



MBSEF Alpine Masters Program

2010-2011

The Mt. Bachelor Alpine Masters Program was founded in 1991 by MBSEF for (and with the help of) local Masters racers and continues to be a tremendous opportunity for adult alpine racers as well as recreational skiers to run gates and improve their racing skills and skiing technique. The Masters program operated as a Mt. Bachelor Ski School program in recent years but returned to MBSEF in the 2003/2004 season.

Participants in the program have been National and Regional USSA Masters Champions (such as retired COCC art instructor Tom Temple, and orthopedic physician Dr. Tim Hill, and retired businessman Rich Robertson) as well as City League racers and numerous NASTAR champions (such as Jack Daniels and Al Pierce) working to improve or maintain their skills and technique. The group has always included skiers wanting to improve their skiing skills by running gates and also for those just wanting to enjoy the fun and camaraderie of the mountain with other adult skiers.

Equally enjoyable to race training and ski improvement is the diverse and varied background of the participants who have come from different walks of life and parts of the country to be a part of the program. Hood River orthodontist Jim Bickler makes his home here in Bend and is dedicated to his race training, forerunning and continued improvement as a Masters competitor. Retired Union Carbide lead attorney Bob Butler travels from his home in Connecticut to train for a week or two at a time. Amusement park and radio station owner Rich Robertson is an accomplished Masters racer who moved here with his wife Terry from Lake Tahoe. MBSEF volunteer and race official Al Pierce (retired chemist) spends a good portion of his winter out here from his home in New Jersey. Climbing legend John Bouchard and his wife Nancy participate in the Alpine Masters along with a logger, a minister, an architect, a US Ski Team athlete's parent, a fly fishing guru, a district attorney, a retired chemist, a chiropractor, a builder, a jeweler, a retired marine, a rancher, an investor, a podiatrist, a professional bike racer, an airline captain and fighter pilot, a surgeon, a cardiologist, a fire captain, an engineer, a dentist, and numerous mothers have all been active participants who enjoy the challenge and reward of running gates and race training together. Some travel to races, some only race here locally and some just enjoy running gates. Some were ski racers in their younger years but many have discovered the sport in their later years.

Approximately 40 adults have been involved in recent years and participants have ranged in age from 25 years old to 85 years of age. Not all participants are able to train on the same day. Instead, participation is spread throughout the week, allowing the attention and number of runs high and the course conditions best for learning and improving.

Training is devoted primarily to Slalom and Giant Slalom with occasional Super G training when interest, conditions and hill space allow. Video taping and analysis and occasional timing are additional aspects to the skiing and race training.

Mt. Bachelor's invaluable support and cooperation provides the program with varied runs to use during the season. Primary runs used are Ed's Garden and Cliffhanger and occasionally Lower Liftline Blue, Lower Leeway and West Boundary runs are used. Participants help with set up and course preparation before training begins, and then pitch in to help with course tear down when training has ended.

The program begins November 28 this year and continues through April 10, providing training Tuesday through Friday, and Sunday, 9:00 am to 12:00 noon. In mid-March we add Saturday morning training. A skier can choose a one day drop-in, 10 day, 20 day or a full time (unlimited training days) program option and can use their days whenever it best suits their schedule throughout the week and the season.

For 2010-2011 registration forms visit
www.mbsef.org



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Schedule: The program will run Sunday, Nov. 28 – Sunday, April 10 this season. Training will be Tuesday through Friday, and Sunday, 9:00 am – noon, and on the two holiday Mondays (President’s Day and Martin Luther King Day). There will be no Masters training during the week of December 23–January 1.

Training Vouchers: Full Time Program Masters will receive a training voucher to give to a friend, guest, out of town visitor, family member, etc. who is not currently enrolled in the program. To use, just have your guest redeem the voucher to Greg Timm on training day, and receive a world class alpine masters coaching and training day for free! Before heading to the mountain, stop by the MBSEF office and have your guest fill out a liability release form.

Early Registration: Again this year, if you sign up and pay by July 31, 2010 you will receive a 10% discount. Sign up and pay by August 31, 2010 and receive a 5% discount. Also again this season, unused training days can be carried over to the next season when you sign up for at least the same number of days you are carrying over. This will only apply to the 20 Day and 10 Day Programs. ‘Roll-Over’ days are good only for the next season and will expire at the end of the following ski season.

Ladies Day: If enough interest is expressed, Wednesdays will be designated as ‘Ladies Day’ and this is the day we are hoping our women members will plan to attend to be able to ski and train w/ other women skiers. All skiers (men or women) are welcome to train on Wednesdays and, of course, women can train on any of our other offered training days. However, ‘Ladies Day’ will give our women skiers preferential course conditions and training, including course maintenance and coaching.

Speed Camp Week: Dates in January and February to be determined. Skiers must be qualified to train speed events; Super G and Downhill elements. Qualified participants must participate in the beginning of the training week progression to continue with the speed training.

Race Time Trials: Informal and fun training races similar to the ‘Spring Fling’ will be held Saturday afternoons or Sundays, schedule to be announced. Races would be held instead of training on those days and would take place on typically-scheduled training runs. Races would be conducted similar to ‘Spring Fling’, giving each racer 2 runs on the first course and 2 runs on a second course, taking the best run from each course.

Evening Video/Presentation Sessions: Depending upon interest, a twice-monthly schedule could be set for viewing training video, special videos and/or other specific topics of interest to our program members, ie, technique, tactics, ski preparation & waxing, mental training, etc.

Expectations Guidelines: We ask all program members to be familiar with protocol and guidelines for run closure and interaction with other Mt. Bachelor guests and appropriate communication/education of guests regarding runs that are not closed but are being used for race training. We also ask for help with course set up and tear down assistance, awareness of safety concerns and expectations, course running/training procedures and protocol, slipping and maintenance of courses, communications, coaching & use of radios, use of radio timing system, and training schedule and locations.

Training: Training is primarily devoted to Giant Slalom and Slalom, with attention given to training speed event elements depending upon interest, conditions and hill space.

Racing and Licensing: Program athletes planning to race in USSA/PNSA Masters events must become members of USSA and hold a valid master’s license. There are also a number of non-USSA events one can participate in; i.e., NASTAR, club races or recreational competitions. All members are encouraged to join in and race in the PNSA Masters Race held April 7-10 at Mt. Bachelor. Northwest ski clubs also hold numerous races throughout the season as part of their race series.

Lift Tickets: All participants are responsible for their own passes or tickets. Best pricing for adult season passes is available early (before the end of September) via the Mt. Bachelor website (mtbachelor.com).

Equipment: Any alpine equipment can be used to participate in the MBSEF Alpine Masters Program. A helmet is required when doing any race training and racing.

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