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# STEAMBOAT

MAGAZINE

Winter 2009

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\$5.95 Volume 31, No. 1

## Tips from the Top

Mountaineer Ed Viesturs sheds light on pursuing winter activities in Steamboat

Ed Viesturs knows a thing or two about climbing. The first American to summit all of the world's 8,000-meter peaks without supplemental oxygen visited Steamboat Springs in September, joining mountaineer Chris Davenport for their "To the Top and Beyond" presentation, sponsored by One Steamboat Place. We might not all reach those heights ourselves. But whether we're climbing Hahn's Peak or cross country skiing Rabbit Ears Pass, we can all heed pointers from the mountaineering master.

**Get in shape.** A lot of people look at climbing as fun and glamorous, but then they get out there and get hammered. Get in shape beforehand. Use your upcoming activity as a carrot to train, a reason to go to the gym and ride a bike, use the stair-master or run hills. Being in shape will let you have more fun, and keep you safer.

**It's not easy.** Expect climbing to be hard work. Plan for the best and prepare

for the worst.

**Don't be afraid to kick steps.** That's what we usually do on big peaks. The terrain's so variable that skis don't always work. Hopefully, you'll have a partner so you can take turns breaking trail. Alone, you'll have a big suffer fest.

**Zig-zag.** You go farther, but it's way more efficient. It also varies the muscles you use, letting you rest some while you use others.

**Make your goals smaller.** This breaks the climb down into manageable pieces.

**It's mind over matter;** if you don't mind, it doesn't matter. Sometimes the only way to contemplate going from point A to point B, or bottom to summit, is to make mini-goals. Tell yourself, "Hey, I'm going to that rock a hundred yards away."

**Top-rope ice.** This is a great way to



*Himalayan Helper: Ed Viesturs en route to the record books.*

learn the sport. Go with a guide, and don't try to lead right off the bat. Also, kick your feet in straight, and lower your heels to relieve the strain on your calves. Use your legs as much as possible, not your arms, and make sure you always have three points of contact by moving only one tool or leg at a time.

**Be prepared.** Check weather forecasts beforehand. Just because it's sunny when you leave the parking lot, it doesn't mean it will be sunny later on.

Order Ed Viesturs' book, *No Shortcuts to the Top*, at [www.edviesturs.com](http://www.edviesturs.com).