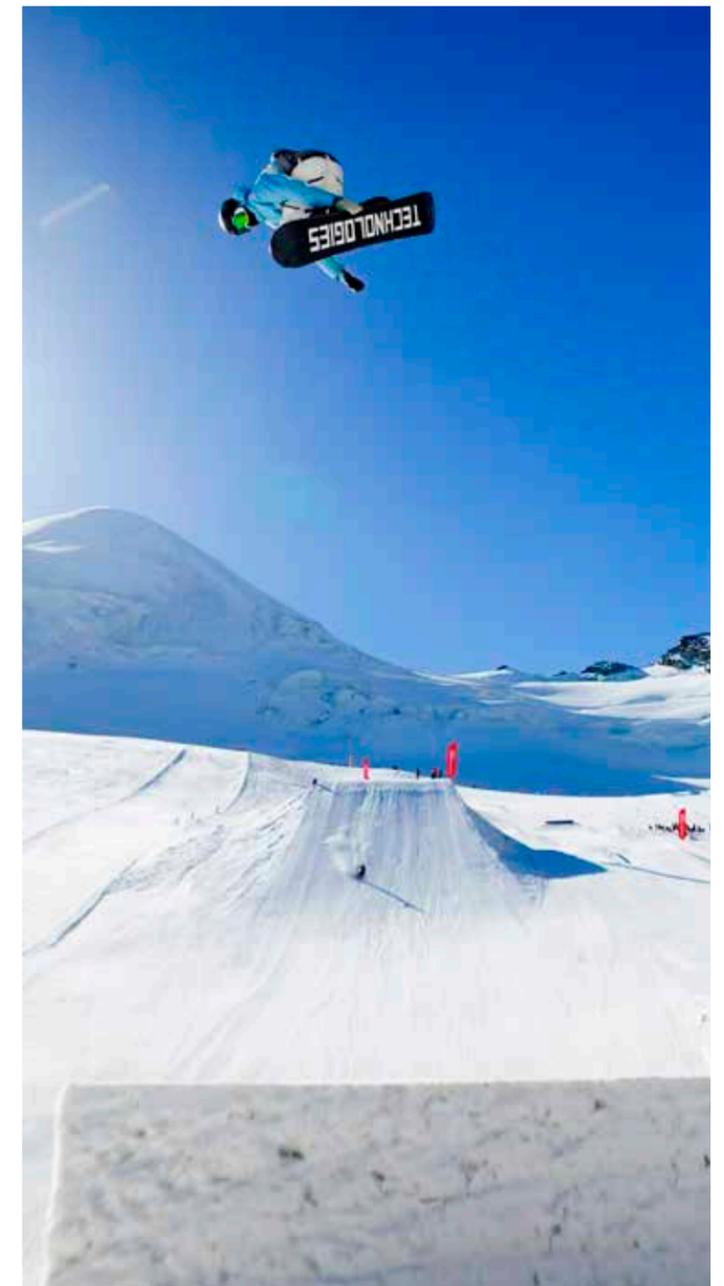
On the second run, I went what's called going early. I felt fast going into it, I just felt too fast. I was like, okay, I'm going to go big, let me scrub some speed off. I scrubbed way too much and I got caught halfway through the second flip and crammed my face and everything into the knuckle, the flat area of the jump before the landing, and just flipped. I basically drove the right side of my head and my shoulder into the ground. I definitely felt dazed like something just didn't feel right; I should have had a concussion. But I got it together and just rode down.

The coaches and team all thought you were done.

Yeah. My coach told me, "You're not looking good," but we had a PT with us at the time. She did a full evaluation on me, including a balance test, strength test, everything, and I passed it. I took some ibuprofen, finished up practice, and she called the doctors for the US Team and sent them the video, explained what happened, here's what he hit, and he's not showing any signs of concussion. I could very easily have been out. 100%. I was super grateful to be able to even ride after that.

You went back to the event and how did it go?

So I'm going through my run, nail everything, going to the last jump, and I went early again. But it wasn't a bad early. It was kind of like I doubled over a little bit. With this trick, you want to be very, very stacked, meaning your chest is up and your shoulders are over your knees. I was hunched over so that made me flip





more than spin, which caused me to do a triple 1260 instead of a triple 1440, which is a trick that I had never seen anyone do before.

I had never thought about it, never tried it, and then I just did it. And I landed it. I was riding out and was like what just happened? I told myself just keep your hands down and just ride out, just ride out, just ride out. I couldn't believe that had just happened. I was honestly more excited that I put a clean run down. I didn't really care that it wasn't the trick I wanted but it was just a good run.

What are your goals based on where you are today?

I have three: making the US Pro Team, winning the NorAm Cup, and making a World Cup final. To make the US Pro Team, I need to be ranked top 15 in the world. I need to get two top 8 World Cup finishes. Or, if I get one podium in a World Cup, they have to put me on the team, no matter what. The other way you can make the team is through the coach's discretion, which means if they see you

landing these massive tricks and they see real promise in you, sometimes they'll put you on the team.

For a NorAm Cup title, it's your three best finishes. Two slopestyles and one big air or three slopestyles. Ideally, it'd be three first places so if you win three in a row, it's done. And then for the World Cup final, it's going to take some serious work but if I can get these five tricks that I've been talking about dialed, and I can get them really really consistent like 8, 9 times out of 10, then I think it's a real possibility. The Mammoth Grand Prix in early February will be the last World Cup for me this year.

Talk to me about the work you have done on your mindset.

100%. That's the thing I've worked on the most. I mean you've had a great run, you're going great, but there are setbacks. So I've had like two or three significant setbacks that I can recall. I had one when I moved here for the first time. Back in Tahoe, which is where I'm from, I was winning all the time. I came out here and the kids were so so so much better. And

I was just getting crushed left and right. And the next year, I went out and I was winning again.

Then I moved up in levels to the Futures Tour and I was getting crushed again. To this day, I have not podiumed in a Futures Tour. I wasn't doing well, I had a whole season of just falling, it was not a good time. Super, super hard on the mindset again. But then the next year, I got an alternate spot on the Rev Tour and I made finals.

And then the next five or six contests were just terrible. Down the drain, falling, not performing well, and then something clicked, and I just started landing. I started landing everything, I started making finals; I didn't get a podium that year but it's like a weight that kind of gets lifted off you. Like okay, I'm in finals. I'm guaranteed a decent result, let's see if I can get a great result. But I didn't get any great results that year, and then the next year after that, the whole season was flawless. I think I only missed one final for the entire season.

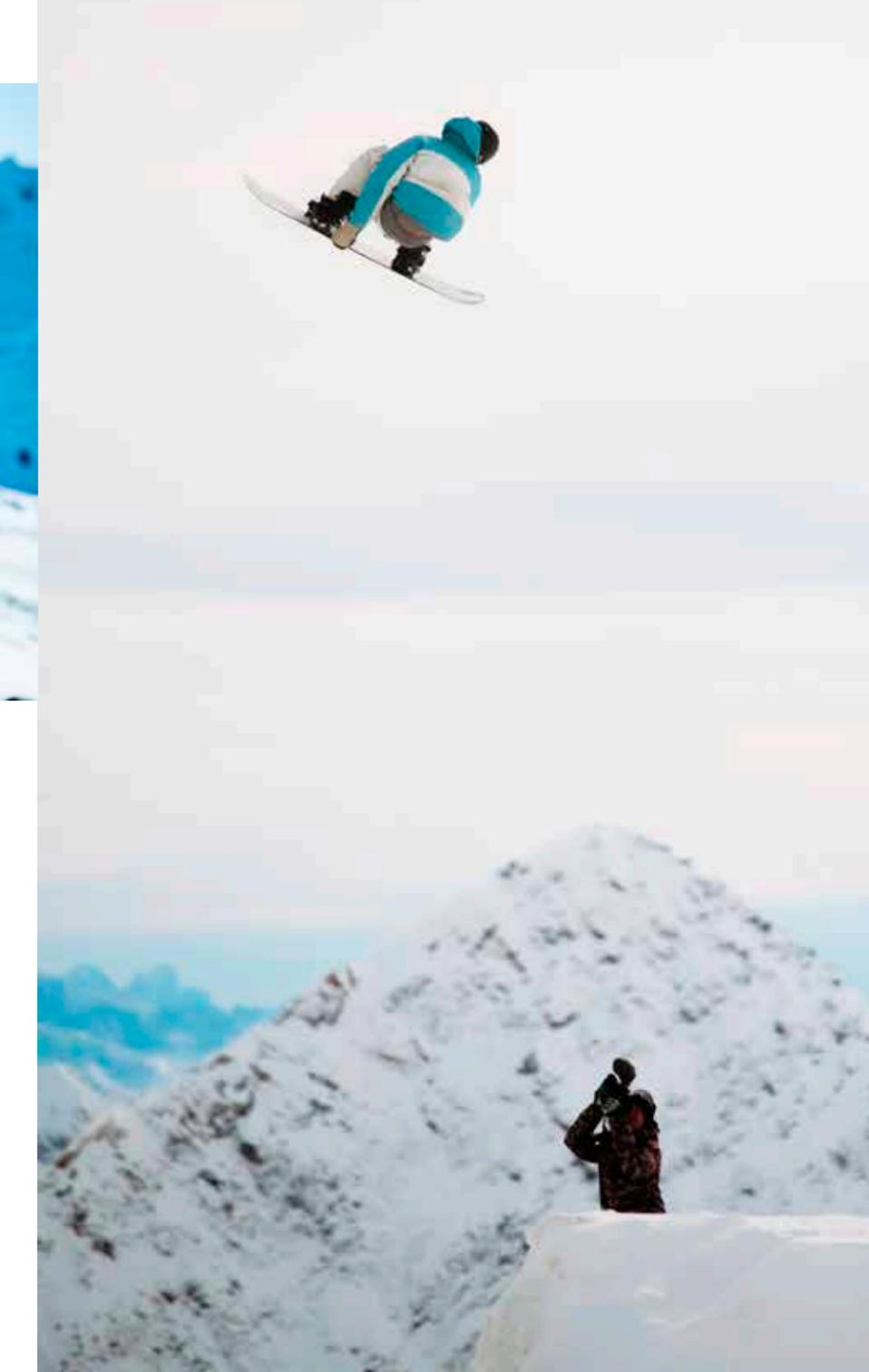


So what clicked?

I don't know. I had been talking to sports psychs, I had been with my coach, I had been kind of trying to talk around to see what was going on. And we figured out it was just mindset. If you can get your confidence and basically your focus and your imagery and your positivity up, then everything else is going to click. If you're confident, there's no way you're even thinking about falling. If you're landing, then you're obviously going to be more confident. So there's just kind of this ladder that keeps going up.

And there's a little bit of a pattern that I recognized about a month ago. When I was falling in these competitions, I realized every time I make a big jump up in level, I take a big step back in performance, and then I go even higher than I was before. So, I'd say I'm in one of those setbacks right now. I'm learning World Cups, I'm now competing against these people I've been watching for years in the X Games and US Opens and Olympics. Granted, I don't really think about it that much, but this is kind of like rising again from another setback.

A lot of it comes down to training, and for example, mindfulness. On the chairlift you've got to be mindful. Before you drop in, you need to be mindful. You need to imagine good



things. You need to visualize the trick. If there's something you can't control, for example, the weather, get past it. So it's all these little things that have been pieced together in training and rubbing off in competition.

And a lot of it just comes from repetition, doing these tricks over and over and over and over again. If I learn these fundamentals perfectly, no mistakes, then why would the next

level not be perfect? So basically, I went from being kind of loose to being confident through everything. There's not a single trick that I could try right now that I would have a second thought or a flash of fear. It might be a little bit of nerves because that's very natural. I can't block out the nerves, but I can get rid of the fear completely.

Sure, there are some scary points in time, but if you get by them, there

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are way better times ahead of you. You've got to be wired a certain way to keep going. A lot of it is knowing that you're going to be okay, no matter how hard of a slam you take, you're going to be alright. You're not going to die. It's nearly impossible.

Where are you now in terms of your track toward the Olympics in 2026?

Right now, I'm ranked 9th in the US and I have to be top 4 to make the Olympic team. The steps to make the Pro Team, like making these World Cup finals and podiuming 2 top eights or winning the NorAm Cup, all of those cumulatively

will push my ranking way up. I think I'm ranked 34th or 35th in the world. And if I win the World Cup, and I podium at these cups, then I can get pushed into the top 15, top 10 in the world.

What can you share with us about your experience in South Korea?

My experience at the Youth Olympic Games was amazing. Getting a taste of a new culture along with competing in a new country in new conditions on a crazy course was super fun. I had a great time and even though I didn't land what I wanted or achieve the results I was looking for, it was a once in a

lifetime experience and I could not be happier with the memories I made.

And what's next after the Youth Olympics?

I'll have the Grand Prix and then two NorAms, and I want to say another two NorAms. So regardless of the results at the Olympics, you have to get over it and get on and keep going because you have so much ahead of you after this. I'm just kind of excited to see what's going to happen in the next two years. Two years from now, I'll be looking back and be like, oh I was there, now I'm here.

Spiced Comfort: Creamy Curried Cauliflower Soup For Chilly Days

CONTRIBUTED BY INGRID DAMPIER, SINGLETREE RESIDENT

Winter is not over yet! The curry powder and turmeric in this soup lend an aromatic twist to a cozy classic. For a gluten-free dish, simply omit the flour; the blended cauliflower adds enough body and texture to hold on its own.

INGREDIENTS – Serves 4

- 2 Tbsp olive oil
- 2 Tbsp butter
- 3 ribs celery, roughly chopped
- 1 large carrot, roughly chopped (about 1 cup)
- 1 onion, roughly chopped
- 2 tsp curry powder
- 1tsp ground turmeric
- 2 Tbsp all-purpose flour
- 1 head cauliflower, cored and roughly chopped
- 4 cups chicken broth

Topping:

- ½ cup Greek yogurt
- 2 tablespoons fresh lime juice

- 2 tablespoons extra-virgin olive oil - good oive oil
- Salt and freshly ground pepper to taste

INSTRUCTIONS

1/ Combine the olive oil and butter in a large pot over medium heat. When the butter is melted, add the celery, carrot, and onion, and cook until the vegetables have begun to soften, about 5–8 minutes. Add the curry powder, turmeric, and flour, and cook just until fragrant, about 1 minute.

2/ Add the cauliflower and stock and bring to a boil. Reduce to a simmer, cover, and cook until the cauliflower is tender, about 40 minutes. Carefully transfer to a blender, working in batches if needed, and purée or blend with an immersion blender. Ladle into bowls, and top with yogurt garnish.

3/ For the topping: In a small mixing bowl, whisk together the yogurt, olive oil, and lime juice and season to taste with salt and pepper.

For additional recipe ideas, please visit my blog at MyAmazingCookbook.com. Have a recipe to share? Please email holly.proctor@n2co.com.



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