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MAY 1992

Outside

FITNESS SPECIAL

THIS MAN CAN BREAK YOU...

...And Build You Up Again.
My Eight-Week Journey from
Average Guy to Athlete—and
How You Can Do It Too.

By Donald Katz

PLUS:

Edward Hoagland Up
Alaska's Big Black
River, and a Gnawing
Question: Can Cows
Cure the West?

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1977-2007

[Parting Shot]

Congratulations, Steve Ilg! You were the star of the May 1992 cover of Outside, which our readers, in an online poll, picked as the worst in the magazine's history. How does it feel?

ILG: I don't think the multicolored-spandex thing is hitting people in 2007 the way it used to. That particular photo was taken at the end of the shoot. We had done a lot of complex yoga postures, and

I was making a transition into a different pose. The photographer said, "That's really good! That's really good! Hold that!" Lo and behold, it became the worst-ever cover. But to this day, rarely does a month or week pass when someone doesn't tell me, "That article totally changed my life."

How's the mullet?

The mullet ran the course of cooldom during the

nineties. Now I'm back to the mountain-man look. No spikes, no hair gel. I'm saving a lot of money on hair gel these days.

So can you still break people?

Not only can I break people, but I can do it with much more finesse and elegance. I'm much stronger than I was when that cover was shot. I'm still winning everything from nordic ski races

to bike races. I'm only getting better.

Readers may have hated the cover, but they love the Ilg. So ...no offense, right?

The yogi cultivates equanimity that goes beyond the highs and lows. Even back then I was trained not to get too excited.

—STEPHANIE PEARSON

For an update on Steve Ilg and his fitness program, visit wholisticfitness.com.