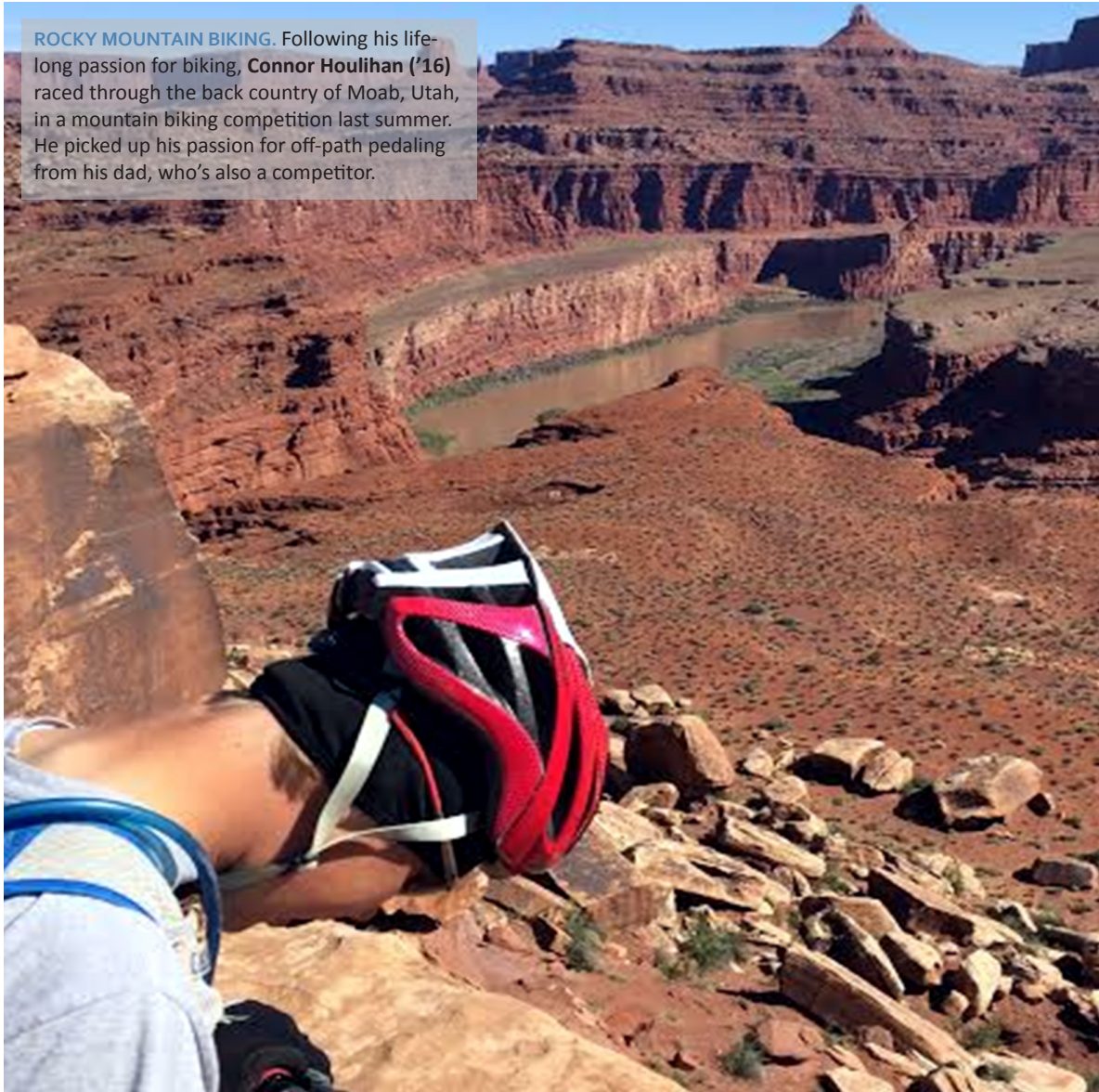


ANSWERING THE CALL. “Being someone that used to be inside all the time and never really wanted to be outside, I never realized everything that I was missing. Changing that, I started to go outside all the time and wanted to never be home. There is a freedom to the outdoors that is hidden until you look yourself,” Tanner Holden (‘17) said.



BOGEY SANDWICH. Enjoying a sunny trip around the Ghost Town course, **Aaron Heimbuck (‘16)** sends his driver into flight. **Ben Louviere (‘16)** said, “It’s just a simple, social game that’s extremely fun with a group of friends.” *Photo by Ben Louviere*



ROCKY MOUNTAIN BIKING. Following his life-long passion for biking, **Connor Houlihan (‘16)** raced through the back country of Moab, Utah, in a mountain biking competition last summer. He picked up his passion for off-path pedaling from his dad, who’s also a competitor.



OUTDOOR LIFE. As he takes aim, **Brennan Kohls (‘17)** takes his shot at a dove on one of the last weekends of the season. At the end of the hunt, he and his dad shot a total of 30 birds. He used this hunt to spend time with his dad and to be with nature. Kohls said he doesn’t hunt as a sport. He does it as a way to get food and be himself. As he said, “Hunting is not just a hobby. It’s not just an activity you do on the weekends. It’s really just a lifestyle.” *Photo by Brennan Kohls*



FISH ON. Backbone State Park is one hotspot for fall trout, as **Mekenzie Ross (‘17)** shows her haul of fish that she caught with **AJ Godbey (‘17)** in the first hours of fishing on a Saturday in late October. “The first thing I did when I got to the stream was found a nice shady spot where the sun was stil slightly able to peek through the trees. The particular spot I had fished many times before and almost always hooked into a fish or two,” Godbey said. *Photo by AJ Godbey*

Page
will be
trimmed
one pica
in from
this
outside
bleed
line.



COLOR

Names of tagged colors should appear in this box.

Job No.44133

Page No. 28
(even pages)

School NameCedar Falls High School

Edge of page is the inside edge of gray border. Bleed elements should extend to outside edge of gray border. School name and job number should be entered on the master pages.





HUNGRY FOR ADVENTURE

As the two symmetrical wheels of the light, carbon fiber mountain bike spun over the rugged terrain, **Connor Houlihan ('16)** couldn't help but let out a deep breath as he quickly slipped inbetween two trees that any normal person would think impossible to pass, but that's a pace he'd set the second after the gun went off and all reality seemed to stop. For the next 15 miles, Houlihan focused solely on the task at hand: pedal harder, push farther and enjoy the beauty of the race more than ever before. Or as his dad would say, "Make the body and the bike one."

The love for bikes started back when Houlihan was just three or four and his dad taught him how to ride without training wheels. He instantly fell in love with the idea of creating his own movement and insisted on riding every chance he got.

Houlihan's dad built a lot of the trails that are currently at Hartman, and he used to love going to work with him there. "My dad taught me everything I know," Houlihan said. "I would go ride with him every chance I had and found it to be the most fun I could possibly have."

His dad would compete a lot, and one would find it impossible to find his dad at a race without his boy by his side. He competed in four national races: Bloomington, Ill.; Big Bear Lake, Calif.; Durango, Colo. (where the Houlihan's used to live); and Mount Snow Ski resort in Vermont.

As Houlihan grew older, he started to ride a lot more of the harder trails and continued to learn even more from his dad. "I'd try some jump onto a log or something and fail. My dad would then continue to do the certain task to show me and then come back and tell me what I did wrong and how to do it correctly," Houlihan said. "We called a lot of what we did 'dodging trees gettin' snaky in the woods,'" Houlihan smiled as some of his friends who

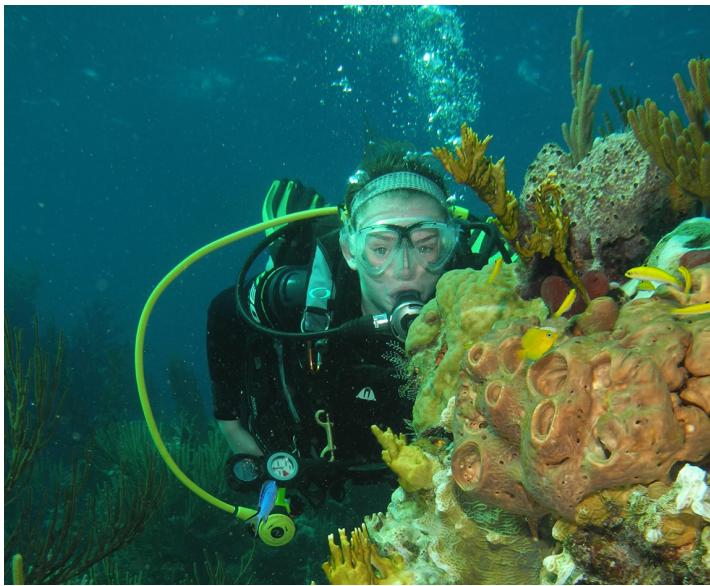
have ridden with him before laughed.

Trek is a company that builds and tests bikes throughout the world. Houlihan's dad has the privilege of being friends with one of the main engineers, and he was invited along with his son to ride around on what they call "the farm." This is the place where they test the bikes that they have just designed. "That was one of the coolest experiences I've ever been a part of; however, the two best places I've ever ridden at were the Slickrock Trail in Moab, Utah, and Phil's World, which is in Colorado," Houlihan said.

Mountain biking is not a sport to get involved in if one doesn't like a little bit of risk, and especially if one never wants to give one's bone strength a run for its money. Houlihan has broken his pinky four times — all from hitting trees. His dad has broken his collarbone, and his dad's friend broke his spine. "So, yeah, it's kind of dangerous," Houlihan said as straight up as he could. "I won't sugar coat it for ya. It can get pretty gnarly."

As the sun started to sink over the mountains of Utah in the summer of 2015, Houlihan stood at the end of the desert course, bike standing next to him and his dad's arm wrapped around him. He couldn't help but think of the bond this sport had given him with his father and the amazing beauty and memories he'd been able to encounter through it. As they packed up the car and headed back to the farmlands of Iowa, sadness entered, but not enough to get his spirit down because he knew he'd be back soon. Back to the huge jumps, winding curves and narrow trees. The course never really does truly end.

By Nathan Hoy



HIDDEN WORLD. As **Kari Starbeck ('16)** opens her eyes and takes a deep breath, a whole new world is revealed to her. "There's not anything else like it. You go underwater, and I know it sounds cliché, but it's a whole 'nother world. You see stuff you never see, and you feel like you're floating," she said with a grin and a look of pure excitement while thinking of her next dive. *Submitted Photo*



FLYING KICKS. As he sails into his flying side kick, **Abdul-Medzid Rasidagic ('16)** shows his skills as a black belt in karate. He and his brother took things to a whole new level in exercise and training. His little brother **Ibrahim Rasidagic ('18)** is also a black belt, and they work together to teach the class and heighten their techniques. *Photo by Miranda Cole*

Alternative Sports 29
Designed by Logan Cole

C
A
U
T
I
O
N
!

Page
will be
trimmed
one pica
in from
this
outside
bleed
line.



Job No.44133

Page No. **29**
(odd pages)

COLOR

Names of tagged colors should appear in this box.



BOTTOM
PAGE
EDGE

School NameCedar falls High School

Edge of page is the inside edge of gray border. Bleed elements should extend to outside edge of gray border. School name and job number should be entered on the master pages.

Spec. Instr.

9 Right
Yeartech
Indesign 1.5
Macintosh

JOSTENS