

TOWN & COUNTRY

SUMMER 2013

COLLEGE GIVING
AFTER THE
SCANDAL

—
WHERE'S
MOMMY?
A SUMMER CAMP
GUIDE TO
PLASTIC SURGERY

—
JACKIE O'S
SECRET
COCKTAIL RECIPE

—
THE MOST
TOXIC
NAME
IN
PHILANTHROPY

THIS
WOMAN
WILL CHANGE
THE
WORLD

YARA SHAHIDI &
75 Others Who
Give Us Hope

T&C ADVENTURES IN FITNESS

EXTREME PURSUITS

Because it is so good to go all out.



Barack Obama, playing hard.

SWING LIKE TIGER IN GEORGIA

The historic **Lodge at Sea Island** is already one of America's top golf destinations; the 18-hole Seaside, one of its three courses, is a PGA Tour mainstay. Weekend warriors can now train like the pros at its new high-tech Golf Performance Center. The 17,000-square-foot facility includes a putting studio designed by acclaimed instructor Phil Kenyon, six instruction and club-fitting bays, a gym for fitness assessments and personal training. The army of experts features a sports psychologist and a golf bio-mechanics specialist. SEAISLAND.COM

GET COMPETITIVE IN MONTANA & CHILE

The cult obstacle race series **Spartan** has partnered with the Pure Wild Adventures tour company to develop **Spartan Wild**. The four-day trips, which are hosted at hotels like **PawsUp** in Missoula, Montana, or **Tierra** in Chile's Atacama Desert, prep participants with trail runs, mountain bike trips to ghost towns, high rope courses, and hi along the slopes of Chile's Quim volcano. The sessions culminate with an actual race of either eight or 13 miles and up to 30 obstacles. Next year the program plans to expand with events in Thailand and Africa. SPARTAN.COM/SPARTAN-WILD

GO BACKCOUNTRY CRAZY IN WYOMING

Hedge fund titan (and avid skier and climber) Wes Edens's new eight-suite **Caldera House** hotel is nothing if not next-level. Built on a piece of prime real estate steps from the iconic Jackson Hole Mountain Resort tram in Teton Village, it has furnishings by George Nakashima and Isamu Noguchi, the largest ski lockers in the country, and, lest you get too comfortable inside, a team of local legends to put you through your paces in summer and winter. Pro skier Griffin Post, for one, and mountain guide Bill Dyer will lead you on extreme adventures, from backcountry skiing to summiting Grand Teton, while the lodge's Italian restaurant will keep you energized. CALDERAHOUSE.COM

GET HIGH IN FIJI

Successful CEOs know how to navigate uncertainty and risk, which is why people like Larry Page and Richard Branson—and seemingly everyone in Silicon Valley—are hooked on kitesurfing. Full of potential dangers, it's not something to try on a whim. Big wave kitesurfer **Ben Wilson** conducts seven-day camps at the paradisiacal **Namotu Island Resort** in Fiji, where the trade winds can blow 15 to 20 knots. Learn the basics—how to launch your kite and self-rescue—or take your flying to new heights. The week includes boat rides to famous spots (like Cloudbreak), one-on-one instruction, yoga, paleo meals, and video footage to help you fine-tune your technique. BENWILSONCOACHING.COM



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BRING YOUR OWN GEAR...
...or get kitted out in everyth including fat-tire snow bike!
[Caldera House's sports shop](http://CALDERAHOUSE.COM)

PLAN OF ACTION

Laird Hamilton's 3-day extreme performance training retreats include underwater workou

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