

SKI TRACKS



MT. BACHELOR SKI EDUCATION FOUNDATION
RACE TRAINING CENTER NEWSLETTER

Volume 6, Number 3

March 2004

WINTER FUN IN THE SUN



Gunnar Oliphant and Riley Shannon

Photo: Submitted

GREETINGS FROM THE DIRECTOR

As we move into March, many of our athletes are realizing the goals that they set out to accomplish at the beginning of the season. Many of the championship teams have been selected, and MBSEF's young athletes are gearing up to take it to the next level.

Thirteen of our Cross Country skiers have qualified for the National Junior Olympics in Lake Placid, NY. They are: **Blake Fowles, Matt Halloran, Stuart Smith-Blockley, Collin Rymer, Trent Lowe, Luke Foster, Charlie Smith, Lee France, Tom Smith, Dakota Blackhorse, Carson Miller, Marlo See, and Joe Madden.** Nine of our Alpine J-3s have qualified for the Western Region Junior Olympics at Sun Valley. They are: **Elise Miller, Christina Schueler, Tommy Ford, Chad Tullis, Anton Hilts, Kevin Prodehl, Andy Hackbarth, Alex Westphal, and Max Gomber.** We have selected our J-4 and under skiers to represent MBSEF at the Buddy Werner Championships at Alpental. They are: **Logan Olsen, Jesper Hilts, Ian Halderman, Cameron Riemhofer, Cole Timm, Jordan Schiemer, Wilson McLain, Trevor Olsen, Andrea Wallace, Jetta Rackleff, Jenna Sneva, Devon Engle, Kori Coggin, Mackenzi Coggin, Lindsay Brewis, and Lindy Holts.**

Congratulations to all of you! We know that you will represent MBSEF and Mt. Bachelor well. The USASA Snowboard National Championship team and the Western Region J-1/2 Junior Olympics teams have not been determined as of yet. We will announce the teams in the next newsletter.

The Successes we are experiencing are the result of the dedication and hard work of all of our athletes, not only the ones who have qualified for these events. Our athletes who did not qualify for these events can take a lot of the credit for the successes of the ones who did.
(continued on p. 7)

UPCOMING EVENTS

- Mar 1-7 World Cup Snowboard
- Mar 22-27 Spring Break Camps
(days vary by program)
- Mar 23-30 J1/J2 Alpine Junior Olympics
- Mar 26-27 Mini World Cup Finals
- Mar 27 Cascade Crest Tour
- April 1-4 PNSA Masters Championship
- April 16-18 NW Cup Finals
- April 19-20 Banff Film Festival
- April 23-25 May Day Races
- April 24 MBSEF Awards Banquet

A LOOK INSIDE

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Mount Hood Three-Way

The first week of February brings two things you can always count on, Ground Hogs Day and the Mt. Hood Three Way. As anticipated, Punxatawny Phil did not see his shadow. Therefore, not to break with tradition, I made sure to pack my rain gear before heading off to Mt. Hood.

The Mt. Hood Three Way is a traditional event here in the Northwest: This year marked the 36th annual running of this classic race. The competition combines Slalom, Giant Slalom and Nordic Jumping for skiers ages 13 and younger. The event is special because it allows kids to compete against others from around the Northwest often for the very first time. Also, by combining the different disciplines, it gives the kids the opportunity to excel in one or more events and to compete for an overall award.

In years past, the event included cross-country skiing and was labeled The Four Way. However, in the absence of the cross-country event, the MBSEF parents have organized a pizza party. The party is now one of the most anticipated events of the weekend. I would like to thank the parents for making this happen!

Saturday morning began with a Slalom race at Multipor Ski Area. In the J5 boys competition Ian Bristow and Trevor Olsen started the day off by placing second and third, respectively. In the J4 boys race, Logan Olsen and Cole Timm placed first and second place. The J4 girls race began with Andrea Wallace and Jetta Rackleff taking second and third place. Later that afternoon, the Nordic Jumping began. Yes, the event was held on a real Nordic Jump! Jenna Sneva and Jetta Rackleff flew to third and fourth place finishes in the J4 girls event. Jesper Hilts and Logan Olsen took home first and fourth places for the J4 boys. The day's events were then topped off with the pizza party where fun was had by all.

Sunday morning brought us to Ski Bowl for the Giant Slalom competitions. This is the event in which kids from MBSEF traditionally do quite well, and this year was no exception. The MBSEF J4 boys, led by Logan Olsen, swept the top five places. Andrea Wallace and Jetta Rackleff placed first and second in the J4 girls. It should also be noted that Andrea won both runs with the fastest times of the day overall – girls and boys – by a very wide margin. Kori Coggin finished off her day by placing second in the J5 girls GS. The overall Ski Meister awards went to Logan Olsen of MBSEF for the J4 boys, while Jacqueline Wiles of Cooper Spur edged out MBSEF's Jetta Rackleff for the J4 girls title.

It was a classic Mt. Hood Three Way weekend. Yes, we got wet, and yes, we received Snow Park tickets even though we had permits. However, the kids skied well, ate lots of pizza and had a lot of fun.

by Erik Huston

Alpine Nordic Cross Kids Burn up Nordic Trails

MBSEF Alpine Mini World Cup skiers are once again converging on the Mt. Bachelor Nordic trails to improve their results in this year's May Day four-way meet scheduled for April 23 to 25. The six-week program, coached by Dennis and Wendy Oliphant, take the skills already natural to the Alpine athletes and apply them to Nordic skate skiing. "It is amazingly easy to take these kids with good downhill skills and get them skating at a very high level in a very short period of time," Dennis said.

Wendy Oliphant agreed: "It just proves that skiing is skiing is skiing. These kids are confident, relaxed and are great skiers. I think many of them could be skiing at a Nordic Junior Qualifier-level in a very short period of time."

Close to 20 skiers are enrolled in the program that meets six times over the course of the winter. The Sunday afternoon

time period is designed to fit after the day and a half Alpine program, as well as accommodate Sunday morning Alpine races.

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.

Publisher: Chuck Kenlan

Editor: Kathy Kurtz

Asst. Editor: Inge Scheve, Kalisha Fleishmann

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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MITEY MITE SHOT OF THE MONTH



MBSEF Mitey Mites Anna Zerger, Jennifer Robeson, Brooke Kelley, Samantha Tullis, Coach Tom Tullis, Margaret Blaylock, Brooke Blume, Hanna Cook, Brooke Walsh, Ely Crane.

2004 BUDDY WERNER TEAM

- | | |
|--------------------|----------------------|
| 1. Andrea Wallace | 1. Logan Olsen |
| 2. Jetta Rackleff | 2. Jesper Hilts |
| 3. Jenna Sneva | 3. Ian Halderman |
| 4. Devon Engle | 4. Cameron Riemhofer |
| 5. Kori Coggin | 5. Cole Timm |
| 6. Mackenzi Coggin | 6. Jordan Schiemer |
| 7. Lindsay Brewis | 7. Wilson McLain |
| 8. Lindy Holts | 8. Trevor Olsen |

MINI WORLD CUP UPDATE

The Mini World Cup is strong and healthy this season. We've been adding athletes through the months of January and into the first part of February. We have also endured some pretty heavy weather to boot.

The Mini World Cup race series was a huge success, with the last two races held under almost perfect conditions. Now we can gear up for the finals at the end of March. The individual and team competitions have been exciting all season. The season will be capped off with Spring Camp on March 24 -25, the finals March 26 - 27 and the awards for Mini World Cup only, at Summit High School 7 p.m. Saturday, March 27th.

We would like to thank all of the parent volunteers for their help this season. We also need your continued support for the finals and the May Day Races, April 23 -24 -25.

*Regards, Mike Evans
Mini World Cup Head Coach*

FOR SALE

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THANKS!
For all the generous donations toward the snowboard video camera. We bought a Canon ZR70MC and it is getting lots of use!!!!

HAVE A GREAT SEASON!

WISH LIST:
The MBSEF office needs a file cabinet. Any file cabinet - old or new - would be much appreciated! Please call Kathy at 388-0002.

130 SW Century Drive, Bend

SNOWBOARD ATHLETE PROFILE: SAMANTHA BARON

(By Hans Hibbard)

This year has been one of exceptional growth – literally and figuratively – for Samantha Baron, a second-year athlete in MBSEF’s Snowboarding competition program.

Samantha has emerged from last year’s conservative, easy-going athlete into this year’s motivated, competition winning, go-getter. Her extra effort during Thursday and Sunday practices has translated into a noticeably strong style. Sam’s competition resume from this winter, so far, records only first-place standings. Her wins include two Enter the Dragon Slopestyle competitions, two Enter the Dragon Halfpipe competitions, a Mt. Dew



Samantha Baron and MBSEF coach Hans Hibbard

Slopestyle competition, and a Mission Six outerwear slopestyle competition. She will be this year’s top qualifier in her age group for USASA Nationals, held this season at Angelfire, New Mexico.

Aside from Samantha’s athletic endeavors, she possesses all the qualities of a truly successful individual. Samantha is poised to do well in both snowboarding and in life. In all situations, her sense of humor and positive outlook make her a pleasure to be around. As an 8th grade student, Samantha maintains a 4.0 GPA, is in advanced math, is a member of the Honor’s Society, and participates in soccer, tennis, and horseback riding.

She is a real asset to the MBSEF Snowboard competition program, and we are proud to have her as a member of our team. Keep up the great effort Sam!

**VOLUNTEERS
NEEDED:**

MBSEF is looking for volunteers to distribute Pole Pedal Paddle flyers. Call Kalisha Fleishmann at 388-0002.

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Events *Director News*

"The **US Bank Great Nordeen** was a huge success," Kalisha says. "Participation was 280, which represents an increase of more than 20 percent compared to last year." This year, US Bank entered as the title sponsor, which is a great benefit, and the awards banquet at the Bend Armory was well attended. Next up is the **Banff Mountain Film Festival** on April 19-20. The films will be shown at 7:00 p.m. both days in the Summit High School Auditorium. There is one show per night, and each day's performance will last about two and a half hours – including an intermission where the sponsors will draw door prizes. The films, Kalisha explains, are a good cross-section of the Banff repertoire - some adventure films, some extreme sports and some environmental and cultural content. "There should be something for everyone," she concludes. Tickets are \$12 in advance and \$14 at the door.



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KIDS MINI PPP T-SHIRT DESIGN CONTEST

The Mini PPP T-shirt design contest is open to students K-5th grade. Entries are due by 5 p.m. on Wed, March 17. The top designs will receive prizes from Saxon's Jewelers, Papa's Pizza, Albertsons, and Bend Metro Parks & Rec. during the press conference at Saxon's

on April 14 at 4:30 p.m. The **US Bank Pole Pedal Paddle** entry forms are out at all US Bank branches in Central and Eastern Oregon and at selected sporting goods stores. A new benefit this year is that people can register on line from our web site at www.mbsef.org or download the form at www.bendnet.com/ppp and mail it in," Kalisha says. Other PPP news includes an athlete and community Pasta Feed at the Athletic Club of Bend the night before the event featuring Ben Husaby as the motivational speaker. "The Pasta Feed also hosts a pre-event expo where equipment vendors, massage therapists and other professionals are on site to meet all your pre-event needs," Kalisha adds. The Pasta Feed starts at 5:30 p.m. and ends at 7 p.m. Tickets are \$12. Contact Kyle Will at the ACB for tickets or stop by the MBSEF office. The **Kids Mini PPP** entry forms will be available on March 8. The Kids Mini PPP format remains the same and the event will take place in Harmon Park on Sunday, May 16. There are still **sponsorship opportunities** for the 2003-2004 race season. MBSEF encourages interested entities to call Kalisha at 388-0002 for specific details.

Mt. Bachelor Ski Education Foundation

VOLUNTEERS NEEDED!
 FOR THE 2004



When:
 SATURDAY, MAY 15, 2004

Where:
 FROM MT. BACHELOR TO LES SCHWAB AMPHITHEATER

What Time:
 ANYTIME BETWEEN 8AM AND 4PM

Why:
 FOR A GREAT TIME AND A VOLUNTEER T-SHIRT

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.

SNOWBOARD PROGRAM UPDATE

by John Ingersoll

The Snowboard Program is succeeding this season across the board, no pun intended. To date, enrollment in the Competition, Development, Midweek and Christmas Camp programs has grown dramatically. How did we do it? First, we got the word out on an already quality program. Second, our coaching staff is coaching and mentoring at a high level. Finally, and most importantly, we are having lots of fun!

MBSEF will be qualifying more riders to USASA Nationals at Angelfire New Mexico this year! Riders in the Development program are progressing in their riding skills across the ability groups, and some are entering the competition arena. We lowered the program age qualification to seven years old and recruited a handful of young passionate riders. Our awards ceremonies with sponsor product give away have been exciting and fun. The competition program is traveling to out-of-area competitions in preparation for Nationals. Parents are more involved. The snowboard program is on a roll!! Program Director John Ingersoll, head coach Dave Reynolds, coach Hans Hibbard and the other snowboard coaches are planning for the 2004/2005 season. We are looking at some additions, and our focus is on the quality and caliber of the program.

Our successes at MBSEF are measured in many ways. We received feedback on a Session I Development Program evaluation survey that sums up what we are striving for. The feedback about coach Kit Blackwelder was added on the back of the evaluation: "I wanted to add how much Ansel appreciates his coach and how important this mentoring process is – especially for boys today (not enough healthy



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men to emulate!) Ansel told me that for the second session he wants to get Kit to sign his MBSEF sticker (instead of the pro poster guy) because Kit is a hero! Thought I would pass on this compliment." – Gillian, MBSEF Mom

Spring Break Camp

Speaking of Spring Break, we are planning a great five-day Camp: March 22 through 26. Mt. Bachelor's snow pack is at its peak, the freestyle facilities are in prime shape, spring is in the air. If you are in the Winter-Term Competition Program, the Camp is included at no extra charge, if you are in any other program, the Camp is discounted to \$100. Space is limited, register early by calling MBSEF at 388-0002.

New Four Week April Session

For the end of the season, we are planning a four week, Saturday, April Session (4/3 through 4/24). It's open to all MBSEF riders who are serious about improving their freestyle skills, competed this season, or want to compete next season. The price is \$130. On snow times are 9:30 a.m. to 3 p.m. for the first two weeks, and 8 a.m. to 1 p.m. for the last two weeks when Mt. Bachelor is on their spring schedule. Call MBSEF to enroll.

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. Members receive 20% off clothing, eyewear, waxes, accessories. Masters receive 10% off clothing, eyewear, waxes, accessories, & 5% off 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 "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 www.mbsef.org

(continued from p. 1)

Through your desire to compete and succeed, you push the ones around you to be better. All of our athletes should be proud of themselves.

It is our goal to provide travel grants to any of these athletes that qualify for a championship event.

The grants are awarded based on a number of criteria including financial need. Because of the successes of our athletes and programs, the amount that each individual athlete receives may be limited. Although we have already received some donations for specific athletes travel grants, we would greatly appreciate any additional donations to supplement the scholarship fund. Our goal, just like W's, is "to leave no child behind".

We have an incredibly successful program, thanks to our entire membership. It is my goal as your director to continue to build on our successes and strive to take MBSEF to the next level.

Regards,
Chuck Kenlan
Executive Director
MBSEF

Photo by Chuck Kenlan



Stevenson Cross-Country Youth Development Update

(By Brenna Knowles, XC Youth Coach)

Congratulations to the 33 skiers in the 7-week cross-country ski program who just finished their season with MBSEF! All of the Youth Program coaches hope that your time with MBSEF was fun, and that you have been given opportunities to become stronger skiers in the weeks we have spent together. If you would like to keep skiing through February and March, call MBSEF at 388-0002 for information on how to upgrade to the 12-week program.

There will be no morning practices on March 6th and 7th. Instead, athletes and parents will meet program coaches at the Mt. Bachelor Nordic Center, **Saturday at 7 p.m.** and skate or classic ski (skiers choice) under the Full Moon!

For our last days of practice, March 13th and 14th **don't forget to bring light shovels and sleds** so that we can head out to the natural terrain park area on Century Drive or Riches Range and build jumps, caves or sculptures.

Our annual **Stevenson Youth Program Banquet** will take place in late March. Watch your mailboxes for formal invitations. The Banquet is a chance for kids and coaches to get together and share stories and pictures from the season in a non-ski atmosphere. This potluck-style dinner includes recognition for program skiers and raffle prizes.

Also coming soon to your mailbox are the **program evaluations**. We crave your comments and suggestions so that our program can grow and change to meet the needs of young skiers.

Development Athlete Profiles

Like many of the participants in the Stevenson Youth Program this year, Forrest Kretchmer, 8, Joseph Murphy, 7, and John Murphy, 8, can wax their own skis, climb up big hills at

the Nordic Center, hit the terrain park and glide through powder. And they've all made new friends and learned skate technique in the process.

Forrest first learned to ski after suggesting to his dad that he'd like to try cross-country skiing instead of Alpine skiing. "I didn't even know how to do it, I wasn't good at it. But then I got better and better, and now I know how to classic and now I like skating more than classic," said Forest of his formative years of Cross Country skiing.

The Murphy boys learned how to ski from joining their parents on weekend trips to the Mt. Bachelor Nordic Center.

The boys said their favorite days of the program include the Rich's Range Classic Ski Tour, the Scavenger Hunt as well as playing soccer and watching local races. All three boys have been working on their waxing skills. "I'm good at it (waxing)," Forrest said of his new-found skill. "I know how to do it now."

The boys nominated Matt Plummer, Katie Hayes and Jenna Lindbo as their favorite Youth Program coaches. They selected freeze tag and rabbits and foxes as their favorite games.

They are also excited about their uphill skiing ability. "I'm better now than at the beginning of the season, a lot better," Joe said. John explains that while at first, he had trouble climbing even small hills, things are better now. "At first, I wasn't that good because I couldn't go up the three-foot hills and now I can go up mostly any hill out there," John says. He is also proud of his ability to hockey stop on skis, and Forrest mentions that he can now make it up the Screamer Hill at the Mt. Bachelor Nordic Center.

All three boys are looking forward to participating in the Moonlight Ski on Saturday, March 6th and the Shovels and Sleds Day on March 13 and 14th. "That's going to be so cool," Forrest said.

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Forrest Kretchmer and Joe Murphy enjoy a powdery day with perfect wax.

ALPINE ATHLETE PROFILE

ELISE MILLER, a.k.a. the "Brain"

(By Shana Sweitzer)

Elise Miller is a second year J-3 who has been skiing with the MBSEF program for the last six years. She is a freshman at Summit High School and has just qualified for her second Jr. Olympics in Sun Valley, Idaho.

How long have you been skiing? Elise: I started skiing at Mt. Bachelor with my parent when I was 4, after we moved here from the Bay Area when I was 3.

What motivated you to race, and not just ski recreationally? Elise: It looked fun and I could ski with other kids too. I think I started doing it when I was 6.

Who or what inspired you to commit to the Full-Time Program? Elise: Nils (Eriksson) had a lot to do with it. He thought I had potential, and the full-time program was the best way to exploit it. I was a little nervous about the school part. I didn't think I could miss all that school and get the grades that I wanted, but it has been totally fine and I don't feel like school is harder than before, when I wasn't doing the full-time program.

What has been your favorite race since becoming a J-3? Why? Elise: J3 Olympics for sure, (big smile on her face). It was a blast. It was probably the funniest week I had all year. We went to Big Sky Montana. The ski area was awesome, the skiing was awesome. The hotel was cool, I got to travel, meet lots of people and make some good friends. I am really excited about JO's this year.

What was your favorite race when you were in the Mini World Cup? Elise: Definitely the 3-Way. You got to race against a lot of new people, and everybody goes, so there are lots of other kids there. People are having a good time and not freaking out about results.

What is the best piece of advice you could give to an athlete in the Mini World Cup program? Elise: That's easy. Don't take the Buddy Werner Race too seriously. I thought it was the biggest deal. It is a cool race but by the time you're a J-3 it doesn't mean anything. From where I stand now, it seems so long ago and it was only two years ago.

Do you have some other Racer or personality that you try to emulate? Why? Elise: Bode Miller, of course. He is the coolest. I think I have every poster that has been made of him. My room is plastered with him. He is such an awesome skier. I like how he made it when other people thought he couldn't. He has determination, strong focus, and doesn't care about what people think. I think these traits are important for life and success in ski racer.

What have you been working on this season? Elise: Getting the weight on the downhill ski, and driving my outside hand down the hill to get pressure on the outside ski.

What mental skills have you been working on this season? Elise: Not dwelling on past results. Focusing on future goals and results, trying to stay positive, and focus on my skiing, not others.

Why do they call you the "Brain"? Elise: There is this cartoon called Pinkie and the Brain. Pinkie and the Brain always come up with ways to try to take over the world but fail in the end. Christina Schueler and me always wear the same puffy coats. My coat is blue and hers is pink, thus Pinkie and the "Brain." I know it doesn't make any sense but I didn't start it.

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MBSEF CROSS-COUNTRY SEASON UPDATE

(By Ben Husaby, MBSEF Nordic Director)

Thirteen members of the MBSEF Full-Time and Winter-Term cross-country programs were named to the 2004 Pacific Northwest Ski Association Junior National Team after the Bavarian Cup race series in Leavenworth, WA.

These 13 skiers (out of a total team size of 30 athletes) are: J2 Boys Tom Smith, Joe Madden, Carson Miller and Marlo See; J1 Girl Blake Fowles; J1 Boys Charlie Smith, Dakota Blackhorse von Jess, Collin Rymer and Stuart Smith-Blockley; 0J Boys Matt Halloran, Trent Lowe, Luke Foster and Lee France. Ben Husaby and Brenna Knowles will be among the PNSA coaches at the event March 6-14 in Lake Placid, New York.

For a complete schedule, information, photos, and course profiles, please visit www.orda.org and click on Chevy Truck US Cross Country Junior Olympic Championships.

Ben's big mouth – This team was truly a success story this season. Not only did we qualify all nine skiers from the Full-Time program, but also we added four more from the Winter-Term team to boot. Most of these student athletes have been working for more than nine months toward their goals of making the Junior Olympics. For five of the skiers, it will be their first trip to Nationals. It is a very exciting time, to say the least. Most of the preparatory work has finished in the last two weeks; now the team is resting, filling out travel grant requests and paperwork, and notifying their teachers of the pending trip. With the weather turning nice and the terrain park in good shape at the Nordic Center, it is tough to hold these guys back. They know that all the pennies are in the bank, and it is a just a matter of time before they will be spending quarters out on the racetrack. The team's goals are obviously varied. From a coaching perspective, we will continue to move forward with the mantra – the best for that day. As for the core group of older boys, it is a medal in the relay event. For some of the more experienced members, the goal is an improvement on last year's results in the individual races. And for the first-timers, I'm not quite sure what they expect. I am sure they are all quite aware of the "beach party" that commences after the final awards banquet, however. That experience always seems to get handed down. Earlier in the season, Brenna and I hung signs on the skiers' lockers that said "Everyone goes!" It is nice to see that that happened in spades. These young skiers are very aware of how they fit into the growing scope of the MBSEF program. They know that hard work and improving results will carry the program in an upward direction for themselves and their younger teammates in the future.

In mid-January, Charlie Smith, Lee France, Matt Halloran, Luke Foster and Trent Lowe traveled with Collin Mahood to the Rocky Mountain/Intermountain Super Qualifier at Soldier Hollow, Utah. Results are available at www.intermountainxc.com

Ben's big mouth again – The MBSEF program decided this season to forgo sending skiers to the US Nationals. Instead, we chose three Intermountain Super Qualifiers as our benchmark events. Two of them were at Soldier Hollow, the site of the 2002 Winter Olympics and the third was at Bogus Basin. As many of you know, points are how skiers get ranked, and living within the PNSA division, it is often difficult to get good points, especially in Nordic skiing. Having good – or low – points, determines the skier's seeding in a specific race. Each year the

PNSA skiers at Junior Olympics tend to start in the least desirable starting positions. We felt that if we could attend some higher-quality races outside of the division, we could not only improve the starting positions of those skiers who traveled outside the area, but in turn, the traveling skiers could also bring their lower points back to our division. It will be a long process, but a positive one for the division. I think all of the skiers who attended these races felt they were worth the time and energy spent getting there. The kids had a great time being on the road, and enjoyed racing up a notch at the qualifiers. Nineteen cross-country team members traveled to Anthony Lakes at the end of February to compete in the second PNSA Junior Olympic Qualifier. The races were held even after the resort's groomer plunged into Mudd Lake. Skiers from the division braved closed mountain passes and cruised their way through the deep snow to achieve their qualifying results. Race results are posted at the MBSEF office.

Twenty-seven cross-country team members met in Leavenworth, WA for the 2004 Bavarian Cup on February 6th and 7th. In the 1-kilometer sprint time trial Dakota Blackhorse von Jess and Trent Lowe tied for first place. This race series also included the J3 championships for the Pacific Northwest Division. Isabel Smith took the girl's championship title in the classic race and placed second in the skate event. Pat Madden was third and Riley Shannon fourth for the J3 skate race. Riley took third place in the classic race. Full results are posted at www.skileavenworth.com

While Blake Fowles, Luke Foster, Matt Halloran, Trent Lowe and Lee France traveled with Ben to the Bogus Basin Intermountain Junior Olympic Qualifier, the Winter-Term and Youth Program members raced in the Sun Country Criterium on the Mt. Bachelor Nordic trails. Results are available at www.mbsef.org for the local races and <http://www.spondoro.com/> for the races in Idaho.

Ben again - Tired from a trip with the US Team in Norway, the kids and I jumped into Van 2 Friday afternoon bound for Boise. This trip would be as much of a "senior trip" we would have together. In the van were the five skiers from the program who will be moving on next year. Needless to say, we were a close bunch. We scrambled into the rig with 20 Taco Stand burritos, at least 100 CDs and one change of clothing each - come to think of it; I just brought the bag I had in Norway. A few miles east of Juntura we stopped at the team's favorite wayside rest: a hot spring directly adjacent to the Malheur River. It was perfect; starry night, steam rising from the pool, a close nit bunch listening to one of the team's favorite CDs. I don't think a single word was spoken. Nothing needed to be said.

We pulled into the hotel late. With this group, it did not matter - everyone was familiar with the drill - get some sleep, be hydrated, mentally go through their personal intentions and affirmations and be ready to go in the morning. The races were tough; World-Cup courses at 7,000 feet. Each of the skiers raced hard and came back to base camp with similar experiences - a vote of confidence to the training plan. I was now sure the team would have their best results in three weeks at JOs.

As for the trip home; it was a quick five hours through eastern Oregon, with another foray into the warm waters of Juntura.

Due to Ben's Big Mouth, Alpine Department's "Shandar's Wax Room" will be featured in April issue of Ski Tracks Newsletter. The Editor

ON THE ROAD WITH THE US SKI TEAM by Kevin Francis

Kevin raced in Europa Cup DH and SG races in Austria Italy and France during January and February, finishing in the top 30 but hungry for better results.

TARVISIO, ITALY January 26-29

I think I finished 23rd with a 28 point result, so doing better and my skiing is constantly improving. Cole and Transue crashed but are ok, although Transue's base fell off while he was just skiing along. Right now we're at an Internet laundry washing clothes so it gives us a chance to get online.

PATSCH, AUSTRIA January 29-Feb 1

So we have some time between races in Italy and France and the coaches want us to get some free skiing in at St Anton. But today all the coaches were busy or tired so Adam Cole and I packed our powder skis, jumped into a van and headed for St. Anton ourselves. Just outside of Innsbruck on the Autobahn we saw a sign that said Garmisch, we looked at each other and said is "Isn't there a World Cup DH there today?" So we swerved off the exit, went over a mountain pass and drove into Garmisch. At our first stop we noticed a US Army Base with soldiers guarding the entrance and lots of Americans around. It's a fun stop for the Team because there's a bunch of US support in the crowd. All of a sudden a big guy yanks open our door and says "HEY What's going on?" We jumped and were a little nervous until we recognized him as a member of the US Bobsled team that we train with in Park City during the off-season. It was great to see a familiar face. Anyway, it was a good day to watch Daron Rahlves take second and our rookie friend Bryon Friedman finish in the top 30 AGAIN. Not easy to do in a World Cup. After the race we took 4 gondolas to the top of Garmisch and skied some good powder.

LES ORRES, FRANCE February 2-6 Europa Cup DH DH SG

The course is tough and bumpy and has about 6 big really tough turns in the middle section. I skied every single one poorly – offline and technically bad. I get stiff when I hit the bumps and that is not fast. One of those turns is a rough 180 degree, 5 gate, 10-second long corridor in the shade on a steep fall away turn. I told my coaches I don't want to train on any smooth courses this summer. I managed to finish both DHs and the SG but by the last day on the SG course my legs were tired and I didn't take enough chances and probably over skied it so I could stay on my feet. This was the hill where Homey wrecked and crushed his tibial plateau and took a quarter-sized chunk out of his finger. It's pretty bad and I feel horrible for him. It is also bad that six of our best men skiers have had season ending injuries and it is only the beginning of February. Two of the guys on the US ski team pulled themselves from this DH because it was so hairy and they were afraid of injury. Each day I learn something new and the Europa Cup competition is very tough. Well I can't call out using my calling card from these phones because they are rotary phones from the Stone Age. I'll keep emailing until I can find a phone.

MUNICH TO OREGON February 6-8

After racing Friday we drove from France to Germany and didn't get to Munich until 2am. When we got to the airport the next morning they had overbooked coach class on our flight so we were bumped to business class. Too Bad. Usually I'll sleep the whole trip, but decided I'd stay awake and enjoy the champagne and filet mignon before reclining for a good night's sleep. After customs in DC I went to the Red Carpet Club and they gave me a coupon for a free drink. I sat down and when I heard my flight had boarded I asked a guy how long it would take me to get to gate D11. When he said 10-15 minutes I choked because I only had 7 minutes to get there. I pounded my beer, ran across the airport and arrived in bad form. Luckily I had two empty seats next to me so I could sleep to Portland. At PDX I had to sweet talk a baggage claim person to keep my luggage overnight since I couldn't get to Redmond until the next day. That's not an easy task when I'm traveling with 10 bags. I just counted and I've had 50 flights since May 18. It's good to be home.



MBSEF

RACE TRAINING CENTER

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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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