

SKI TRACKS

MT. BACHELOR SKI EDUCATION FOUNDATION
RACE TRAINING CENTER NEWSLETTER



Volume 7, Number 1

Dec 2003

GREETINGS FROM THE DIRECTOR

Welcome to the 2003-2004 Mt. Bachelor Ski Education Foundation season. To all of our returning members and supporters, we are excited to have you back in the family and are sure that this will be a ski and snowboard season to remember. To all of you who are new to the MBSEF family, welcome. We are grateful for your participation and look forward to serving you this season and for years to come.

We have had a busy off-season with many changes at MBSEF. Long time Events Director, Linda Snyder, resigned last spring. Linda was a valuable part of our team and we wish her well. Kalisha Fleischmann took over the responsibilities in June and has not skipped a beat, having done a fantastic job in running the Skyliners Ski Swap and the Snowball, two of our largest fundraisers. Dave Reynolds remains our Snowboard Head Coach, but we have added John Ingersoll as the Program Director. John's goal is to strengthen the Snowboard Program to the point of developing a full-time program similar to our Cross-Country and Alpine Programs. Kathy Kurtz has taken over the position of Membership Coordinator and Office Manager, Carol Nelson and Kristie Wild are our new Accountants, and Judy Ingles is the new Administrative Assistant. We also have a new coach in our alpine department, MBSEF alumni and ex-US Ski Team Member, Shana Sweitzer.

On a more somber note, we lost one of our strongest advocates and supporters this past summer. MBSEF board member Mike Puddy lost his life in a motorcycle accident. Mike was synonymous with skiing and ski racing at Mt.

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Happy Holidays!



Christina Schueler and Laurenne Ross at the 2003 Snowball

Photo: Inge Scheve

Bachelor. Mike's priority as a board member was always with the young people in our programs. His excitement and energy for the sport of skiing was contagious and affected all who were around him. Many of the successes of our athletes are directly related to his influence both on and off the snow. I personally miss Mike's advice, friendship, and his uncanny way of always keeping my eye on the ball—the development of our young athletes. Mike Puddy is missed by all of us at MBSEF and his spirit lives in all of us.

I look forward to seeing everyone at Mt. Bachelor this season and hope the Holidays and New Year bring joy to you and your family.

Chuck Kenlan
MBSEF Executive Director

UPCOMING EVENTS

- Dec 6 Mini World Cup, Snowboard WT Begins
- Dec 13 Par Fore the Course
- Dec 13-14 Mt Bachelor Open
- Dec 20 Classic Race Mass St.
- Dec 26-31 MBSEF Christmas Camps Days Vary by Program
- Dec 27 XC Youth Development Program begins
- Jan 1 New Years Day Relay
- Jan 3-4 Alpine MiteyMite and Snowboard Development Starts
- Jan 3-4 Sunnyside Pursuit/JOQ
- Jan 24 Great Nordeen (Skate)

Introducing the 2003-2004 Staff

(By Inge Scheve)

The office has seen some big changes over the past summer. Please join us in welcoming the new staff!

Kalisha Fleischmann: Events Director

Kalisha Fleischmann, originally from Santa Barbara, Calif., joined MBSEF on June 2 when she replaced Linda Snyder.

Kalisha has worked in event organization for more than 10 years, most recently as the Events Director for Niebaum-Coppola Winery in Napa Valley, Calif.

"I have a passion for detail," Kalisha says. "And I have a passion for helping others, so the combination of the two has been realized in my new position with the Ski Foundation."

For the coming season, Kalisha will be building on Linda's projects and expanding on securing grants and bigger sponsorships for MBSEF. Her first projects were the Liberty Bank Sunrise to Summit race on Aug 30, the Skyliners Ski Swap in October and the Nov. 15 Snowball.

Kristie Wild: Special Events Volunteer Coordinator/Bookkeeper

Kristie may be a familiar face to many. She has been the Volunteer Coordinator for the U.S. Bank Pole Pedal Paddle and Skyliners Ski Swap since 2000. Kristie will continue to help staff these special events, and will now also share her time in our Accounting department as a part-time bookkeeper.

Kathy Kurtz: Membership Coordinator/Office Manager

Kathy is a familiar face for most Alpine members. The competent Chief of Timing, who has secured MBSEF Alpine events for more than 10 years, replaced Cindy Ferris as the Membership Coordinator and Office Manager. Kathy handles all membership inquiries, enrollment materials, coordinates mailings and member benefits, as well as all the day-to-day operations of the MBSEF office.

Carol Nelson: Race Admin./Acct. Carol is another familiar face from racing at Mt. Bachelor. The skilled race secretary is taking over the accounting from Julie Arnold. While the added duties in the financial department will take much of Carol's time on Wednesdays, Thursdays and Fridays, she will continue to be the Alpine Race Administrator.

Judy Ingles: Admin. Asst. Judy, who is the new office Administrative Assistant, replaced Inge Scheve when the part-time office position was expanded to a full-time job. Judy, who moved to Bend from Santa Fe, New Mexico, assists Kathy and Kalisha with office operations, membership, and events. "MBSEF is a great program," Judy says. "I like being around the energy of the kids and I enjoy supporting the mission of MBSEF."

— *** —

In the athletic department, we are excited to greet John Ingersoll as the new Snowboard Director.

John Ingersoll: Snowboard Director:

John joins us as the head of the snowboard program with almost 15 years of administrative and coaching experience from the High Cascades Snowboard Camp, which he founded, owned and operated from 1989 to 1999.

"I get really passionate about what I do, so when I realized what MBSEF was all about, I found the

SKI TRACKS is the official newsletter publication of the Mt. Bachelor Ski 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.

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Editor: Kathy Kurtz

Asst. Editor: Inge Scheve, Kalisha Fleischmann

Contributions are always welcome! We appreciate in-kind and financial contributions supporting our Foundation.

Please have articles in by the last week of the month, for publication the following month. We prefer articles on diskette in a Microsoft Word program (please include a hard copy) or sent via E-Mail. Diskettes and photos will be returned after newsletter is printed. Contact us at the numbers/addresses provided below.

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organization to be a great way for me to contribute and give something back," says John. "The purpose of MBSEF is so genuine and the efforts of the staff and coaches come from a really good place," John continues. Attracting more girls and young women to snowboarding is among John's top goals for the season. "I hope to grow the program, and to have a solid development program that builds skills and confidence in the riders through comprehensive coaching, and to develop athletes who support each other on their individual levels," he says. John adds that he is excited to re-incorporate the Central Oregon Community College program again, which he will coach.

Jeff Costello: Nordic Coach

A 2002 graduate of St. Lawrence University, NY, Jeff Costello joins

(continued on page 6)



New office staff: Kalisha Fleischmann, Kristie Wild, Kathy Kurtz, Judy Ingles

Photo: Inge Scheve



Race Crew: Looking For a Few Good Men or Women

(By Fred Shick)

Every year MBSEF puts on several events that require a solid race crew of 30-40 workers each race day.

"We pretty much start out with new people, other than a few returning timers and paid set-up crew people."

"I am looking for 20-30 strong skiers to do course maintenance on race and training days, as well as timers, communications people, crossing guards, etc. Anyone committing to all the days (26) will get a full season pass."

"I am open to snowboarders filling a number of these latter positions, but I prefer that they be very strong riders so that they can pitch in and help with the race set-up in the wee hours of the race mornings."

For many of you who receive this newsletter, your availability may not allow you to work a lot of days for a full pass, but you can still earn free daily passes for each working day.

Please consider volunteering your time as a course crew member by calling or visiting our office and signing up ahead of time for the specific days you want to work. Our biggest needs are for strong skiers to work the courses throughout each race day.

Gate Judge Clinic

MBSEF is sponsoring a Gate Judge Race Official Clinic on December 9 from 7 to 9 pm in the MBSEF office, 900 SE Wilson Avenue, Suite G, Bend.

Anyone volunteering at the Bachelor Open on Dec 13 and 14 should plan to attend this clinic, as well as any other volunteers who are interested.

Thank you for your support of MBSEF and ski racing!

MBSEF NEEDS YOU: Volunteer Opportunities

MBSEF Volunteers are responsible for making races and events run smoothly and maintaining the high level of professionalism MBSEF enjoys in the skiing community. Race volunteers are always welcome and needed for the following positions: Assistant starter, gate judge, crossing guard, headset communication, scoreboard operator, registration, controller, bib-caller, bib recorder, finish time recorder, finish timer, and course set-up/tear-down. Additional positions may be available depending on the event, and volunteer needs may vary slightly among Alpine, Snowboard and Nordic events.

Volunteers are offered vouchers good for Mt. Bachelor lift tickets as a thank you from the Ski Foundation and Mt. Bachelor, Inc. Volunteers who work more than 11 days are eligible for the MBSEF Race Crew and will also receive an MBSEF sweat shirt at the end of the season.

Please stop by the MBSEF office or call 388-0002 if you would like to volunteer.

Gene Fitzsimmons

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Bonnie Raile-Towlerton, LMT
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IT'S CHILE OUTSIDE

(By Kent Towleron)

Trying to keep the lawn watered, swimming, the dog, shorts and flip-flops. Yes, it is time to find your ski equipment and head south for a few weeks (way south). This year was the fourth trip to train at the ski areas above Santiago, Chile. The trip was organized by the Western Region (5 western divisions) and the best athletes below the USST were invited. Most of the skiers specialized in the speed disciplines - DH, SG, GS - and brought their long boards.

The ski team worked out a baggage deal with Lan Chile to allow six bags per athlete at 70 lbs. or under. That was great for those that started with LC, but the rest of us connecting from United had to trim bags and equipment boxes to 50 lbs. The days before travel I am usually weighing boxes, tables, and bags to sneak under the limit - a couple pounds over is accepted if you are polite.

Gretchen Glaser, Eric Straw, Andre and Suki Horton were the MBSEF athletes who attended the project. I drove down the night before departure with Eric and stayed at an airport motel that had free parking and a shuttle. We saw Gretchen in the airport and would see the Hortons in Santiago. After almost 24 hrs of travel we landed in Chile and began the process of finding the 11 women, 12 men, and 4 coaches. If someone does not show, they are shuttled to the area the next day. There was so much equipment that we contracted a large box truck and two small buses to haul us up the 2 hr and 10,000 foot climb to the ski areas. The trip starts in agricultural land (grapes), moves thru coastal desert (cactus), climbs up the Andes (75+switchbacks w/no guardrails) and can end with chaining up to get to the area. Lodging was in condos and the athletes were responsible for their breakfasts. The maids brought in food each day for the next morning. It took a couple of days before we convinced them that each person did not need a large box of sugar cereal every day. The meats, cheese, eggs and anything good would disappear before dinner - cereal for breakfast again! We helped the problem by making runs to the store in town.

Valle Nevado, La Parva and El Colorado are the three connected areas where we have access. Valle Nevado is where we've trained previously and has a full length DH/SG track with good GS & SL hills, but it is 4 star and expensive. We usually train or share space with the German and Canadian World Cup women speed teams.



Chile skiers: Tucker Burton of SSWSC, Stacey Cook of the US Ski Team and MBSEF's Gretchen Glaser.

El Colorado is the smallest and cheapest and resembles Bachelor with its volcanic slope profiles.

La Parva was our venue this year. It is a private area and has the ability to close half the slopes for our training needs. We have raced DH there and always liked the variety of terrain, length, run options, and lifts available. This was a low snow year and many teams (French, Austrians, Italians) pulled out of their reservations. We have usually lost 3-5 days due to weather, so decided to go for the harder snow conditions and deal with the rocks and dirty snow. Most days a coach was dedicated to clearing "floaters" off the course before the skiers ran. I have the record for a 30 pounder.

Training consisted of SG or GS every day. We started out doing drills the first couple of days with AM & PM sessions. Once full-length training commenced the schedule was modified to stay out longer and take a later lunch. The weather was sunny every day, so we avoided the melting snow in the afternoon and didn't have to deal with athletes groggy from full stomachs. As the camp progressed the training time had to be reduced to allow for recovery the next day. The SG course started at almost 12,000 ft, had a vertical drop of 550 meters and ran over 90 seconds long. It was not hard to figure out which skiers

were in shape - some took 3 runs, some took 7.

There were 2DH's and 2SG's scheduled but the DH's were cancelled by the poor snow conditions. The races were at Valle Nevado and the athletes grabbed their backpacks, 3 pair of skis, poles, did the daily 15 minute hike up to the lifts in the dark, rode 3 pomas & 2 chairlifts, skied a ribbon of snow thru dirt hillsides before sunrise and were ready to inspect and race some SG. The races were approached as training opportunities even though some younger skiers lowered their points. Gretchen was on the podium twice (3rd); Suki was 4 & 5th, Andre top 5, with Eric closing the gap second race. No point results, but good race training and a change of pace was nice for all. (cont. page 6)

2004 Nordic Ski Calendars For Sale

2004 NCCSEF Ski Calendars are for sale through the Nordic Team. Calendars run \$15 each. Call Ben at 388-0002 to place an order.

Thank you for your support!
Ben

Events

Director News

(By Inge Scheve)

FALL FUNDRAISING:

We had an outstanding crew of volunteers for our fall fundraising events! MBSEF would like to thank everyone who put in time and hard work to help make our fall fundraising events great successes. All the events were well attended and were financial successes for the Foundation!

First, the sixth annual **Liberty Bank Sunrise to Summit** race on August 30th attracted a record 214 participants despite hot weather and lingering smoke from area wildfires. Runners and hikers of all ages and abilities battled the roughly 3-mile long course that gained almost 3,000 feet from the start at Sunrise Lodge to the finish at the summit of Mt. Bachelor. Bill Raitter won the men's race in 33 minutes and 49 seconds. Colin Mahood (36:16) was second and Ryan Shaffer was third (36:30). Among the women, Suzanne King was first (39:37), followed by Kami Semick (42:59) and Jennifer Svntek (43:22). Thanks to our sponsors Liberty Bank, Therapeutic Associates, KAVU, Mt. Bachelor Inc, Deschutes Brewery, FootZone, The Bulletin,

Clear 101.7, and The Source for making this event possible. Looking back on the fall, Kalisha is also pleased with the Star Party in September and the Skyliners Ski Swap on October 18.

Professional and amateur astronomers came to Mt. Bachelor to view the incredible Central Oregon sky, attend talks and lectures and enjoy daytime activities sponsored by the Sunriver Nature Center. Don't miss this one next year - dates are July 14-17, 2004! **The Skyliners Ski Swap** brought in record sales this year! Huge thanks to Mt. Bachelor Inc. for allowing **Fred Shick and his crew** to set up the Bus Barn for the sale. Thank you to the hundreds of volunteers manning all the different positions. We couldn't have done it without you. Also, a big thank you to **Power 94** for helping us to get the word out!

"More people attended the ski swap, and the funds we raised through consignment, donations and business sponsorship connected to the swap helped fund several of our athlete scholarships," Kalisha noted.

On November 15, more than 250 guests attended the 17th Annual **Snowball**, our holiday fundraiser at

The Great Hall in Sunriver. Both the live and silent auctions, as well as the Saxon's raffle, were a huge success thanks to all of the wonderful items donated. We also raised additional money for the scholarship fund.

"It was a wonderful evening, and I am very excited that we raised so much for our young athletes through the generous attendance of our supporters, local businesses, MBSEF alumni, athlete parents and relatives from near and far."

Thank you to all the businesses, individuals, artists, staff and volunteers who contributed to the success of the event.

LOGO WEAR - GET SOME!

MBSEF is offering a selection of logo-wear with the proceeds helping our scholarship program. Brand-spanking-new cool logo wear has arrived, and there are new styles, logos and designs for all programs! Among the new styles are long-sleeve T-shirts in navy blue, hooded gray sweatshirts, fleece vests and hats.

2003 U.S. BANK POLE PEDAL

PADDLE LOGO CONTEST:

This year's deadline is December 5, at 5:00pm. The winner will be announced on December 12.



MBSEF Athletes at the 2003 Snowball

Photo: Inge Scheve

Pizza Party Fundraiser Dec. 10
 MBSEF is inviting parents, athletes, coaches, alumni, staff and friends to join us at Round Table Pizza (1552 NE 3rd St) at 5:00 p.m. or get delivery or takeout. Meet other MBSEF'ers, hang out, reconnect and get ready for the snow season! 15% of all proceeds on that day benefit MBSEF. More info: Call Kalisha at 388-0002.

Do we have your E-mail? We now have the ability to distribute our newsletter via E-mail. If you would like to receive Ski Tracks electronically, please send a message to mbsef@mbsef.org.

ON THE ROAD WITH THE US SKI TEAM

(by Kevin Francis)

Ed: Kevin finished his first year of college in August and will be traveling with the US Ski Team during Fall and Winter Terms. This is an excerpt from email sent home during his travels.

SOLDEN & PITZTAL, AUSTRIA - SEPT 29 - OCT 23

Our first big day we trained a real tough GS and after one run my edges were dull. On several gates the snow was so hard none of us could get any edge at all and Schlopy said it was the hardest ice he's ever skied on. Everyone is here because there is no other place to ski right now... Europa Cup teams, World Cup tech teams and even Eberharter is freeskiiing around.

Two days later it turned warm and the snow under the T bar looked like mud; there was a river running down the glacier and it crossed under the T bar and over our bindings while riding up the T bar. Two days after that we were snowed out so the Fischer racers headed down to the Fischer factory. The CEO took us out to lunch, then coffee in his office and gave us the VIP treatment. We checked out the assembly line for their production skis, then went to the race room where they assemble and test all the race skis completely by hand. We were surprised that many of the people in the race room know our last names because they write our names on the skis, and there was even a pile of skis for us. In the test room we met one of the head engineers who described a couple of the tests and told us how we can help them improve their skis. We saw a room in the warehouse with about 1.4 million pairs of skis in it, then went into the swag warehouse and got a real nice backpack and proceeded to fill it with t-shirts, training jackets, turtlenecks and all sorts of things that might show up under the Christmas tree!

All the new snow makes SG training tough, but it's great to be with the US World Cup speed group. Europeans love these guys, know they're some of the best in the world, and recognize them everywhere we go. It's fun to be a part of that.

PARK CITY, UTAH & BEAVER CREEK, COLORADO - NOV 5-21

What a change from years past, I got the best room in the condo with a king size bed and a whirlpool bath. We get on the lifts around 6:30am (in the dark!) then test skis at the top of the Birds of Prey DH course in the afternoon. The lifts aren't open on top so we snowmobile to the start, get timed on the top flats and stop at 'The Brink', where the world drops off.

I met with my coaches, and I am for sure in both the Lake Louise World Cup and the Beaver Creak World Cup DH's and probably the Lake Louise SG. They said the US World Cup speed team is small and they need a young guy, so I have to make that step.

(continued from page 4)

After 8 days it was time for a day off for everyone! It was decided to get out of the thin air and give the athletes and staff a true recovery opportunity at lower altitude. The staff decided to go low and we loaded up the buses and headed for the coast. It was a three-hour drive from the area with a stop at the store for supplies. We were headed for Vina del Mar, a funky beach town north of Valparaiso. When you go north in Chile it gets warmer. Lodging was in some cabanas above the beach among the eucalyptus trees. The first view of the beach was when we turned a corner and there were these big waves crashing steep sand. There was so much oxygen everyone was giddy and it was hard to keep focus for the mandatory rules meeting before dispersing. The last warning was for rip tides and swimming with partners. Morning broke across our deck and we spotted our beach and athletes already testing the water. A day at the beach in winter at 75 degrees did wonders for attitudes and the ride back was broken up with another stop for supplies for the final stretch.

We trained 5 more days and cut our last day short only because of nuking wind and flat light - the first of the trip. Checking out the local culture and sightseeing were the ticket for the last night and day in Santiago before an evening departure to burger land.

I spent the next day in the office trying to figure out what's up.

(continued from page 2)

the MBSEF coaching staff after one season working as an instructor at Mt. Bachelor. Jeff will be in charge of the Winter Term program and will assist Brenna and Ben as needed. In the Youth Development and Competition programs many coaches are returning, and we are excited to welcome several new coaches to the crew as MBSEF is finalizing the Nordic staff roster.



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2003-2004 MBSEF MEMBERSHIP BENEFIT PROGRAM

BUSINESS DISCOUNTS (Use your MBSEF Membership Card)

PIZZA MONDO – 10% off any purchase (not valid for delivery).

TACO STAND – 25% off all menu items.

FOOT ZONE – 10% off non sale items.

SUNNYSIDE SPORTS – 20% off clothing, eyewear, waxes, accessories. Preseason 1 time team price (order through XC coach).

MOUNTAIN SUPPLY – 10% off any non sale item.

ON THE WAY BIKE AND SKI – 10% off accessories, 15% off complete ski package. Not valid on special offers/orders. Don't forget about our FREE public wax bench!

BONNIE RAILE MASSAGE THERAPY - \$40 one hour massage, \$35 for high school students (\$50 reg.). All treatments at her office.

SARA BELLA CUSTOM OUTDOOR WEAR – 10% off all non sale items.

SKJERSAA'S SPORT SHOP – 15% off non sale items.

BEN & JERRY'S – 10% off any menu item. Does not apply to retail purchases.

Expires 5/30/03.

SIDE EFFECT BOARD SHOP – 10% off hard and soft goods winter only non sale/non discounted items.

PINE MTN. SPORTS – 10% off non sale items, expires April 1, 2004.

SUNRIVER SPORTS – 10% discount off all non sale items.

SUNRIVER SNOWBOARDS – 10% off all non sale softgoods (excl. hardgoods).

MT. BACHELOR SKI SHOPS – 10% off all non sale items to currently enrolled athletes. Expires May 31, 2004.

GREAT HARVEST BREAD CO. – 10% off all menu items.

LAGHU CHIKITSA MASSAGE - \$15 off 1 hr massage (regular \$55/hr).

REDPOINT – 10% discount on shells, outerwear and clothing (non sale items).

G.I. JOES INC. – 10% off regular price of snowboard/ski gear Bend store only. Exp. 4/30/03.

Additional Member Benefits Will Be Listed In "Ski Tracks" Newsletters!

ALBERTSONS COMMUNITY PARTNERS PROGRAM

If you shop at Albertsons, please stop by the MBSEF office and pick up an Albertsons card. When you shop, a percentage of the sales will be given to MBSEF and allocated for our scholarship fund.

FOR MORE INFORMATION, CALL 541-388-0002 OR VISIT OUR WEB SITE AT
www.mbsef.org

News from **Accounting**

(by Carol Nelson)

Carol Nelson and Kristie Wild would like to take this opportunity to introduce themselves as the new MBSEF accountants. Carol is the lead accountant and Kristie is her back up during crunch periods and races. As many of you know, Carol is also the Race Administrator for USSA sanctioned races.

Carol and Kristie have been busy the last three months reorganizing accounts and procedures with the hope that it will be easier to track activity within each athlete's account. The accounts are now under the name of the individual athlete and statements will be sent to the athlete in care of his or her parent(s).

We ask that you note on the check or credit purchase whom the transaction is for when making payments or purchasing items. When making payments for multiple children the preferred method of payment is a separate check or credit card charge for each child. This will guarantee that the payments are applied properly.

We have the ability to send invoices via email. If you would prefer to receive yours electronically, please let us know.

If you feel there is a discrepancy in your account or you have other concerns regarding your account, please call Carol or Kristie at 388-0002. It is our desire to make this ski season an enjoyable one for all.

Photo: Chuck Kenlan



Cross Country Masters Updates

(By Inge Scheve)

The masters development programs, which have been divided into an introductory and an intermediate option, both emphasize skill development in a supportive, non-competitive learning environment coached by Don Leet and Dave Cieslowski. While the introductory option focuses on basic skate and classic techniques, fundamental training concepts and equipment care to increase participants' skiing confidence, the intermediate group will build on this foundation to increase efficiency in skate and/or classic techniques, and even enter citizen races.

In the competition program, Mark and Suzanne King have enlisted the help of Ben Husaby to handle the growing group of masters racers who seek to refine skating and classic technique to meet their competitive goals. Participants can enroll in the full 12-week program or opt for a 6-day flex program, which incorporates interval training, speed drills, video analysis, downhill technique and specific strength elements.

Finally, Mark King will continue to coach the video program designed to help experienced skiers enter the next level in their racing careers. Intended as a supplement to skiers already enrolled in the competition program, the video program adds on-the-spot critique and thorough analysis.

A general warm-up for all cross-country masters program took place on Nov. 29-30, from 10 to 11:30 AM and delivered a general overview for the upcoming season. For flex-schedule skiers, the warm-up counts as one of the flex-schedule sessions.

Mini World Cup Update

Dryland training is up and running at Acrovision. It has been a success for about 15 young and enthusiastic athletes. This program will continue for three Tuesday evenings in December.

The staff is geared up and excited for the upcoming season. We have already completed two coaches education sessions. Thanks for being a part of MBSEF and the Mini World Cup program!

Mike B. Evans

Athletic Programs Updates

(By Inge Scheve)

While the overall structure of the junior programs remains much like previous years, there are some updates, changes and additions for the 2003-2004 season.

Most notably, our new **Snowboard** Director John Ingersoll joined us from the High Cascade Snowboard Camp and expanded the snowboard program, which is now open to kids as young as 7 and includes a COCC student program.

John will use the HCSC vans to provide mid-week transportation for snowboard program participants. John also divided the snowboard program into competition, development and midweek. All groups focus on building skills and developing snow confidence, John says, but breaking up the program provides added opportunities to develop a supportive team environment and focus on each individual rider.

From the **Nordic** department, Ben Husaby reports that the **Stevenson Youth Program** has added options this season: "The biggest asset of our youth program is the flexibility," Husaby explains. "This season, we are breaking the youth development program into two tiers: the **development recreational program** aimed at skiers who simply want to tool around in the snow on skis, and the **development competition program** designed to satisfy youth skiers who are more race-oriented and like to ski for distance or time. That said, we are providing ample flexibility within and between the two, and no kid is locked into one group for the entire season should interests shift in one direction or the other," he adds.

Assistant coach Brenna Knowles returns for another season with the full-time athletes, and will also take over the administration of the Stevenson Youth Programs.

Also new in **Nordic** this season is the **Masters introductory development program** for skiers who need to develop basic skills. Ben says: "This option was a result of the survey we distributed at the end of last season. Participants in the masters programs seemed to want a program that targeted more of the basics while not starting completely from scratch."

While Suzanne King will be involved with coaching the **masters competition program** on a more sporadic basis, Mark King will enlist the help of Ben. Mark will also continue the popular **competition video program**. All the masters programs kicked off with a Thanksgiving camp Nov. 29-30 that served as a general season overview and update, and which was well attended.

In the **Alpine Department**, all programs remain the same and almost all coaches returned for the 2003-2004 season. Alpine Director Nils Eriksson reports that Shana Sweitzer joined the full-time coaching staff. She will split her time between the Mini World Cup, the Winter Term and the Full-time Programs.

"I am very excited to welcome Shana. She's a go getter, a can-do person," Eriksson says, noting that Shana is former MBSEF racer, a former US Ski Team member, and a Whitman College graduate. "She has knowledge and experience from both racing and coaching," he says "It's exciting when you see someone coming back. She has invested interest and loyalty to the MBSEF program."

Stay tuned for more news and development from our athletic programs!

Skyliners Ski Swap

For the 37th time, Bend residents and visitors from far and near lined up outside the Mt. Bachelor bus barn in search of bargains and sweet deals to start the new ski season off in style.

"We heard about the swap from friends and found out more about it on the Internet," said first-time "swap shopper" Tammy Gini of Burns. Gini drove over to Bend with her 10-year-old daughter in search of skis for her daughter and ski boots for her husband. Neither Tammy, her daughter Meghann nor Meghann's friend Jennifer Hagle found the wait to get into the swap too bad.

"We came here to get skis for Samantha and boots for Maxwell, but we ended up spending a lot more on some great deals," explained Steven King from Portland, as he displayed two pairs of skis, a snowboard and some clothing he picked up at the swap. The Kings, who ski with MBSEF's Alpine program in the winter, found the swap a great opportunity to take a family trip to their second home in Sisters.

"We're looking for bindings and boots for snowboards, and for some cross-country skis... We're hoping for some simply fantastic deals that we just can't pass up," said Lavonne Smejkal of Bend. Smejkal attended the Ski Swap for her second time.

"The controlled entrance flow created a better shopping experience for everyone," explained veteran Ski Swap Volunteer Coordinator Kristie Wild. "The response from the public has been phenomenal," Wild said.

While customers had to stand in line somewhat longer than in previous years, they did not seem to mind the new approach, which was a result of Bend Fire Department regulations on occupancy and a loss of overall sq. ft. due to the pass office.

"We did better than we expected. With the gate receipts, we were able to increase our scholarship funds to athletes in financial need by \$6000," said MBSEF Executive Director Chuck Kenlan, adding that without Mt. Bachelor generously allowing MBSEF to use the bus barn, the scholarship numbers would have looked different.

Kenlan attributed the interest in the swap to the increased season pass sales at Mt. Bachelor, Inc.

"With more season pass holders, there are more families out there looking for gear," he explained, noting that enrollment in MBSEF ski and snowboard programs are ahead of where they were this time last season.



Snowboarders searching for great deals at the October 18 Skyliners Ski Swap Photo: Inge Scheve

MBSEF Nordic News: The Art of Rollerskiing

(By Brenna Knowles) When the snow has disappeared for the summer and fall, roller skiing is one of the ways MBSEF athletes prepare for the cross country ski season. MBSEF full time, summer and fall term athletes spend up to 12 hours per month (approximately 72 hours per dry land season) imitating cross country skiing on roller skis. Cross-country athletes use their racing boots, poles with an added carbide tip (to prevent slipping on slick pavement) and various brands of roller skis composed of a 2-foot long aluminum shaft, hard rubber wheels, bindings, and – for the most part – no brakes. Because most roller skis don't have brakes or speed reducers, athletes are encouraged to wear helmets during their training sessions. On October 28, MBSEF cross country athletes participated in a classic roller ski time trial up Century Drive. The time trial started below Widgi Creek and ended at the chain up area above 9-mile hill. The top three finishers for the men's team were Charlie Smith with a time of 27:09, Willson Gaul in 27:34 and Lee France in 29:21. The top two finishers for the women's team were Blake Fowles in 37:11 and Lacey Wood in 48:36. Athletes who roller ski during the summer and fall strengthen their arms, back and stomach muscles as well as increase their overall cardiovascular fitness. Athletes

who are new to roller skiing also improve their balance, weight transfer and stopping abilities...for the most part. Mark Frazier is new to the idea of roller skiing and had one of the most spectacular roller ski crashes of the fall conditioning season. As the daily training session came to a close last week, Mark was fooled by the gradual, twisty downhill near the new Northwest Crossing Bike Path and Galveston. Instead of slowing to a stop, Mark kept picking up speed and began a series of shuffling, side stepping and wedging motions to slow himself down...but his efforts were too late. Mark had a number of choices to make within one half of a second: Should he put himself over the curb into the street, into the mailboxes, into the dirt or into the sagebrush? Mark chose a mouthful of sagebrush. Dusty and a little embarrassed, Mark loaded up his equipment into the van and called it a day, his teammates were there to laugh with and at him, as soon as they knew he was ok. Mark is continuing to perfect his roller skiing abilities and is making progress daily. But Mark should not feel bad: Even long time roller ski veterans like Stuart Smith-Blockley have challenging moments. Stuart, fooled by the same gradual downhill that Mark encountered, chose to try and run out his speed on a 10-foot section of dirt. The dirt was too soft, the speed was too high, and Stuart hit the ground flat out. Stuart, just like Mark, pulled himself out of the dirt to humbly accept the laughter and comments of his teammates: "Good one, Stu!"

It is fair to say that all of the MBSEF cross-country athletes and coaches are looking forward to see the snow fly as the snow is much more forgiving than sagebrush, dirt or asphalt.

Special thanks to Gear West for their generous donation of roller skis to MBSEF.

Snowboard Athlete Profile: Justine Larson



Justine Larson with her (mostly self-decorated) snowboard Photo: Inge Scheve

"It's the coaches and the people who make MBSEF such a great fit," says **Justine Larson**, 16. The Summit High junior is entering her third season with the MBSEF snowboard program. According to her coaches, Justine herself is a wonderful example of these people that make MBSEF great, and a promising snow rider. "Justine is very motivated. She is never intimidated and will try anything her coaches ask her to," says head coach Dave Reynolds, adding that Justine is friendly and supportive to everyone in the program regardless of age and ability.

Aside from snowboarding, soccer and school, the busy teenager enjoys black-and-white photography, painting and bowling. "But I have far too little time to do other things," Justine admits, noting that she likes to decorate her own snowboards.

There is no doubt that snowboarding can take its toll on the body, but Justine has had more than her fair share of bad luck as well. The past two seasons, injuries have barred the talented snow rider from her season goal: entering the U.S. Nationals.

"I am dying to go to Nationals this season," Justine says, noting that both times she has had a chance to go, she has gotten hurt. "I'm pretty accident prone when it comes to snowboarding," Justine says, explaining that during her first season with MBSEF, she fell and got a

concussion while working on front loops in the terrain park. "It really wasn't good," she recalls.

Last season, she had another mishap just in time for Nationals. "In February, I was practicing for slope-style competitions when I landed really hard. I didn't fall, but when I landed, I tore my ACL and meniscus in my knee. It wasn't until this September I was cleared to train again, so I missed the first five soccer matches of the season. I was benched. It was pretty awful," Justine explains.

"I injure myself all the time playing soccer too, but it doesn't hurt as bad. I am pretty much constantly covered in bruises," she notes with a laugh. Hoping she has had her load of bad luck and accidents, Justine is aiming for Nationals at the end of the 2003-2004 season.



Photo: Inge Scheve

DONATION
A huge Thank you to **Side Effect** and **James and Anne Jackson** for the really nice sweatshirts our snowboard team wore at the USASA Nationals last March in Maine.

Dates 'n Deadlines

The **Alpine Mini World Cup**, the **Snowboard Winter Term** and the **Alpine Winter Term** programs begin on Dec. 6. **Alpine Mitey Mites** and **Snowboard Development** sessions begin Jan. 3 for the Saturday group, and Jan. 4 for the Sunday group. Second sessions begin Feb. 7 and Feb. 8. The **Cross-Country Youth Development** programs begin on Jan. 3 for Saturday groups, and on Jan. 4 for Sunday groups. The 7-week programs run until Feb. 15, and the 12-week programs end on March 14. **Christmas camps** for **Snowboard**, **Alpine** and **Cross-Country** take place from December 26 through 31 - specific dates vary by program. The camps are filling up, so please sign up to secure your spot. The Snowboard camp December 26-30 is \$160.00. Snowboard camps are discounted to \$100 each with development program enrollment. The camps are included in Winter-Term program at no extra cost. The Alpine camp is Dec. 27-31, 9:00 - 2:30. December 31 is 9:00 to 11:30. The Cross-country camp is Dec. 27-29. Cross-country camps are included in the Winter-Term program. The 12-week Youth program begins with the Christmas camp. Participants in the 7-week Youth program may enter the camp for \$10 per day. Call 388-0002 for more info or to enroll.



MBSEF skier Brit Oliphant during the 2002 Christmas Camp

Photo: Inge Scheve

MBSEF

RACE TRAINING CENTER

*Mt. Bachelor Ski Education Foundation
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MBSEF MISSION STATEMENT

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

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