

# SKI TRACKS

Mt. Bachelor Sports Education Foundation

RACE TRAINING NEWSLETTER



Volume 14, Number 3

March 2011

## Greetings From The Director

by Chuck Kenlan

To begin with this month, I want to give a big thank you to BendBroadband for their purchase of a brand new timing display for our races. This display will enable spectators to see finish times and places of each finishing racer plus the running time of the next on another display. A big thank you goes to MWC parent Sonja Donohue for her efforts with BendBroadband and to Rob Cravens for programming the display and setting up the mounting brackets on the finish shack. BendBroadband was also a major sponsor of this year's Snowball.

MBSEF receives so much support from businesses around Central Oregon. Whether through event sponsorships or general donations, MBSEF would not be able to offer our programs without this generosity. I believe that MBSEF provides very positive brand identification to any business that is involved with us. If you are a business owner or work for a company that is looking to expand their market exposure, let us know. We are currently looking for a business that wants to sponsor our Nordic race bibs. This is a onetime expense for multiple years of exposure. Our Nordic races receive a lot of great press in The Bulletin with photos and stories.

By now many of our athletes have been through the qualifying races and have achieved their goals of making it to the various championship events. There will be athletes representing MBSEF at Alpine J-2 Nationals, Nordic Junior Nationals, Alpine J-3 Championships, and the Buddy Werner Alpine Championships. Congratulations to all of these athletes! Our Freeride Team still has qualifications left to complete so the Nationals team won't



photo credit  
Aaron Lafky

**Tiger Walther-Gingold, MWC Athlete,  
Getting Ready To Go, In The Start Gate**

be named for a couple of weeks. Good luck to all of the riders trying to make it!

I was able to travel with our Nordic Team to a race in Washington and with our Alpine athletes to the Mt. Hood 4 Way last month. I am so impressed with our athletes and how they work with each other and their coaches to bring a strong "team" spirit to sports that are individual in nature. I am also so thankful to all of the parents that attended these events and the help they gave to the coaching staff.

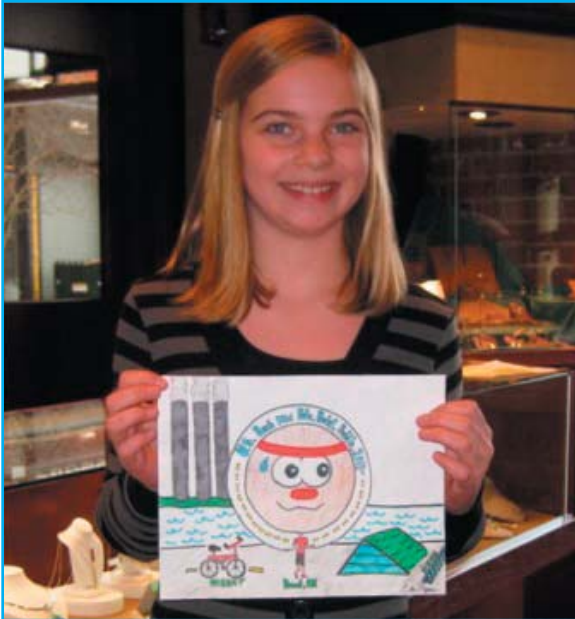
Have a great March everybody and don't forget to spring ahead on the 13th!

### UPCOMING EVENTS

Mar 2-4 .....	Alpine HS Championship Race
Mar 19 .....	XC Cascade Crest Race
Mar 19-22 .....	Freeride Ski/Snowboard Camp
Mar 19 .....	Alpine MWC Finals/Banquet
Mar 20 .....	Alpine MWC Fun Dual Race
Mar 22-25 .....	Alpine Spring Break Camp
Apr 2 .....	XC Great Nordeen Race
Apr 7-10 .....	Alpine PNSA Masters Champs
Apr 14-19 .....	Alpine WR Spring Series DH
Apr 29 .....	MBSEF Annual Awards Banquet
Apr 29-May 1 .....	Alpine Annual May Day Race

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Mini Pole Pedal Paddle Logo Contest Winner, Ellie Ryan. She is a 6th grader at Cascade Middle School. Good Job Ellie!

### **Caldera Grille** now open in downtown Bend.

*Creak, Justin and Stacy invite you to come in and try Caldera Grille. Show your MBSEF membership card, buy one appetizer and get another appetizer at 1/2 off.*

*Check out the new slider menu! Yumm . . .*

# CALDERA GRILLE

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# SKI TRACKS

SKI TRACKS is the official newsletter publication of Mt. Bachelor Sports Education Foundation, a non-profit, tax-exempt 501(c)(3) membership association.

SKI TRACKS is published four times per season (December, February, March, and April). Publications are available to current members enrolled in an MBSEF program. Membership year runs September through August.

Publisher: Chuck Kenlan

Editor: Kathy Kurtz

***Story contributions are always welcome!***

We appreciate in-kind and financial contributions supporting our Foundation.

Please have stories in by the third week of the month, for publication the following month. We prefer stories and photos sent via email. Contact us at the numbers and address below.



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### **Pocketweez**

Purchase the revolutionary Pocketweez, the original folding tweezer, right here at MBSEF, and 20% of the purchase goes right into the scholarship fund. Designed and produced by Rick and Bev Francis, Pocketweez will be the last tweezer you will ever have to buy. Don't get stuck without it!



## Recent Results - Good Job Everyone!

**WR Devo Speed Feb 1-7 Big Sky** - Jordan Schweitzer 11 SG, DH Trainaing 3rd, 3rd, DH Race 1st, 3rd.

**Methow Valley JOP XC Feb 5-6** - Congratulations from Dan to the following skiers for their results this weekend. I'm proud of all of you. Whether we win or get last, we ski hard, smile and support each other. Max Millslagle won 1st in J2's both days. Leo Lukins, PNSA J3 Skate Sprint Champion, PNSA j3 Classic Champion. PNSA J3 Sprints Boys, 1 Leo Lukins, 6 Nate Hochman, 10 Zeb Millslagle. PNSA J3 Sprint Skate Girls, 4 Abi Lange, 5 Olivia Moehl, 11 Jazmin Kopacz. PNSA J3 Classic 3.3K, 1 Leo Lukins, 5 Nate Hochman, 9 Zeb Millslagle. PNSA J3 Classic Girls 3.3K, 2 Abi Lange, 7 Olivia Moehl. Grant Parton, Zach Geisler also raced well in the J2 field. Emily Hyde and Piper McDonald qualified for Junior Olympics each winning a J2 JOQ race. Kimbert Schlichting-Robinson, 6 J4 Skate Sprint, 4 J4 2.5 km Classic.

**USSA Rev Tour at Copper Mtn, CO, Mt. Hood Meadows, and Boreal CA** - For Freeride results at the USSA Rev Tour, see Coach Justin's story/results on page 13.

**Oregon 4-Way Championship Feb 11-13 Ski Bowl** - We had 37 athletes travel to Ski Bowl for the 4-Way Championships. Many great individual results were realized by MBSEFers! Good job everyone. Ski Meister overall winner for the J5 girls was Addison Beasley! Ski Meister is the overall award to each age group for combined results in the Jump, XC, GS and SL. Great job Addison!

**J1/J2 NW Cup FIS 3 Meadows/Ski Bowl Feb 19-21** - Jordan Schweitzer 3rd SL, Christian Schuster 12 SL and 9th GS.

**PNSA JOQ Konsberger Feb 19-20** - Seven athletes qualified for nationals. They are Eli Forman, Niko Giannioses, Emily Hyde, Skyler Kenna, Sarah Mackenzie, Piper McDonald and Max Millslagle. Good luck at the National Junior Olympics, March 6-12, held in Minneapolis, MN. Other great results in the 5K are J4 Elin and Kimbert Schlichting-Robertson 2nd and 3rd, J3 Jazmin Kopacs 3rd, J2 Max Millslagle and Niko Giannioses 1st and 5th, and J2 Emily Hyde, Piper McDonald, and Denali Hart 2nd, 5th, and 12th. Eli Forman took 3rd in the 10K. Great job everyone!

**J3JO Qual 2 Ski Bowl/Meadows Feb 19-20** - Brooke Kelley 12th and 15th SG, Wilder von Rohr 1st and 4th SG, Jack Botti 16th SL.

**Sun Cup Feb 22-27 Mt. Bachelor** - SG1 Jordan Schweitzer 1st, Anna Rischitelli 7th, SG 2 Jordan Schweitzer 2nd, Anna Rischitelli 3rd, Brooke Kelley 11th, Trevor Olsen 12th, SG3 Christian Schuster 6th. DH TR 1 Jordan Schweitzer 1st, Christian Schuster 11th, DH 1 Jordan Schweitzer 3rd, Christian Schuster 9, Megan Olson 16, Brooke Kelley 19. DH 2 Jordan Schweitzer 2nd, Brooke Kelley 16th, Megan Olson 17th.

**Par Fore The Course II Feb 27 Mt. Bachelor** - J5/J6 1km, Aidan Whitelaw 1, Liv Downing 2, Ryan Doering 3, Grant Lulich 4, Samantha Bednorz 5, Bronwyn Laherty 6, Zoe Campbell 7, Soren Callaghan 8. J4 3km Olivia Brooks 1, Gemma Munck 2, Sadie Ann Gorman 3, Natalie Hill 4, Elin Schlichting 1, Thomas Hochman 2, Kimbert Schlichting 3, Jesse Selman 4, Walter Lafky 5, Tyndall Wells 6, Joseph Ringo 7, Joseph Lukens 8. J3 3km Olivia Moehl 1, Jazmin Kopacz 2, Anne Jarvis 3, Siena Brody-Heine 4, JoJo Bond 5, Katie Ryan 6, Isabelle Selman 7, Nate Hochman 1, Leo Lukens 2, Zeb Millslagle 3, Massimo Larsen 4, Matt Hecker 5, Luke Peters 6, Cooper Roslund 7. J2 5km Denali Hart 1, Piper McDonald 2, Grant Parton 1, Zach Giesler 2, Skyler Kenna 3.




**RACE PLACE**  
 222 SE Reed Market Rd, #200, Bend, OR 97702  
 541-382-4216 or Toll Free 1-800-814-7223  
[www.the-raceplace.com](http://www.the-raceplace.com)



## *Cycling Program 2011*

**Get out your bikes, call your friends and let's ride!**

**Follow Us on Facebook!**

by Taylor Leach

The goal of the MBSEF Cycling Program is to provide Central Oregon children, aged 8-18, with an opportunity to participate in the sport of cycling in a structured, safe and fun environment. In our road, mountain and cyclo cross programs we aim to improve our student-athletes' bike handling skills, riding etiquette, fitness and strength while promoting a life-long love of the sport. Further, MBSEF aims to develop and promote junior cycling through high quality athlete development, professional coaching, racing opportunities and race organization.

Cycling is a lifetime sport, and an exciting part of the MBSEF Cycling Program is introducing young mountain and road cyclists to a community where coaches, parents and community members are excited about developing, promoting and living a cycling lifestyle. Coaching positions are available for 2011. If you wish to be a road or mountain bike coach for the summer, please send your resume to [taylor.leach@gmail.com](mailto:taylor.leach@gmail.com).



***NEW THIS YEAR – We are revamping our program structure and making it bigger and better!***

**MBSEF Junior Race Team:** MBSEF is excited to expand our program to include a race team with more training days, more chances to race and the opportunity to work with Bart Bowen of Rebound Sports Performance Lab. The Team component will include both mountain and road sessions and is intended for riders age 12 and up. The emphasis will be on fitness and strength, proper technique, group riding skills, race strategy and athlete education on the principles of endurance training. The Foundation has a limited quantity of loaner bikes available; please contact the office for more information. Team Sessions will run M, W, Th and S and/or Su depending upon race schedule and Adventure Days.

**Club MTB :** The mountain program is for ages 8+ and will be run just as we have done in the past. The emphasis will be on technique, fitness, proper equipment use and care, and trail etiquette. Each session will culminate with an all-day Adventure Camp. This camp is included with each session's tuition, but children can also participate without previous enrollment in the session. The second Thursday of every session is Bring-a-Friend Day, kids are invited to bring a friend along for the day. Opportunities for racing will be available and all children are encouraged to race if they are excited and interested. There are a limited quantity of loaner mountain bikes available, please contact the MBSEF office for further details. Club MTB Sessions will run M, T, Th and one Saturday per session for three weeks at a time.



### **SAVE THE DATE!**

**Saturday, April 2, 2011  
Great Nordeen**

**30k and 15k point-to-point Freestyle Race**

**and**

**15k Skijoring Race, or  
15k ski with your dog!**

**Friends and Family  
that Play together,  
Stay together.**

**MBSEF Members receive 15% off a Sunriver Vacation**

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(877) 496-0793 [DiscoverSunriver.com](http://DiscoverSunriver.com)

Restrictions, conditions and minimums may apply.

## Event Director's News

by Molly Cogswell-Kelley

**Y**ou now can sign up for the Kid's Mini PPP! We have forms available at our office, all schools, U.S. Bank and Play Outdoors retail store and at [www.mbsef.org](http://www.mbsef.org).

**New this year!** We are planning on making the Kid's Mini PPP bike course a little longer and a little more fun. Also, Packet Pickup will be at the new U.S. Bank on Century Drive, Friday, May 20th, 4-7 p.m.

**Free PPP Team Websites!** If you haven't had a chance to check out our new website, [www.pppbend.com](http://www.pppbend.com), you will be pleasantly surprised. It's very sleek. We have a new brand that will be used as the official brand identity of the PPP which Faceout Studios created. We will continue to select artwork for the poster contest from year to year. However, the brand will be used in all marketing material and merchandise.



**POLEPEDALPADDLE**  
35 YEARS STRONG

**It's Been 35 Years!** The U.S. Bank Pole Pedal Paddle has been around for a long time and we want to be able to share your favorite memories, funny stories and old photos. Send them to me and I will post them on our PPP Facebook Page. If you have any ideas of how we should celebrate 35 years, let me know.

**Volunteer!** We have a new system this year. The beginning of March, we will have a link posted on our website that will take to you to an Excel Spreadsheet. You then, get to choose which position, day and time that you would like to help. It's more streamlined.



Does your kiddo need community service hours for school? If so, please have them contact me since I can put them to work prior to the event. And we can also use them for the PPP. I promise, it will be fun work! Just email me at [molly@mbsef.org](mailto:molly@mbsef.org).

## MBSEF Academic Support

**T**o help our student-athletes stay on top of their schoolwork through the busy winter season, MBSEF is offering a Supported Study Session with a licensed teacher. We can help with study skills, organization, test-taking skills and homework.

Sessions are offered every Tuesday and Wednesday evening, 6:15pm to 7:45pm at the MBSEF office from January 4th through April 12th.

The cost is only \$50 per student-athlete for the entire season. Come as often as you like. Sign up with Kathy in the MBSEF office today! Call 541-388-0002, or email [mbsef@mbsef.org](mailto:mbsef@mbsef.org).



**DESERT**  
ORTHOPEDICS

For more information or questions, contact Taylor Leach [taylor.leach@gmail.com](mailto:taylor.leach@gmail.com)

## *Avalanche Factors:*

### *What Conditions Cause An Avalanche?*

Continued. Part one and two of Avalanche Factors ran in December and February issue of Ski Tracks. Factors covered included weather, snowfall, temperature, wind direction, snowpack conditions, slope angle and slope orientation. This is the last of a three part series.

#### Terrain

Paying attention to where you are in the grand scheme of things can offer clues about avalanche likelihood. Bowls and gullies are suspect at any time, regardless of other conditions. Snow can accumulate deeply and quickly in these areas, increasing the possibility of an avalanche.

Even if you can see that an avalanche has already run, be wary. Avalanches can fall in a "piecemeal" fashion, where one avalanche will run and leave the rest of the slope weakened, and the slightest provocation can cause subsequent avalanches on that same slope.

Smaller depressions or shallow gullies in the mountainside can also be hazardous. During an avalanche, these "terrain traps" serve as accumulation points for snow and debris in which a victim could be buried.

Crossing steep slopes where you may trigger the avalanche yourself should be done cautiously. In contrast, as you cross a valley floor you may also be caught in an avalanche triggered naturally on the steep slope above you. Therefore, during hazardous conditions minimize the amount of time traveling beneath avalanche starting zones and never camp in a potential avalanche runout zone.

Even a small avalanche starting high on the slope can carry down large amounts of snow onto and across the valley floor. Remember to keep an eye out for obvious avalanche chutes, where avalanches occur more frequently.

#### Vegetation

On a snow-covered slope, heavily forested areas are much safer than open spaces, but don't assume that any vegetation at all will be protective. Lone trees, bushes, or large rocks on a mountainside can sometimes weaken the stability of the snowpack. A fracture line (the break-off point for an avalanche) may run from a lone tree to a rock to another tree. Also, during avalanches, trees and rocks catch debris and cause excessive snow pile-up, as well as provide lethal obstacles for anyone caught in an avalanche.

Tree line, above which conditions become too harsh for trees to grow, also plays a significant role in avalanche areas. Many avalanches start above the tree line, making high-elevation

mountains especially risky. Although forests help stabilize the snowpack, if an avalanche starts above tree line, it can cut its own path, or chute, through the trees below. Likewise, where there is a swath of trees missing from a forested mountainside (and it's not a ski run), there are probably frequent avalanches running down that particular chute.



Smooth surfaces, such as a rock face or grassy slope, may cause avalanches during the spring melting season. On the other hand, if the vegetation is very low-lying, such as tree stumps or shrubs, it can become buried underneath the first few snows and be relatively ineffective at anchoring the upper layers of the snowpack.



## Epic Moments: Race of the Methow

by Inge Scheve

Inge's Blog, Posted on MBSEF Nordic Facebook  
February 7, 2011

Could just as well be called "Race of the Weather Gods." Saturday's skate race offered some perfect hard-packed spring skiing conditions and enough sun to get me through the next week in Seattle, while Sunday was a class-A New England winter day: falling precip at 32 degrees and your-guess-is-as-good-as-mine in terms of what wax would work. In fact, your guess would almost certainly be better than mine, given that I'm from eastern Norway and more familiar with polar green than anything sticky. So, since Saturday was just a beautiful, straight forward race experience, I'll move right ahead to Sunday (we'll get back to Saturday later).

Who's the weather man? Strangle him! As mentioned, we woke up Sunday morning to falling precip of undefined character. Was it snow or rain? And which direction was it headed – turning wetter or turning colder? One thing was certain: it was not going to be the straight-forward klister job for rock hard snow and sunny conditions, which is what Kent thought he had signed up for when he offered to do my skis for the classic event in trade for a massage after Saturday's skate race.

If there was any day in my racing career I've been happy to have a personal wax tech, this was it. Especially one who goes to work with such scientific rigor as Kent, with an attention to detail only rivaled by guys in lab coats. And who else gets sent out to test a different ski with instructions and a kiss? Anyway, we quickly decided we would need every trick in the book, including Zero skis. Those were not scraped, brushed or fluoro'ed. This happened before breakfast.

Then upon arriving at the venue, the question was wax or Zeros? We went back and forth for over an hour. More sanding, move bindings, more wax, add a toe wax? Are your Zero skis draggy at all? Does the wax ice up? What about in the track versus outside the track? What worked 20 minutes before the start might not work at race time.

Just run with it. Five minutes before my start, we made the call – we gave up on the wax. It was Zeros and cross your fingers for enough kick. My skis were rockets. It's not an equipment issue that the tracks vanished from hundreds of racers' abuse and mostly resembled a white mush of clumping snow, and what was left of the tracks started to glaze. It's not the skis fault that my technique deteriorated some on lap two – but overall, I had a

great race, one of my better ever in fact, despite the conditions and it being the second race in just as many days. I worked hard, distributed my energy wisely and sold out on the second part of lap two. Just like coach Kent ordered. At the end of the day, I was 2 minutes behind Leslie Hall on a 10K that took longer than usual for everyone. I've never been closer than 2.5 minutes behind her in any 10K classic, and those have all been shorter duration and easier conditions.

A bigger experience. But the coolest part of my race happened after finishing. I walked over to the Mount Bachelor Sports Education Foundation tent, where my XC Oregon teammate/MBSEF coach Taylor Leach had lovingly taken care of keeping my warm-ups dry for after the race. At the tent, the MBSEF coaching crew were scrambling to outfit as many of their J2 racers as possible with Zero skis, apparently the only thing that was still working. So I offered up mine, adding with a laugh "if anyone can use skis that are flexed for 85-90 lbs..." At which point the coaches lit up, and asked "For real? Are you offering your skis? Piper would be thrilled to race on those, she's like a clone of you!"



Piper on top of the podium. You go girl! (Photo: MVSTA)

So Piper walks to the start line with my skis in hand. She races the fastest 5K lap of the J2 girls and wins her race. She returns from the finish all smiles, jumping up and down saying "Your skis were awesome! Thank you so much!"

But in fact, I am the one who is thankful – that smile she gave me, the hug, the feeling of camaraderie of having raced the same course, it was worth more than words can explain. Piper, you made my day.

Editor's Note: Some of you may remember that Inge Scheve was employed by MBSEF back in the early 2000's.

## Home Federal Bank Athlete of the Week

January 16, 2011

Joe Lukens

ATHLETE OF THE WEEK

Name: Joe Lukens  
Sport: MBSEF Nordic SYP Ski Team  
Age: 10  
School: High Lakes Elementary  
Favorite Class: Science  
Hobbies: Football, Snowboarding and Mountain Biking  
Years in Sport: 5  
Quote: "Winners never quit, and quitters never win."  
- Vince Lombardi

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MBSEF is a nonprofit organization that encourages academic achievement and promotes the positive values of competitive alpine and cross-country skiing and snowboarding. For more information, please visit [www.mbsef.org](http://www.mbsef.org) or call 541-388-0002.



Sugar  
SPORTS

## Home Federal Bank Athlete of the Week

January 23, 2011

Jake Mageau

ATHLETE OF THE WEEK

Name: Jake Mageau  
Sport: MBSEF Freeride Competition Ski Team  
Age: 13  
School: Cascade Middle School  
Favorite Class: French  
Hobbies: Biking, Fishing, Computer, and Traveling  
Years in Sport: 7  
Quote: "It is not how big you are, it's how big you play."  
- Author Unknown

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## Home Federal Bank Athlete of the Week

January 30, 2011

Miles Falkenstein

ATHLETE OF THE WEEK

Name: Miles Falkenstein  
Sport: MBSEF Freeride Snowboard Development  
Age: 13  
School: Cascades Academy of Central Oregon  
Favorite Class: Snowboarding  
Hobbies: Snowboarding, Football, Foosball, Photography  
Years in Sport: 5  
Quote: Go Steelers!

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Dr. Zack Porter, DDS, with Skyline Dental, LLC, is offering our currently enrolled MBSEF junior athletes free x-rays, exam, and cleaning. Zack also volunteers on weekends for MBSEF, coaching in the Freeride Ski Development program. Here is what Zack sent in:

"I was reading last month's MBSEF Newsletter and felt that I could be doing more to support MBSEF athletes. One of the best years of my life was the year after high school, when I was ski racing full time with the MBSEF Alpine Program. I learned the values of hard work, self-discipline, and how to overcome obstacles. I don't think I would have done as well as I did in college or dental school, had it not been for my time with MBSEF. 1996 was a few years back, but I still love skiing more than any other sport on this planet and thought I should be giving back to an organization and sport that has taught me so much.

I'm happy to offer free x-rays, exam, and cleanings to all current MBSEF Athletes at our office. Please call our office and mention the MBSEF program with Dr. Porter to set up an appointment."

Have a great season,

Zack Porter, DDS  
Freeride Ski Development Coach  
Skyline Dental, LLC  
2137 NE 4th Street  
Bend, OR 97701  
541-388-4807  
[zackporterdds@gmail.com](mailto:zackporterdds@gmail.com)



*2011 Alpine MWC Team Photo*

Photo Credit Aaron Lafky

## MBSEF MWC Spring Updates

by Kathy Kurtz

MBSEF's MWC Buddy Werner Team for 2011 has been named. The following athletes are listed in order of seeding:

**Girls:** Addison Beasley, Taya Nakamura-Koyama, Madison Archuleta, Winter Vinecki, Sophia Sahm, Lili Bouchard, and Erin Smith.

**Boys:** Charlier Stuermer, Jonathan Wimberly, Minam Cravens, Walter Lafky, Hayden Hall, Nick Rasmussen, and Jack Smith.

Alternates are Sophia Burgess, Kelsey Olson, Ryan Griffiths, and Laz Glickman.

Congratulations, and race well and safe at the Buddy Werner Championships at Stevens Pass, Washington, on March 11-13.

Our Spring Break Alpine Camp is fast approaching, scheduled for March 22 to March 25 from 9:00 a.m. to 1:00 p.m. at the Junior Race Center. The camp focus will be "back to the basic fundamentals". Tuesday will be on Slalom skis; drills emphasizing the alpine fundamentals including traverses, J turns, C turns, transitions, linked turns, up-an-over drills, one ski drills, turn shape, etc. Wednesday through Friday will be on GS skis

with the focus on GS and SG, speed elements. This schedule is dependent on weather and hill space, we will post any changes as we get closer to camp.

The Mini World Cup Finals Race (Combi) is scheduled on Cliffhanger on Saturday, March 19. Approximate start time will be 9:45 a.m.

The MWC Awards Banquet and potluck party will be held that evening (March 19) at Summit High School at 7:00 p.m. Feel free to bring your entire family and a favorite dish to share. Taco del Mar will provide some food for the athletes. Sunday, March 20, will be the fun dual challenge race, including parents! This race is not included in overall standings.

Thank you everyone for our best MWC season ever. We here at MBSEF are proud of each and every MWC athlete on the team.

**GO MBSEF!**




Live passionately, eat passionately.  
 Located inside the Athletic Club of Bend. On your way down the mountain, or anytime!  
 Bring your MBSEF card - and receive a FREE appetizer with the purchase of another.  
 \*Free childcare on-site with a prior dinner reservation\*

**Home Federal Bank Athlete of the Week**  
**February 6, 2011**  
**Austin McCoun**

Mount Bachelor Sports Education Foundation

## ATHLETE OF THE WEEK



**Name:** Austin McCoun  
**Sport:** Freeride Ski Development Team  
**Age:** 12  
**School:** High Lakes  
**Favorite Class:** History  
**Hobbies:** Skiing, Skateboarding, Scootering, Mountain Biking, Video Games  
**Years in Sport:** 5  
**Quote:** "Today is your day! Your mountain is waiting so get on your way!" - Dr. Seuss

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**Home Federal Bank Athlete of the Week**  
**February 13, 2011**  
**Andrew Bristow**

Mount Bachelor Sports Education Foundation

## ATHLETE OF THE WEEK



**Name:** Andrew Bristow  
**Sport:** MBSEF Alpine MWC Ski Team  
**Age:** 12  
**School:** Sky View Middle School  
**Favorite Class:** Math, Social Studies  
**Hobbies:** Skiing, Soccer, Golf, Football, Baseball, Camping, Fishing, Hunting, Family & Friends  
**Years in Sport:** 8  
**Quote:** "No Risk, No Reward" - Bode Miller

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**Home Federal Bank Athlete of the Week**  
**February 20, 2011**  
**Leo Lukens**

Mount Bachelor Sports Education Foundation

## ATHLETE OF THE WEEK



**Name:** Leo Lukens  
**Sport:** MBSEF Nordic Middle School Ski Team  
**Age:** 12  
**School:** Cascade Middle School  
**Favorite Class:** Science  
**Hobbies:** Skiing, Playing Bass, Snowboarding, Mountain Biking, Hanging Out  
**Years in Sport:** 7  
**Quote:** "You're never a loser until you quit trying" - Mike Ditka

Brought to you by:  
**Home Federal Bank**  
 Member FDIC

MBSEF is a nonprofit organization that encourages academic achievement and promotes the positive values of competitive alpine and cross-country skiing and snowboarding. For more information, please visit [www.mbsef.org](http://www.mbsef.org) or call 541-388-0002.



## 2nd Annual "Snow to Flow" Freeride Fundraiser

By Coggin Hill

Some of you may ask, "What is Snow to Flow?" well I'll clue you in real quick. The Snow to Flow is our annual Freeride team fundraiser started last year to raise money for coaches' travel and help subsidize our spring trip. Adam Beebe, a Freeride parent came up with the idea to have a fundraiser where athletes gathered pledges based on how long they could surf the Flowrider standing wave machine at Mavericks in Sunriver.



So how hard could it be to surf a standing wave, indoors in an 80-degree room with an hour to practice? We all learned last year that it's a lot harder than you think!

The Flowrider uses high-pressure pumps to inject as much as 100,000 gallons of water per minute at speeds up to 30 MPH in a 3-4" sheet of water. The sheet of water is propelled over a trampoline like surface that cushions your fall so the only thing that gets hurt is your ego!

How the fundraiser works is that athletes have 5 timed rides to accumulate a total timed score for the event. Pledges can be a flat rate donation or a \$ amount per second surfed. If you're a beginner plan on 2-3 seconds per ride then crashing, and an intermediate rider about 5-10 seconds. There is a pretty steep learning curve on the Flowrider but we all thought that we would be able to get the hang of it since this was our 2nd year. This was not the case. Crashes and spills galore from athletes and coaches alike (check out the MBSEF Freeride Facebook page for the video). Nate Jacobson, for the 2nd year in a row, was the star of the event, having much more practice than any of us, slashing the wave, spraying the crowd, and practicing more advanced tricks like pop shove-its and flat land 360's.



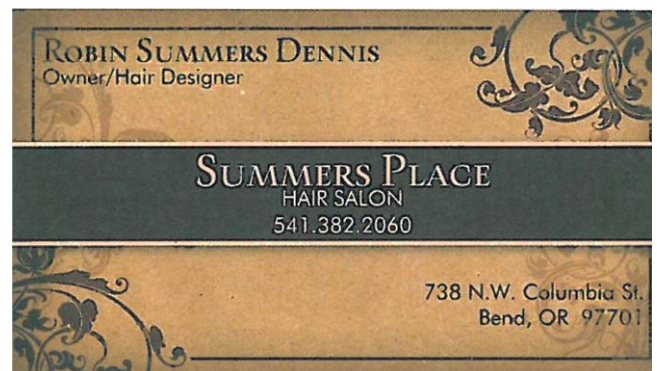
GO NATE!!!!!!!

The 2nd Annual Snow to Flow was a hit again with 21 athletes and coaches participating in the all day event that began with a full day of shredding on the hill (the snow part) and then loading up in vans and heading down to Mavericks at Sunriver for the Flow part! Last year we raised over \$3000 with high hopes for this year.

Thanks to Karla at Mavericks at Sunriver for helping organize and set-up the event, Mavericks at Sunriver for donating the valuable Flowrider time, Pizza Mondo for providing some much needed nourishment for the athletes, Adam Beebe for designing and organizing the fundraiser and Renee Mansour for donating beverages, supplies and her time! Last but not least, thanks to all of the athletes, parents and coaches that participated!



R.A.D. Camps give MBSEF kids 15% discount!!!!



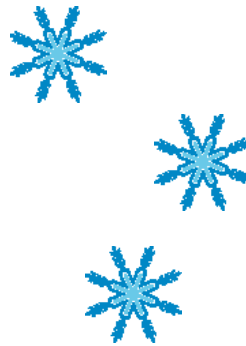
20% off any services by Robin Dennis

## MBSEF WISH LIST

New Alpine Gates and Brushes - Contact [nils@mbsef.org](mailto:nils@mbsef.org)  
New Alpine MWC Radios - Contact [ckenlan@mbsef.org](mailto:ckenlan@mbsef.org)

Olympic Weights For Squat Rack in Training Room. Coach Dan specifies:  
"the one's with the big holes". Contact [dansimoneau@bendcable.com](mailto:dansimoneau@bendcable.com)

Video and electronic equipment for training. If you can help us out with  
upgrading our very dated electronic equipment.  
Please contact Nils Eriksson and Pat Robson.  
[nils@mbsef.org](mailto:nils@mbsef.org) and [pat@mbsef.org](mailto:pat@mbsef.org)



## ARE YOU RUCKUS READY?

MBSEF members come on into our retail store with your MBSEF ID and receive 20% off any regular priced Item. Offer expires 8/1/2011.

Choose from the coolest brands like, Spyder, Marmot, Volcom and more.

701 NW Arizona Avenue  
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[PLAYOUTDOORS.COM](http://PLAYOUTDOORS.COM)

Brett Gingold emailed this photo of Tommy and Laurenne to us.

"Kathy, How are you? Hope you are well. I have just returned from the Wolrd Champs of Ski Racing in Garmisch, Germany. I was the doc working for the men's alpine team. I spent some time with Tommy and Laurenne. It truly was a great experience. I am attaching a few interesting pics from Tommy, Laurenne, and myself. Perhaps you could include them and a story in the newsletter? Best wishes and thanks for the picture of Tiger."

Brett



Tommy and Laurenne - it is so much fun for all of us here at MBSEF to follow your amazing careers in ski racing. You are so inspirational to all of our kids! Good Luck!

## Freeride Athletes Compete in Revolution Tour Events

By Justin Schoonover

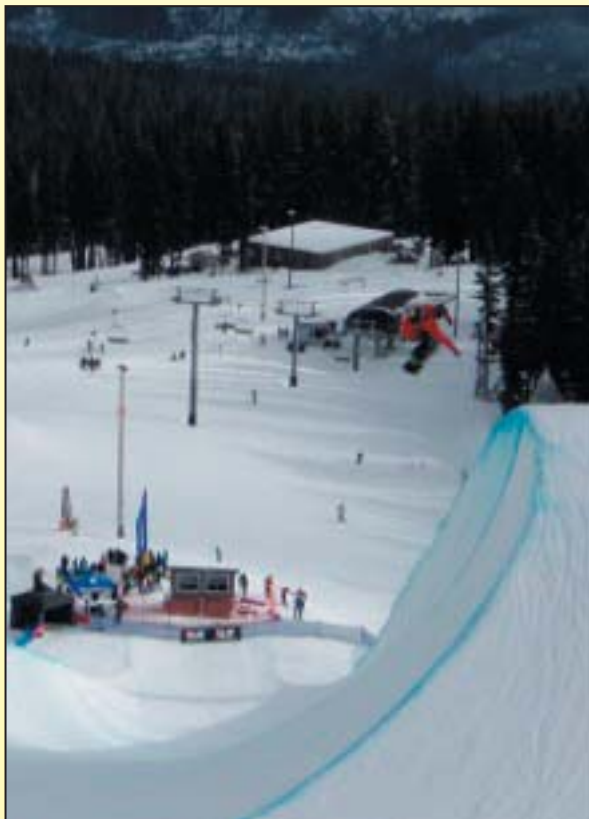
From our own Freeride Development contests through local USASA events to the USSA Revolution Tour, there is a competition for all levels of Freeride skiers and snowboarders. This season MBSEF Freeride's top snowboard athletes traveled to compete in the nation's top junior events the USSA Revolution Tour. This series is a qualifier for bigger events like the Dew Tour and Grand Prix, which lead you on a path to the X-Games and eventually the Olympics. We had athletes compete in all three disciplines, Slopestyle, Halfpipe and Boarder Cross.

Copper Mountain, CO played host to this season's first stop in December where Kent Callister placed 60th of 84 in halfpipe. Mt. Hood Meadows, OR was the second stop in January and coach Justin Schoonover and 4 athletes stayed at Windells Camp. Sage Allen placed 20th Slopestyle, Kent Callister 18th Slopestyle & 8th Halfpipe, Dru Brownrigg 19th Slopestyle, and Dimitri Hagen 22nd Slopestyle. Later in the week, Head Coach Adam Sather and athlete Brittany Williamson traveled up to Meadows for Snowboarder Cross where she placed 8th in qualifiers.

In February the team traveled to Boreal, CA for the third stop on the Revolution Tour. Coaches Justin and Adam made this trip with the athletes and everyone enjoyed the sunny Lake Tahoe weather.

All performed very well here. Kent Callister 10th Slopestyle, 20th Halfpipe, Dru Brownrigg 15th Slopestyle, Dimitri Hagen 26th Slopestyle and Brittany Williamson qualifying 11th SBX. While at Boreal the coaches and athletes Dimitri and Dru were able to participate in a photo shoot with a professional photographer on a non-competition afternoon. These photos can be seen at <http://jonherreisdead.blogspot.com/2011/02/boreal.html>.

Next big contest is Nationals coming up soon in Copper Mountain, CO. You know we will be busy training so we can show off all that has been learned this season at that event!



**Kent Callister Airing out of the Mt. Hood Meadows Pipe**

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Community Care Program

Supporting MBSEF is as simple as opening a checking account with Home Federal Bank. And it is no extra charge to you.

Here's how it works. With the Community Care Account, Home Federal Bank matches and donates 1% of your average annual balance to the non-profit of your choice. At year end, the donation is made in your name. In order for a donation to be made in your name, open a Community Preferred Checking Account or Simplified Business Checking Account with the bank and tell them that you would like to add the Community Care account feature. Then designate MBSEF as the non-profit organization to receive the donation.

This is also available to already established Home Federal Bank accounts. Six Bend branches are located at 606 NW Arizona, 805 NW Bond, 200 SW Century, 20365 Empire, 61379 S. Hwy. 97, and 671 NE Greenwood.

Home Federal Bank has also entered into an agreement with MBSEF to sponsor our Athlete of the Week again this year! Watch for Athlete of the Week ads each Sunday in The Bulletin December through February.



**Powder House**

311 S.W. Century Drive ▪ Bend, OR 97702



MBSEF Card Members - Show your MBSEF Membership Card at these businesses to get great deals! Remember to tell the stores thank you! And remember, at most stores the discount is for the card carrying athlete only, not for family and friends.



### Caldera Grille

Show your MBSEF Membership Card, purchase one appetizer and receive a second appetizer at 1/2 off.  
932 NW Bond Street

### Mt. Bachelor Ski & Sport

10% off retail products in Mt. Bachelor Ski & sport. Shop (not valid on sale items, not to be combined with any other offers). Athlete i.d. membership card required, not for family/friends. Expires last day of skiing May 2011.

### Sugar Sports

15% discount to card carrying athletes on regular priced merchandise, skis, boards, etc. Good through 08/31/11 on summer gear also (swim wear, gym clothes, shoes, etc.) because training is a year-round thing! Sugar Sports is gear for girls and women.

### Emerald City Smoothie

10% off any smoothie or any retail product, for card carrying athlete. Expires 05/31/11.

### FootZone

10% discount, excludes sales merchandise. Expires 08/31/11.

### Hutch's Bicycle Store

10% off regular priced bicycle parts, clothing and accessories. Expires 08/31/11.

### Cloud 9 Photos

10% off all prints for MBSEF families. Expires 08/31/11.

### Longboard Louie's

10% off any order. Expires 08/31/11.

### Mountain Supply of Oregon

10% off any regular priced item. Expires 08/31/11.

### Play Outdoors

20% off any regular priced item purchased at Play Outdoors at 701 NW Arizona Avenue. Expires 08/01/11.

### Summers Place - 738 NW Columbia

20% off any hair salon services by Robin Dennis, 541-382-2060, expires 08/31/11.

### Race Place

5% of all MBSEF member purchases is donated back to the MBSEF scholarship fund.

### Tamara M. Crawford, CPA

15% discount on Individual and Business tax return preparation to MFSEF members.. Expires June 30, 2011.

### Sunriver Vacation Rentals

MBSEF members receive 15% off a Sunriver Vacation. Call 877-496-0793. [discoversunriver.com](http://discoversunriver.com)

### Webcyclery/Webskis

15% off all ski products, excludes sale items. Expires 05/31/11.

### Elk Lake Resort

25% off cabin rentals mid week to MBSEF members. Excludes holidays and weekends. Expires 05/31/11.

### Athletic Club of Bend - Scanlon's

Buy one, get one free appetizer! Stop by on your way down from the mountain, or any time!

### Seventh Mountain Resort

20% off any recreational activities - ice skating, white water rafting trips, kayak tours, and Cascade Kid's Eco-Challenge Camp.

### Powder House

10% off non-sale items and service work to currently enrolled athletes, membership i.d. card required. Discount for athlete only. Youth season lease program \$149, alpine, xc, snowboard, snowshoe packages, free waxing and adjustments. Expires 05/31/11.

### Sunnyside Sports

Juniors: 20% off waxes, clothing and accessories. Team gear specials, see your coach. Masters: 10% off clothing and accessories, 5% off skis, boots, poles and bindings. Expires 08/31/11.

### R.A.D Camps

R.A.D. Camps give 15% discount to any currently enrolled MBSEF athlete. Sign up to have a great adventure all over Oregon with a trained wilderness guide. Visit [www.radcamps.com](http://www.radcamps.com). Expires 8/31/11.

New Retailers Discounts Are Added Monthly. Watch For 2010-2011 Additional Member Benefits Listed In "Ski Tracks" Newsletters Published Dec 1, Feb 1, Mar 1 and Apr 1, and visit [www.mbsef.org](http://www.mbsef.org)

# MBSEF

## RACE TRAINING CENTER

Mt. Bachelor Sports Education Foundation  
Race Training Center  
563 SW 13th Street, Suite 201  
Bend, OR 97702

Address Service Requested

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### MBSEF MISSION STATEMENT

The Mt. Bachelor Sports Education Foundation is a non-profit organization dedicated to the development and support of competitive Alpine, Cross Country and Snowboard race training and competition in Central Oregon. MBSEF provides the opportunity for introduction to advanced levels of race training and competition.

Our main objective is to assist student athletes in achieving their individual athletic, academic and personal goals. The program's guiding philosophy is to encourage academic achievement and promote the positive values of competitive sport: sportsmanship, self-discipline, goal setting, character building and the pursuit of healthy lifetime activities.

### **MBSEF**

**563 SW 13th Street, Suite 201  
Bend, OR 97702**

**Office Hours: 8:00 a.m. - 5:00 p.m. Monday - Friday**  
**[mbsef@mbsef.org](mailto:mbsef@mbsef.org)**  
**[www.mbsef.org](http://www.mbsef.org)**

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MBSEF Fax	541-388-7848
Volunteer Hotline	541-385-1999
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Junior Race Center	541-382-2607 x2243
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