

# SKI TRACKS

MT. BACHELOR SKI EDUCATION FOUNDATION  
RACE TRAINING CENTER NEWSLETTER



Volume 6, Number 2

Feb 2004

## GREETINGS FROM THE DIRECTOR

*The good news is: competitive skiing and snowboarding teaches our young people "sportsmanship, self-discipline, goal setting, character building, and the pursuit of healthy lifetime activities." The better news is: MBSEF programs are now teaching and coaching these principles to more than 700 athletes! That breaks down to: 283 Alpine youth athletes, 155 Snowboard youth athletes, 123 Nordic youth athletes, 147 Nordic masters and 30 Alpine masters. When you add the skiing and riding families to these numbers and the world-class events that we host, the impact that MBSEF has on Mt. Bachelor is enormous. Mt. Bachelor gives us hill space and the grooming to train and race, lodge space to house our programs and events, season passes for our staff, tickets for our volunteers, the mountain and trails for the Pole Pedal Paddle, the Sunrise chair for the Sunrise to Summit, and countless other means of support. It is needless to state that our support from Mt. Bachelor is critical to our ability to have such a positive effect on all our athletes. For this we humbly thank Mt. Bachelor.*

*The exciting news about all of this is that the sports which we are passionate about are thriving in Central Oregon. You – our growing membership – inspire all of us at MBSEF to provide the service you deserve and expect.*

*Because of this growth, MBSEF must continue to be creative in our fundraising efforts. Most of our fundraising comes through major events such as the Pole Pedal Paddle and the Ski Swap. In order to continue to grow, we have added another major event: The Cascade Cycling Classic, and have*

### SNOWBOARD CHRISTMAS CAMPERS



**MBSEF snowboarder Meaghan Carlson during the 2003 Christmas Snowboard Camp**

*Photo: Inge Scheve*

*changed the PPP course to accommodate growth. The Cascade Cycling Classic has a 27-year history of bringing world-class cyclists to Central Oregon. We feel honored to be given the opportunity to carry on the tradition of this great event. The Pole Pedal Paddle had reached its capacity. Without making changes to the course, we would have to continue capping registration at 900 teams. Bill Smith and the Old Mill have generously donated the use of their land and the Les Schwab Amphitheater to MBSEF for the race. But MBSEF is branching out in more*

*(continued on p. 7)*

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### UPCOMING EVENTS

- Feb 7/8 Session II begins for Alpine Mitey Mite and Snowboard Development
- Feb 14 Sun Country Criterium
- Feb 17-23 41st Annual Sun Cup
- Feb 28 Par Fore the Course
- Mar 1-7 World Cup Snowboard at Mt. Bachelor
- Mar 22-27 Spring Break Camps (days vary by program)
- Mar 23-30 J1/J2 Alpine JO's
- Mar 26-27 Mini World Cup Finals
- March 27 Cascade Crest Tour

## ON THE ROAD WITH THE US SKI TEAM

(By US Ski Team member 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. Kevin qualified for a World Cup spot by finishing second overall in the DH standings at the NorAm races last season.*

*Francis is a former MBSEF racer and a 2001 graduate of Bend HS. These are excerpts from emails sent home during his travels.*

**LAKE LOUISE, CANADA, November 2003**

*Traveling with the World Cup group is a whole different life. They stay in ritzy accommodations and get the best food available. We were at Chateau Lake Louise where all the public rooms are huge with ornate ceilings and giant chandeliers. Free drinks and appetizers were served at the Super G bib draw and we even had a real turkey dinner on Thanksgiving that tasted good.*

*I've raced the Lake Louise DH from a lower start several times, so it was a good way to start my World Cup career. I thought growing up at Mt Bachelor taught me everything I needed to know about gliding, but these guys have had years of experience on this course and they were making lots of time on the flats. We had two good days of training runs but the third day was cancelled because of new snow. I was disqualified in one training run for wearing my GS suit, but I didn't feel too bad about it because Daron Rahlves – a veteran on the World Cup group – was DQ'd for the same thing and he had never heard of the rule either.*

*Lake Louise had a couple feet of new snow in two days, and at World Cups they remove snow from the course rather than packing it down, so they did a ton of work to get the race off. I finished 48<sup>th</sup> of 70, three seconds out which felt OK, but I expect better in a more technical course. A highlight of the event was having the MBSEF rooting section there. After a week of training in Banff, MBSEF Coaches Fred and Kent brought all the kids to Lake Louise to watch the World Cup. The announcer even commented on the 'Kevin Francis Fan Club' because they were so loud AND some even painted their bodies and went shirtless during my run!*

**BEAVER CREEK, COLORADO,**

**December 2003**

*The Beaver Creek World Cup DH is BIG. I had one training run on one of the most challenging WC Downhills in the world, which wasn't nearly enough. About one-third of the way down in the first race, I got late and went out of the course. Then I relaxed for a second before I realized I was going about 70 on a really steep hill and needed*

*to get back into race-mode before I could even think about slowing down. I've never made racing turns going that fast before. In the second race I finished but was very slow. It was a huge disappointment but overall a great experience for me, and Daron's win was the highlight of the week. There was a big party for him the night of his victory where a pair of Atomics he'd signed was auctioned off for \$20,000.00 with proceeds going to the US Ski Team Foundation. The Foundation's Board of Trustees was all at Beaver Creek and one night some skiers on the team went out to a trustee's dinner to mingle and schmooz. It was a pretty relaxing evening for me, because no one knew who I was. The night of the SG bib draw Beaver Creek had a big party in the square with open fires to keep warm, a raffle and entertainment. The US Ski Team was at a table to sign autographs with a long line of people waiting. The guys told me to sit in the first chair to sign, and I was honored until I found out why. I was the rookie so I had to do all the work by greeting each new fan and spelling their*

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

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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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*name right on the poster. All the other guys just signed their names and passed the poster down. I'm in Europe racing in Italy, Austria and France until February 8. I hope everyone is doing well and please ski some good powder for me, as I don't get as many face shots as I used to!*

special rates for MBSEF members  
one hour — \$40 for adults — \$35 for students

## MASSAGE THERAPY

389-4705



Bonnie Raile-Towlerton, LMT

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# Mini World Cup Update

(By Mike Evans, MWC Head Coach)

Welcome back to the Mini World Cup program! While we got off to a stormy start, we have better weather in the forecast. In fact, the first race of the season was completed at Mt. Bachelor on January 11 in beautiful sunshine – both on the faces of the kids and on the mountain snow. Special thanks to all our parent volunteers – without the volunteers, our races would be impossible.

Welcome also to our Mini World Cup season sponsors:

GI Joe's  
Sunriver Woodworking  
Sun Country Tours  
Papa's Pizza  
Coldwell Banker Morris Real Estate-Margo  
Degray  
Mt. Bachelor Village  
Bend Awards and Engraving  
Therapeutic Associates  
Pepsi  
High Desert Beverage  
Bank of the Cascades

Athletes in the program are encouraged to set goals for the season – free skiing, training, race, and long term. It is up to each young athlete to choose his/her own goals. Their goals should come from within, be realistic, fun and achievable. To be good at anything, and especially in ski racing, the mental aspect must complement the physical aspect.

Parents need to be a support mechanism to their children in the program, allowing their child to chart his/her own course in their development. Parents should celebrate, encourage and praise their child/athlete's development, no matter how small or large the progress. The child/athlete's number one priority needs to be on having fun, building friendships, skiing, and enjoying the beautiful mountain environment – not on winning or losing!

Parents are greatly appreciated in all their help in putting on the races throughout the season. Volunteer work sheets are provided in the Parent/Athlete Program Manual. Sign up sheets are also available at the Junior Race Center at the check-in desk.

Thank you for another great season!

Mike B. Evans, Alpine MWC Head Coach

## Alpine Mitey Mite Update

(By Inge Scheve)

While the first Mitey Mite session is coming to an end, registration for the second session is still open. Second session programs start on February 7/8, and there are still openings for new athletes on both Saturdays and Sundays.

The Alpine race development program is designed

for skiers of intermediate and above levels, age 7 through 12.

"We encourage all our Mitey Mite skiers to run gates whenever possible," says Mitey Mite head coach Fred Faria. Several Mitey Mite athletes competed in the NASTAR races at Mt. Bachelor on Jan 17 and 18, with great success, says Mitey Mite coach Fred Faria. "The races went great for the kids. The kids

who competed had a great time, they took note of their times and they talked to one another about their racing experiences," Faria explained, adding that the race-orientation is the main difference between the MBSEF Mitey Mite and the Mt. Bachelor Mitey Mite programs.

"While the Mt. Bachelor Mitey Mite program continues to be a more basic, skills-only option, the MBSEF Mitey Mites is a race-training program," Faria explains. "We train them as if they are racers. It's no problem at all that not all MBSEF Mitey Mite athletes choose to race or are even interested in racing at this point, but if they ever choose to go that direction later, they have the basis and they are better equipped to handle that challenge when it appears." Thanks for being a part of MBSEF and our Mitey Mite program!



**PIZZA MONDO**

811 N.W. WALL ST.

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### DONATION

A huge Thank You to **John Schiemer** for his generous financial support for Alpine equipment - the gear is much appreciated!

## CHRISTMAS CAMPS

*(By Inge Scheve)*

*With increased overall enrollment in the MBSEF youth and junior programs, the Christmas camps were filled up for all programs – for the first time ever.*

*Participants and coaches braved every winter weather condition – from clear cold and sunny to a full-fledged blizzard, high winds and white-outs. But, as the Norwegians claim, there is no such thing as bad weather, just bad clothing.*

*“It was a stormy three days of fun,” recalls Brenna Knowles, the Stevenson Youth Development director, thinking back on the almost four feet of snow that fell on the Mountain during the camp. “But I had an excellent group of coaches – many of which are new – who are bringing in a lot of new games and new skills that the kids are being introduced to this year,” Brenna says.*

*New items on the Christmas camp menu included a ski-and-story and a ski-and-art contest (stories and art are currently on display in the Nordic Center) and a wax clinic at the Nordic Lodge. “It’s amazing how much the kids already know about waxing, but it was good to clean up some of the mysteries of waxing,” Brenna explains. During the clinic, she went over the differences between klistler, hard wax and glide wax, explained how to use a cork to even out the kick zone, and discussed why old kick wax should always be removed before applying new layers.*

*And among the kids, just connecting with other youth who ski and making new friends across school and age group boundaries was reason enough to tackle the snow and head for the trails, Brenna concludes. Judging from the rider attendance, the prominent guest riders and the six coaches who battled piles of snow and some frigid temperatures, the 2003 snowboard Christmas camp was an unparalleled success.*

*“The snowboard Christmas Camp was a total success, especially considering that over five days,*



*The 2003 MBSEF Snowboard Camp participants*

*Photo: John Ingersoll*

*we added 30 inches of snow to our base,” said MSBEF snowboard director John Ingersoll. “We had a waiting list to get in, so sign up early next year,” Ingersoll said noting that 39 MBSEF riders attended. But while snow is good, too much can be a hurdle. The clearing in the weather toward the end of the camp helped conditions tremendously. “It cleared up for the last two days, which allowed the Mt. Bachelor grooming staff to catch up and the freestyle facilities became manifest.”*

*Among the prominent guests who paid the campers a visit this time was Bend-based snowboarder Leslee Olson. “Leslee Olson showed up and signed her posters during the camp,” Ingersoll said. “And one day, Josh Dirksen and Thayne Mahler showed up and rode with MBSEF groups.”*

*Ingersoll pointed out that the awards ceremony that marked the end of the camp was popular with all the riders. “The awards ceremony was incredible. Every rider received some cool snowboard swag and our grand prizes were a Dakine backpack, a Premiere Snowskate and a Nitro Snowboard! A prized goodie in each awards ceremony packet was a MBSEF snowboard sticker signed by Josh Dirksen!”*



## Events Director News

(By Inge Scheve)

Since the Snow Ball in Sunriver last November, events director Kalisha Fleischmann has been busy at work securing the winter and spring events.

First off this year was the second annual **Great Nordeen** ski race. The cross-country ski race and tour has become so popular that it may soon become a qualifier for the American Birkebeiner, one of the most prestigious events in the country. "If the Nordeen became a Birkie qualifier it would be a great benefit to racers in this part of the country, because there are no Birkie qualifier events in the region," Kalisha notes. Also, the Nordeen awards banquet at the Bend Armory was a success. Participants enjoyed a well-deserved Mexican dinner while the Moon Mountain Ramblers provided the entertainment, and raffle prizes for more than \$2,000 were drawn. The top male and female skiers received \$300 each as cash prizes, and medals were awarded to all age group winners.

Next up is the **Banff Mountain Film Festival** on April 19-21 at the Summit High School auditorium. "We have a good cross-section of sports and activities, a good balance of environmental and cultural films, and a good mix of funny and serious segments," Kalisha says. She notes that because there is only one showing per night – at 7 p.m. – the show, which lasts approximately 2 hours and 30 minutes and includes an intermission during which there will be a raffle with products from the festival sponsors, should work out good for everyone. Finally, the **2004 U.S. Bank Pole Pedal Paddle** on Saturday, May 15, will feature some changes, both physically and in the sponsor department, Kalisha reports.

Registration material is available in early February, and entry fees remain the same as last year: \$38 per team member and \$48 for individuals during the early entry period. Add a \$5 late fee per person from May 1st through May 5th..

"TEVA is stepping down as a major sponsor but will remain a minor sponsor, and the Old Mill is joining us," Kalisha says. Among the event changes, the finish line move is the most prominent. The finish has been moved from Drake Park to the Les Schwab Amphitheater near the Old Mill, which enabled us to sign the Old Mill as a major sponsor this year, Kalisha says. "We are proud to welcome the Old Mill to our team of sponsors."

In order to finish at the Old Mill, the canoe/kayak leg has been moved. Paddlers now put in near the Bill Healy Bridge and paddle in a large loop, taking out 200 yards upstream from the put-in, which in turn changed the run segment to end near the Bill Healy Bridge. Kalisha explains that to maintain

the distance of the run, the run course is extended further up Century Drive before looping around and coming down to the boat exchange. Title sponsor U.S. Bank is currently finalizing the PPP Harley-Davidson raffle. As a tie-in with the U.S. Bank Harley-Davidson credit card offer for which the bank is planning to display a motorcycle in each of the area branches, a Harley Sportster will be raffled off at the 2004 PPP. Awards ceremony will be held on race day at Les Schwab Amphitheater.

### U.S. Bank Pole Pedal Paddle Logo Contest

Clint Nye of the Bulletin won the 2004 PPP Logo Contest for the second time. Nye also designed the 1996 U.S. Bank Pole Pedal Paddle logo.

"People kept looking at Nye's logo. It has a good look to it," Kalisha says of Nye's contribution – one of almost 30 submitted entries. "Maybe it is the color. Maybe it's because the logo has elements that are similar to previous years, but people like continuity. This logo really stood out to everyone who was voting," she adds, pointing out that Nye's logo was the only entry to include the date the PPP was established as well as the 2004 race date. "It recognizes the history of the event and portrays some excitement about the new race as well."

## 2004 U.S. BANK POLE PEDAL PADDLE LOGO CONTEST



2004 Logo contest winning design by Bend artist  
Clint Nye

**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](mailto:mbsef@mbsef.org).**

## Weather Training or Racing

(By Kent Towleron)

January is the month when most of you will start racing more frequently. You are looking at the calendar and figuring where and when you'll be out of school and on the road. It is exciting, and you race because it is fun to compete, see your road friends, skip homework, and test your latest training advances. We have been having classic northwest weather, which the coaches tell you helps build character and toughness. When your long-johns are wet, it is time to pull. The 6-inch rule has been invoked a lot – many days have been spent skiing gates that have branches and needles.

I never knew how tough our weather was until I went to school in the Rockies and often wondered why my team mates complained about a little snow or wind. When your coaches wear headbands, sunglasses, and vests all year, it becomes clearer that not every division in the nation has the same conditions. Our weather is the same as most of Europe, and you can use the same wax combinations and be right on. Dry and cold conditions are limited and found at high altitudes (10,000 ft). Ruts, wind, snow, and flat light are conditions you must train in to be able to adapt and have success when you compete.

### Alpine and Snowboard Mitey Mite Programs

Second Session Registration is currently under way. Please enroll early to secure a spot in the group and program of your choice. Enrollment packets are available at the MBSEF office at 900 SE Wilson Ave, or by calling 388-0002.

The weather is something we have no control over, so when you arrive at your race site, remember to focus on what you can control. Ski equipment – make sure you have all necessary gear

## Central Oregon's Technical Running Store

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for the events you will compete in. Tuning tools – carry a tool box with everything (vises included). Eat well and sleep enough to keep you in the game. Being late to the van each day means you have a time management problem and are not organized enough to be your best. Take care of the details, so you can focus on training while training.

### **The most important ingredient is you!**

When you get to the hill in the morning, make sure you are on the lift early to warm up and figure where the course and access runs are. Know the schedule and plan your start arrival. If the weather and conditions are lousy... remember that people will move up – and because you have trained in this stuff, it might as well be you. Having a positive attitude when others are complaining is one of the greatest advantages you can give yourself.

Look ahead and let it rip!



Tommy Ford, Mike Bansmer (from Ashland), Kevin Prodehl and Anton Hiltz at the 2004 Sugar Bowl in California.



## 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** – Jr Mbrs - 20% off clothing, eyewear, waxes, accessories.

Preseason 1 time team price (order through XC coach). Masters 10% clothing, eyewear, waxes, access., & 5% hardgoods.

**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. 4/30/04.

*Additional Member Benefits Will Be Listed In Future Issues of "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](http://www.mbsef.org)

*areas: Starting this summer, MBSEF will be offering a new program to our kids – a mountain bike riding and road bike riding training program. Cycling offers great off-season training for all of our athletes. The power, stamina, balance, and tactics that cycling encourages are all crucial skills in skiing and snowboarding. Stay tuned for more details about this program.*

*Each of our programs has an advisory committee chaired by one of our board members. These committees serve to take input from our membership and pass the information on to our program directors. We are constantly striving to make our programs better and your ideas are always welcome. The current committee chairs are:*

**Alpine** – Rod Ray

**Nordic** – Dennis Oliphant

**Snowboard** – Bev Francis

and Howard Friedman

*They can be reached through our office at 388-0002. I can also be reached at this number, and I am always available for your thoughts and feedback.*

*On behalf of the staff and our board: thank you for all your support.*

*Chuck Kenlan  
Executive Director MBSEF*

*Photo by Chuck Kenlan*



## The Great Nordeen and Shortnord Races Prove Golden for Beckie Scott and Justin Wadsworth

By Inge Scheve

Despite white-out conditions and high winds at Mount Bachelor, more than 300 skiers participated in the second annual U.S. Bank Great Nordeen 42-kilometer ski marathon and the new U.S. Bank Shortnord 30-kilometer ski race. Both events have participants maneuver their way from the Mount Bachelor Nordic Center via the Blue Lodge and Sunrise Lodge Alpine areas onto the Edison Sno Park trail system to finish at the intersection of Century Drive and Forest Service Road 1346, 11 miles from Bend.

Beckie Scott, who won the gold medal in the women's 5+5-kilometer pursuit race at the 2002 Olympics in Salt Lake City and a Canadian national team ski racer, was the first to finish the 30-kilometer Shortnord race, followed by MBSEF Nordic Coach Jeff Costello of XC Oregon, who won the overall men's Shortnord race. Four-time Olympian Justin Wadsworth of Bend won the men's Great Nordeen for the second time, followed by Jan Spurkland of XC Oregon, while former Olympian Suzanne King of Bend was the fastest of the women in the Great Nordeen – for the second year as well.

"It is a very skiable course," Scott said, who commended the race organizers for putting on a high-quality event that appeals to a broad section of skiers. "I was happy with my race, and I would definitely do it again," she said, noting that she – and many of her fellow racers – added a short sightseeing snippet after leaving the Alpine area. The course lacked flagging on a 90-degree right turn, so Scott continued straight on what looked like a drifted-over course. "I had my head down and just continued right ahead." But given that most of the front racers made the same mistake, it was the same for everyone and therefore

fair, she added with a grin.

Scott's husband Justin Wadsworth also enjoyed the course and the competition Saturday. "It was really fun to ski with Jan (Spurkland). He had a good race," Wadsworth said. "Last year's race was really cool, and I was looking forward to this one. We have always needed a big race in



2004 Shortnord winner Beckie Scott crosses the finish line in 1 hour 19 minutes and 8 seconds. Photo: Jake Cross

town, and this one has the potential to become one." The 2004 Great Nordeen course increased by seven kilometers from the inaugural 2003 event and features a total elevation loss of 2,600-feet, earning the event the tag-line "fastest ski marathon in the United States." Additionally, the 30-kilometer Shortnord debuted to give skiers a shorter, but not easier, option.

The races are fund-raisers for the Mount Bachelor Ski Education Foundation in Bend. The long-time goal of the foundation is for the point-to-point races to become a west-coast institution – events skiers plan their entire race season around – much like the Boulder Mountain Tour in Sun Valley, Idaho.

"We wanted to establish a major event that can unite cross-country skiers in Central Oregon and put Central Oregon on the map. We already know we have excellent skiing, but we want to show off our ability to put on a first-class ski race," said Chuck Kenlan, the MBSEF executive director. "Events are important to the community. This ski tour has the potential to bring thousands of people to town," Kenlan added, noting that the race contributes to increase the interest in cross-country skiing.

"People seemed to like the new course, and the event went really well," MBSEF events director Kalisha Fleischmann concluded.

For complete results, visit [www.mbsef.org](http://www.mbsef.org).

**A special thanks to all the Nordic parents who volunteered at the Great Nordeen**

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## Stevenson Cross-Country Youth Development Update

(By Brenna Knowles, XC Youth Coach)

Now that our ski season is in full swing, **the Stevenson Youth Program is 53 members strong!** The breakdown comes to 20 girls and 33 boys. We have 22 skiers in the 12-week program and 31 skiers in the 7-week program. On Saturdays we have 15 skiers joining us, and 38 skiers join us on Sundays. Of the 53 athletes, 15 are focusing on competition and 38 are focusing on recreation. We have 13 program coaches, one assistant coach and one head coach. What an impressive group!

Our Sunday sessions have a much higher attendance than our **Saturday** sessions. If anyone has the flexibility to **switch from the Sunday session to the Saturday session**, please do so by calling Brenna Knowles at 388-0002. If we can equalize the session attendance, our coaches will be able to spend more time with each athlete, and the quality of the program will rise. On that note, the Youth program is excited to announce our new assistant coach Matt Plummer. Matt is doing an excellent job coaching while balancing a full class load at COCC, his car breaking down and trying to move.

Next up, the **Western States Youth Ski Festival** is scheduled for February 21-22, 2004 in Pocatello, Idaho. This family-focused event is appropriate for all youth program skiers 13 and younger. The entry fee for both days is \$35. (Contact Brenna for location and accommodation information, including lodging rebates for participants).

Schedule highlights include an obstacle course, a flying downhill course and a classic ski race for all age categories, as well as a banquet at which athletes will receive their recognition and raffle prizes will be drawn.

With that, we'll just conclude that our program is off to a wonderful start! If you have any questions, suggestions, worries or praise please contact me at 541-388-0002 or [brennaknowles@hotmail.com](mailto:brennaknowles@hotmail.com)

Brenna Knowles  
Head Coach, Stevenson Youth Program  
MBSEF

## Enter the Dragon

By Inge Scheve

**Enter the Dragon** is a USASA sanctioned contest series and the premier contest series in the Pacific Northwest. The contests take place at Mount Bachelor and run over three weekends. The competitions, which are presented by High Cascade Snowboard Camp and Mt. Bachelor, all consist of two events: The slopestyle competition is on Saturday and the halfpipe competition is on Sunday (see schedule below).

"Thanks to Mt. Bachelor groomers and staff, riders can expect good facilities, quality and fair judging, and a strong field of riders with competitors who come from not only Central Oregon but from Mt. Hood, southern Oregon, and Washington," says John Ingersoll, MBSEF Snowboard Director. "MBSEF riders have an advantage with coaches Dave Reynolds and Hans Hibbard in their corner on contest days, along with competition prep all year."

Riders who participate in **Enter the Dragon** contests earn national points toward qualifying for the U.S. Amateur Snowboarding Association National Championships, which will be held at Angelfire, New Mexico, this spring.

"HCSC started the contest series in 1997, the same year HCSC brought the Pipe Dragon (halfpipe grooming machine) to Mt. Bachelor. We named the contest after the Pipe Dragon and our favorite Bruce Lee movie," Ingersoll explains.

MBSEF competition riders prepared for **Enter the Dragon** by competing in the Mountain Dew slopestyle and halfpipe contests at Mt. Bachelor this past weekend. Several MBSEF riders made the podium including MBSEF coach Hans Hibbard.

### Enter the Dragon Dates

(Damien Nurre – head judge and facilities director 385-0811 or 390-6697)

January 17 <sup>th</sup> (Sat.)	Slopestyle
January 18 <sup>th</sup> (Sun.)	Halfpipe
January 18 <sup>th</sup> (Sun.)	Rail Jam
February 14 <sup>th</sup> (Sat.)	Slopestyle
February 15 <sup>th</sup> (Sun.)	Halfpipe
February 15 <sup>th</sup> (Sun.)	Rail Jam
February 28 <sup>th</sup> (Sat.)	Slopestyle
February 29 <sup>th</sup> (Sun.)	Halfpipe (Trans AM)

### ETD Contest Fees & Membership

USASA Membership	\$50
Single Event Fee	\$20
Weekend Contest Fee	\$35
Contest Series Fee (all 6 contests)	\$80
Rail Jam \$10 per jam or \$15 for both	

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## Shandar's Waxroom

By Shana Sweitzer

*Snow, Snow, Snow. The banks are reaching ten feet at Blue, which is good news – unless you're Max Gomber. One Snidely too many left Max and Jeff Gomber searching for Max's slalom ski on an awesome 3-foot powder day. After two hours of searching the van left the dynamic duo with no sign of the missing ski.*

*Other lost items at Blue Lodge that week included Knut, David and Julie Renton's car keys. Anybody wondering whose car was buried under three feet of snow and had protruding cones off the top can now put their curiosity to rest. I hope David didn't pull too many muscles digging that out... Some people talk and some people do. Joe Prodehl proves himself to be the latter. Witnessed by more than a few, Joe landed, on his first attempt, a killer back flip. Not to be outdone, Marc Nabelek also attempted one, but there was more wincing than clapping as Marc augured in, face first... The Space Cadet of the month award was a close race. However, Chad Tullis pulled forward with the Boot Fiasco of 2003. Did your boots go to Mammoth? Did your boots go to Wyoming with the Nordies? Are those your boots right next to you? Thanks Elise Miller, your eagle's eye located Chad's "lost" boots...*

*Congratulations to Jordan, Julie, and John Schiemer. I hear sleep is a rare commodity at their house thanks to a beautiful new boy... MWC coach Eric Huston was on his way to Maui for a two-week vacation when the ice storm of the century hit the Portland airport. Hey, what's the big diff – three days hanging out in the airport, or three days on the warm, sunny beaches of Hawaii? ... That's all from the Alpine side. I haven't heard anything from the Nordic front. I guess they just sweat and wax their skis a lot.*

# Mt Bachelor

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# MBSEF

## RACE TRAINING CENTER

*Mt. Bachelor Ski Education Foundation  
Race Training Center  
900 SE Wilson Avenue, Suite G  
Bend, OR 97702*

*Address Service Requested*

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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

**900 SE Wilson Avenue, Suite G  
Bend, OR 97702**

**Office Hours:** 8:30 a.m. - 5:00 p.m.; Monday - Friday

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