



SPOKE TALK

Be prepared and leave no trace

I love overhearing conversations on the trail about nutrition. Mainly because I'm a registered dietitian nutritionist who is simply curious about the latest trends and fads that people are following and why. This year, I volunteered as a Routt County Riders Trail Ambassador to not only listen, but help too.

Nutrition is a key component to performance in any sport, especially biking. Whether you are biking for recreation or competitively, putting wheels down on the trail, gravel or road, there are three important steps you can take to make sure you are prepared, and you leave no trace.

First things first, your general diet provides the foundation for any ride you do. Most of us spend more time off the bike than on. If our overall diet during these times is poor, then time spent on the bike isn't maximized. Keep it simple, focus on eating at least three meals a day with at least three food groups at each meal.

- One-quarter to one-third of your plate should provide a healthy source of carbs for energy. Examples include roasted sweet or white potatoes, whole-grain pasta, brown rice, quinoa, oats, beans/lentils, peas and carrots, and/or fruit.

- One-quarter of your plate should provide a source of lean protein to support your muscles and immune system. Good choices include skinless chicken or turkey breast, fish, lean cuts of beef/pork/lamb, Greek yogurt, tofu/tempeh, and/or eggs. Bonus points for choosing local options.

- The remaining half or so of your plate should include a variety of vegetables and/or fruits to give you a hefty dose of vitamins and minerals. This could be a salad with various toppings, roasted asparagus and tomatoes, sauteed onions and bell peppers, broccoli and cauliflower, and/or your favorite fruit.

- Add snacks with a healthy carb and a protein depending on hunger and riding schedule.

Secondly, just like knowing where you're going to ride, have a plan for what you're going to eat and drink on your ride so you can prevent the dreaded "bonk." Rule of thumb: if you're riding for more than an hour, you need more than water.

For each hour on the bike, take in 30 to 60 grams of carbs from your preferred sources. Options may include sports drink, gels, chews, bars, and/or real food (PB&J, pretzels, etc.). These carbs are going to provide your body with the energy



ELVIS IACOVETTO/COURTESY

After 40 years of officiating football and basketball, Phippsburg native Elvis Iacovetto is retiring.

Officiating era ends

Phippsburg's Elvis Iacovetto retires black and white after 40 years

Shelby Reardon
Steamboat Pilot & Today

Elvis Iacovetto on Friday officiated his last game, wearing the white referee hat at the Colorado 8-man senior game in Black Hawk. The Phippsburg native has been officiating for 40 years and is now retiring from his second job and passion.

Iacovetto, 64, has been a football referee for four decades and officiated basketball for three decades. Putting on the stripes has always been about spending time with the kids, both his own and those in his community, but now he's ready to lay down the whistle and spend time with his three grandkids.

Iacovetto decided to retire not only to spend more time with family, but simply because he's not as young as he once was. He has spent less time refereeing the last few years and that transition reassured him it was time. He thought back to when an official friend from Steamboat retired years ago.

"He said, 'Elvis, the palms just don't sweat anymore,'" Iacovetto recalled. "He just didn't get excited to do a football game anymore. So, it's kind of the same thing. If you can't go into it whole-hearted and 100% committed, you're doing an injustice to the kids and yourself. I kind of got to that point."



JOHN F. RUSSELL/FILE

Elvis Iacovetto of Phippsburg has retired after 24 years as water commissioner for the Colorado Division of Water Resources in 2011. Now, after 40 years of officiating, he's retiring from that as well.

Iacovetto began officiating at the age of 24. His wife, Julie, was working at the elementary school and the principal at the school was an official. Through that connection, Iacovetto got his start.

There isn't one game that sticks out as wild or strange, but there were a few big moments that Iacovetto recalls from his time in the stripes. He got to officiate a playoff game in Cherry Creek who was coached by Dave Logan.

"He's a big name with the Broncos and Colorado football, so it was fun working

his game," Iacovetto said. "I worked a lot of games in the snow and the rain and wind and cold."

He also got to meet Nate Solder, current New York Giants tackle and former New England Patriots player. Solder graduated from Buena Vista High School before attending CU Boulder. When Buena Vista made the state championship, Solder flew in and Iacovetto met him while officiating the game. He's overseen

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it needs to continue each pedal stroke. Efforts longer than 2.5 hours may require up to 80 to 90 grams of carbs per hour.

Most importantly, you must not forget to leave no trace. Portable nutrition typically comes in convenient, single-use plastic packaging that is easily dropped and left behind. Prevent this by checking for all packaging before moving on. Put small pieces of packaging, like squeeze gel tops, in a zip-pocket or bag dedicated for trash. This will prevent it from slipping out if you go in to access another item. And do your part by picking up any lost packaging on the trail next time you ride.

Lauren Larson is a registered dietitian nutritionist and trail ambassador with Routt County Riders.



IACOVETTO

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four state championship games, several playoff games and hundreds of others. He was instrumental in getting the small-town officials on the Western Slope to big games, and was a state officer and helped get mechanics manuals drawn up.

Over the years, Iacovetto has seen fewer and fewer young men join the officials association each year. It's been getting harder to make the job appealing, but he hopes that some pick it up and can take over for others like him who are considering retirement.

He knows officials tend to be the most hated-person in the room or on the field, but that doesn't make it any less fun and satisfying.

"We are educated in the rules and know what we're doing, unlike a lot of people think," Iacovetto said and chuckled. "We're human. We do make a mistake every once in a while."

'WOULD GIVE YOU THE SHIRT OFF HIS BACK'

Iacovetto loved spending time with his fellow officials, many of whom



ELVIS IACOVETTO/COURTESY

After 40 years of officiating football and basketball, Phippsburg native Elvis Iacovetto is retiring.

hailed from the same area, including Pete Koler. Koler traveled to Black Hawk as well for what Iacovetto called his "Final Hurrah."

"We have fun traveling to and from the games and eating dinner after the games," Iacovetto said. "It's

just a good camaraderie between all of us."

Refereeing wasn't Iacovetto's only gig. For 24 years he worked as water commissioner for the Colorado Division of Water Resources. He retired from that job in 2011, dedicating

more of his time to the family ranch in South Routt County. Ten years later, he's ready to solely focus on the ranch as well as his three grandkids.

He's slowly weaned himself off of officiating. Seven or eight years ago

he stepped down at Area Director for the Colorado Football Officials Association.

He encouraged Rusty McRight, a newcomer from Texas to take over. McRight is still the Area Director.

McRight met Iacovetto in Steamboat at McDonalds while visiting Steamboat before moving to the Yampa Valley. It wasn't the first McDonalds the pair would sit in together. The fast food chain is Iacovetto's favorite spot to request for a post-game fuel up. Iacovetto welcomed McRight into the area official's group with open arms.

McRight has only known Iacovetto eight years and mostly in an officiating capacity, but that didn't limit the good things he had to say about his now former coworker.

"(He's) driven, motivated, super kind, (would) give you the shirt off his back," McRight said.

"Opinionated, but in a good way. He would bend over backwards to help you achieve your goals as far as officiating is concerned. There's lots of little quirks about Elvis which are going to stay in the association."

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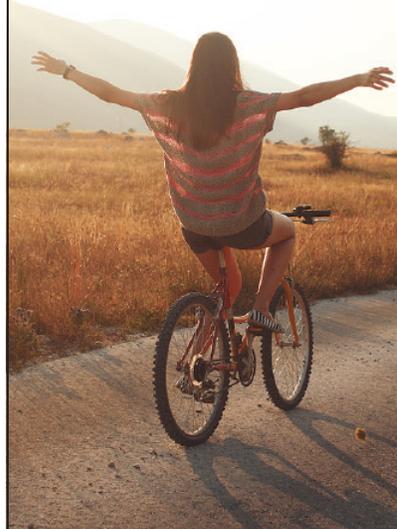
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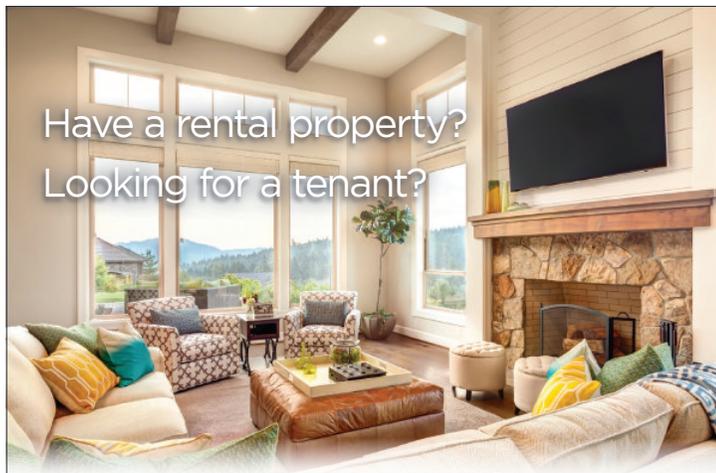
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