

SKI TRACKS

MT. BACHELOR SKI EDUCATION FOUNDATION
RACE TRAINING CENTER NEWSLETTER



Volume 8, Number 1

Dec 2004

GREETINGS FROM THE DIRECTOR

by Chuck Kenlan

From our staff and board of directors, we welcome you to the 2004-2005 MBSEF ski and snowboard season. We look forward to serving you this season and for years to come.

We had a very busy summer this year. It is difficult to even call it an off-season any more. We are most proud of our introduction of a mountain bike training program. Of the sixty kids that participated this year, most were already members of the foundation. For the rest, it was their first experience with MBSEF. Some of these kids are now enrolled in our winter programs. Our plans are to expand this program next summer to include road biking and possibly cyclocross. This past summer we also assumed the operation of the Columbia River Bank Cascade Cycling Classic. Our hope was to develop this event into another substantial fundraiser for the foundation and we feel that it has the potential to be just that. The last big event of the summer

*Frank Cammack
US Ski Team 1958*



was our move to a new Westside location right on Century Drive. The move was necessary to accommodate our growth as well as improve our efficiency in regards to traveling to and from Mt. Bachelor. We owe board member Howard Friedman our gratitude in helping make this move possible. We also need to thank Rob Schlueter of Pangaea Resources for his generous donation to make the move possible.

desperately needed this new van to insure the safety of our athletes. Our other three vans currently have over 180,000 miles on them so we are in the

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Through the contributions of the "Friends of the Foundation" and Jeff Robberson, we recently purchased a new 15 passenger van. With each of our vans traveling an average of 25,000 miles per season, we

UPCOMING EVENTS

- Dec 4 - Alpine MWC and Snowboard Competition Programs Begin
- Dec 11 - Snowboard Winter term Begins
- Dec 11 - XC Par Fore the Course SK Open
- Dec 18 - XC Stevenson Youth Program Begins
- Dec 18 - XC Classic Race (Mass Start) CL
- Dec 18/19/20 - XC Christmas Camp
- Dec 27/28/29/30 - Snowboard Christmas Camp
- Dec 27/28/29/30/31 - Alpine Christmas Camp

COACHING THOUGHTS

By KENT TOWLERTON

I. Why Coach?

- a. Love to ski
- b. Lifestyle
- c. Nice day at the office
- d. Challenge- problem solving

II. Coaching Necessities

- a. Brain
- b. Sense of humor
- c. Work ethic
- d. Why? Question convention
- e. Renaissance Man- Combines art & knowledge and uses knowledge and experience as art.
- f. Parents- Genes/Environment/Support
- g. Truth (no shine) leads to TRUST
- h. Background of competence in some field that allows you to make intuitive decisions.

III. Off Hill

- a. 80% off hill in prep- 20% actual coaching skiing
- b. Understand politics of your sport – what possibilities are available & to where.
- c. Athletic principles- latest theory & practice
- d. Athlete management- least practiced skill- why & when to train/ compete
- e. Teaching theory....you are teaching.

IV. Equipment

- a. Understanding equipment levels the playing field
- b. One of the simplest ways to lose ground
- c. Tech geek- Don't be one-just part of job
- d. Rating:
 - 1-Boots, 2-Skis

V. Conditioning

- a. Luck- where preparation and opportunity meet.
- b. Simplest way to improve- not easiest
- c. Understand Periodization- cycles of training / recovery
- d. Power sport- Linebackers is the model
- e. Ask pros for advice & information

VI. On Hill

- a. Effect is easy- CAUSE is the challenge...Understanding CAUSE is Paramount- It means you understand sport and solutions become more obvious- eg.= physical, mental, volume, understanding, technique, tactics.
- b. Where do you start w/this person?
- c. Most failures at coaching test are from lack of reduction ability.
- d. Drills are coaches responsibility & friends
- e. Be creative or to keep things moving

VII. TOOLS

- a. Brain- use it every morning
- b. Boots- can you ski & do drills- some have 2pr
- c. Pack- drill, charged batteries, gate tool, parts, start pack
- d. Video- Strong learning tool- don't over use
- e. Timer- Immediate feedback- don't underestimate Darwin response!

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Editor: Kathy Kurtz
Asst. Editor: Kalisha Fleischmann
 Debi Stangeland

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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Class of 1974
30 year Reunion
 August 28, 2004
 Widgi Creek Golf Club

Bend Senior High

Can you guess who this is? The only clue you get is he is affiliated with MBSEF. E-mail Kathy at mbsef@mbsef.org. The first correct responder will receive an MBSEF cap of their choice!

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Krysten Fitzsimmons, Nordic 3-Day Winter Term Program, on her First Solo Flight!



Wow, Congratulations Krysten!

CROSS COUNTRY LATE BREAKING NEWS!!

Four More Years-

Thanks to On The Way Bike and Ski Shop and the New York City Sub Shop, members of all MBSEF Nordic programs will look fast in their new Craft Uniforms. MBSEF skiers will use the new uniforms from 2004 to 2008. Jackets and Suits are available for Full Time, Middle School and Winter Term athletes. Athletes can contact Ben Husaby or Brenna Knowles for prices and sizes. Master skiers and MBSEF Nordic program supporters can purchase vests for \$75. The vests are designed to match the race suits and jackets, yet offer an item of clothing unique to Master skiers and Nordic program supporters. The new uniforms were designed by Bill Warburton, co-founder of www.okstuv.com. The uniforms are midnight blue and light grey with design inspirations from surf, retro and varsity styles.

My name is Ben Husaby and I approve this message!



Stevenson Youth Program Update

By Brenna Knowles

Get Ready For A Festival!

Although the Stevenson Youth Program officially begins on December 18th, we are already looking forward to March 18th when MBSEF will host the 2005 Therapeutic Associates Youth XC Ski Festival. The three-day family event will include challenges and races for skiers age 13 and under as well as the Cascade Crest Tour, a 15km or 25km race for adults or older juniors. We are inviting youth teams and families from many Western States to join local skiers in the festival. Young skiers can check out a terrain park/obstacle course, flying downhill, classic race, skate race, ski with Olympians, and enjoy an awards banquet and great prizes. To make this event successful, we need volunteers! If you enjoy working with young skiers and have an interest in helping with this new and exciting event, contact Brenna at 388-0002 or call the volunteer hotline at 385-1999. Special thanks to Chuck Brockman and Therapeutic Associates for jumping on as the title sponsor. Also, special thanks to the Bank of Cascades, Sun Country Tours, and High Desert Beverage for their continued sponsorship of the Stevenson Youth Program.

New for 2004-2005

The Stevenson Youth Program has traditionally focused on young cross-country skiers aged 7-13. This season, the SYP is for young skiers ages 7-11 and skiers ages 11-14 have a new Middle School Program to call their own. The coaching staff feels this change in age groupings will benefit young

skiers who have "graduated" from the SYP and are looking for a more challenging Middle School Program. The SYP will still strive to provide an environment where young skiers can improve their abilities, stay active, go on adventures, and play games while having the chance to experiment with competition.

We have a great lineup of coaches for this year's SYP. Returning coaches from last year include Katy Hays, Jenna Lindbo, Spencer Newell, Dennis Feeney, Pete Rodgers, and Jason Tedrow. New coaches this year include Traycee Bowerman, Lea Julson, and Tristan Leggett. Tristan has skied for the University of Vermont and will serve as the SYP Assistant Coach.

Mark your Calendars-

Stevenson Youth Program coaches will meet at MBSEF at 6:30 pm on December 2nd to get organized for the year. Parents of Stevenson Youth Program members will meet at MBSEF on December 7th at 6:30 pm to review program handbooks and daily schedule.

Special Announcements-

At this point in the season, Sunday enrollment is more than double Saturday's enrollment. We can offer a better coach to skier ratio if we can have some folks switch to Saturday sessions. We will again offer a Christmas Camp this year December 18, 19 and 20. Three days of skiing early in the season is great for 7-week skiers and included in the 12-week program. Christmas Camp is \$10/day and you can sign your child up for Christmas camp or change from Sunday to Saturday session by calling Brenna at 388-0002.

Gene Fitzsimmons



TACO STAND

(541) 382-0494

221 NW Hill Street Bend, Oregon 97701

On The Road With The US Ski Team

by Kevin Francis

Kevin was injured in March, had surgery and spent Spring & Summer Terms at school so he didn't travel or train with the team until October. He is currently in Colorado training and preparing for his first races. These are excerpts of his emails home.

March 19 - Alyeska Alaska US Nat'l Championships

People always told me that you know when you've "done" your knee because you will hear a pop. The first guy down to me after I crashed asked if my knee hurt and if I had heard that distinct pop. I told him it was more like a crunch and it felt like my lower leg was going to fall off so he grabbed it and stabilized right away. I was still trying to figure out what happened because I had crashed in an unlikely section of the course where it went from steep to flat. I must have caught an edge in the shadow and super loaded my ski to launch myself so high in the air when there was no jump or terrain around. I had won that section the day before in the FIS DH and I was really going for speed by loosening my ankles and knees and letting the skis find the fast track. After getting the requisite toboggan ride down and getting my boots and suit off (without cutting it) I had x-rays to make sure there was no bone damage and Dr. Cara Walther gave me the news. "It looks like an ACL, MCL and a PCL which is extremely uncommon for ski racers but more common in major car accidents."

I had to hang out in the hotel in Alaska for a couple of days after my injury and the doctors and my roommate Jeremy Transue kept a close eye on me. One night around midnight we woke to the fire alarm and an eerie voice telling us

over and over in about 5 different languages to get out of our rooms and not use the elevators. I still hadn't mastered the crutches yet, it was 5 degrees out and it took me a long time to get my jacket and sweats on. Luckily my roommate, who was calling me "the cripple" by then, got my stuff together and got me out of the room just in time to find out that it was a false alarm and luckily I didn't have to brave the stairs after all.

May 19 - Hanover, New Hampshire
I got my new road bike in the mail today but I'm still not cleared to ride yet. It looks so nice I just want to jump on it and get a chance to go fast again. It has been 10 weeks since I had any wind in my face and I really miss it! My quad looks like a sack of dead meat hanging from the bone. I can't tell you how nice it is to be off crutches though; Dartmouth is a pretty small school but still a pain to crutch everywhere.

August - October
After a couple of months of doing step ups and riding my bike I am psyched to get back in the gym and start doing squats and some light plyos again. The doctor says my knee feels good and I should start working back into...everything. My knee started feeling loose and I thought I might have done something to it so I went to Vail to get an MRI and see my surgeon. Steadman said it feels good and the MRI shows that nothing is really wrong with it. He did say that the PCL is a little loose but that shouldn't really be a problem since 50% of NFL players are playing with looser knees than I have right now and he also said that my good knee is one of the tightest best feeling knees he's felt. I would say that is a good sign.

October - November Bend
A month and a half of intense rehab and double sessions of working out has made all the difference. My knee

feels tight and solid and I have total confidence in it. I passed the U.S. Ski Team Functional return-to-snow test and I feel confident I can start skiing. I went to Park City to get cleared to ski but since Marco Sullivan just re-injured himself they really want to be sure I'm ready so they are sending me back to Vail again. I took different functional tests and passed even though it was tougher. For instance, instead of 90 second single leg squats it was 3 minutes which is an eternity and my leg and butt have never been so sore. I was released to ski so I had a huge smile on my face after making my first run in 7 months and my knee seems to feel better and better as I ski more.

Nov 15th - Copper Mountain, Colorado
I got on my DH boards today and it felt really good to get some speed going again. The whole men's speed team is training at Copper along with some Italians, Herman Maier and a couple other Austrians. Daron and Herman are real close but nobody else is as fast as they are. Hill space is reserved months in advance and there's a Masters group from Minnesota training at Copper tomorrow while we take a break. Herman didn't want to take the day off so he'll be training SG with the Masters from Minnesota. Those guys are going to be loving it and getting their butts kicked.

Thank you Tom Coggin, for rebuilding our logowear cabinets (which blew apart during our move)! Tom also is constructing a new Snowboard display case at JRC, and building cabinets for the Nordic coaches back in our new wax room.



Events

Director News

(By Kalisha Fleischmann)

Events Report

This season has begun with a slow start weather wise, but with a bang for our fundraisers! The Liberty Bank Sunrise to Summit on August 28th was a success with great weather and over 160 athletes competing against each other and themselves to make it to the summit of Mt. Bachelor. The Skyliners Ski Swap followed and was a great event with 2800 people showing up to get outfitted on October 16th. Snowball, the next event in line, was held in Sunriver on November 19th and included a gourmet dinner, dancing to a live band and a silent and live auction and raffle.

Just as the season really takes off for our athletes, I have a brief respite over the holidays before tackling the planning and securing of the sponsorship for our two largest sporting event fundraisers, the U.S. Bank Pole Pedal Paddle and the Columbia River Bank Cascade Cycling Classic. Our logo contest for the USBPPP is already under way (see our website for details), and plans are in the works for another successful race ending once again at the Les Schwab Amphitheater. The CRBCCC, on the other hand, is one of most beloved spectator events in Bend. Pro men and women come to Central Oregon to race, but we also offer Master's and Cat 3 races as well for a full spectrum of race ability for your viewing enjoyment.

And don't forget to come out for the Banff Film Festival at Summit High School on April 24 &

25 to see an eclectic mix of great outdoor films. As always, the money raised from these events helps keep our overall program costs as low as possible and also allows us to raise money for scholarships that go directly to our athletes for need and travel based expenses. Of course we appreciate and can certainly use volunteers throughout the now extended season, so if you are available to help with any of these events and have not already done so, please sign up to help where possible.

That said, have a fabulous winter and holiday season. I hope to see you out on the slopes this season!

Mini World Cup News

By Mike B. Evans
Mini World Cup Head Coach

The early snow has peaked everyone's interest in the upcoming skiing season. From town, the mountain offers hope, up close it is still in need of more snow! Be patient in breaking out those brand new skis.

The Mini World Cup season is



scheduled to begin December 4, our first parent night is also scheduled that same evening. Juniper Aquatic Center will be the site for swimming for the athletes. The parents will be able to meet with the staff, review the Mini World Cup handbook, ask questions and hopefully receive accurate answers from the staff. The time reserved for this is 5:00 to 6:00 pm., Saturday December 4.

Volunteering for our scheduled races is the most important thing you can do as a parent. We will have sign up sheets for each race this year, available at the Junior Race Center desk.

Deena Gomber will be heading up the challenge of manning the desk this season, assisted by Anne Rudinsky. We will do some follow up volunteer sessions this year to help in your overall knowledge and expectations for duties involved in putting on a ski race. Look for the specific times and dates as we schedule these.....

That is all for now. That big storm is out in the pacific somewhere, so be ready!

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.

Coaching Thoughts by Kent Towleron
Cont. from page 2

f. Technology and Usage

- 1-Computer is a tool...use it appropriately
- 2-Video programs- Dartfish, etc., Best for line study at speed events because of time demands.... You can do without!
- 3-Avoid technology geek trap- your job is to decide what will make your athletes better in the time available.

VIII. TRAINING PLAN

- a. What is Year, Month, Week, Day Plan?
- b. Plans are made to be changed- make a-b-c
- c. Is there reason behind your method?
- d. Periodization can be daily to yearly
- e. Strategy: def- A detailed plan for reaching a goal or advantage.

XIV. TECHNIQUE / TACTICS

- a. **TECHNIQUE:** def- Technical procedures or method.
- b. **Skill:** def- The ability to do something well.
- c. **Style:** def- A particular manner or characteristic of a person.
- d. **TACTICS:** def- Any action for gaining advantage or success.
 - 1-current sl & gs demands room to link/ use side cut to advantage
 - 2-easiest way to change run to run and often most productive

X. PASSION

- a. **Def-** A powerful emotion or appetite, Boundless enthusiasm.

- b. If you like what you do "they" will know.
- c. Do it your way to do it best.
- d. Doing it well is the most fun.
- e. Be the example you want to see.

MBSEF Jackets & Logo Wear

By Debi Stangeland

We still have a good selection of MBSEF logo wear available. Stop by our office to see the hooded sweatshirts, fleece vests, hats and long-sleeved t-shirts we have in stock. These make great Christmas presents so stop in today to get the best selection!

MWC Jackets are still available but are going FAST!!!! These black and tan Patagonia jackets have the MWC logo on the back and will look great on your Mini World Cupper as he or she speeds down the slopes this year.

Snowboard jackets by Bonfire are also still available. Sizes are going fast, so stop in to get your athlete's jacket right away. We have youth, women's and men's styles and sizes available. Get yours today!

NEW FACES

Welcome Debi Stangeland!!!!!!!

Debi is assisting Kalisha with Events such as Skyliners Ski Swap, Snowball, Banff Film Festival, US Bank Pole Paddle and the Columbia River Bank Cascade Cycling Classic. As if that isn't a full plate already, Debi will also be working with Kathy in Membership, helping to keep track of our 800 athletes! When Debi isn't at work, you might find her up at the mountain as she is an avid skier, out on one of Central Oregon's mountain bike trails, or out on the river flyfishing with her husband Mark.

Also, a great big welcome to Rochelle Schueler,

who is taking over alpine race administration from Carol Nelson. Rochelle has been a familiar face around the foundation for quite some time, as she and her husband Kirk have had daughters in our alpine program since the mid 1990's! We would also like to give Rochelle a GREAT BIG THANK YOU for building all the lockers back in the wax room, storage racks for the van tires, shelving, shelving, and more shelving, and generally helping out with hundreds of hours getting us up and running in our new facility. Thanks Rochelle, we couldn't have done it without you!

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BUSINESS DISCOUNTS (Use your MBSEF Membership Card)

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- G.I. JOE'S** - 10% off the regular price of all snowboard/ski gear Bend store only, expires 4/30/05
- HELLY HANSEN - BEND** - 20% off all non-sale priced merchandise
- JAMBA JUICE** - 50 cents off any smoothie, not offered with any other discount
- MASSAGE THERAPY** - Save \$15 on your next treatment with Bonnie Raile-Towlerton, 389-4705, expires 05/01/05
- MT BACHELOR SKI SHOPS** - 10% off all non-sale items to currently enrolled MBSEF athletes, expires 05/31/05
- NY CITY SUB SHOP** - Free 1/2 sub with purchase of whole sub, limit one per MBSEF member
- ON THE WAY BIKE & SKI** - 10% off accessories, 15% off complete ski packages, free wax benches
- PINE MOUNTAIN SPORTS** - 10% off any non-sale items, expires 04/15/05
- SIDE EFFECT BOARDSHOP** - 10% off hard and soft snow only goods, non sale non discount items, expires 3/27/05
- SUNNYSIDE SPORTS** - Juniors: 20% off waxes, clothing and accessories. Team specials, see your coach. Masters: 10% off clothing and accessories, 5% off skis, boots, poles and bindings.
- SKJERSAA'S** - 15% off non-sale items
- TACO STAND** - 25% discount on all items

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

*Greetings From The Director
Continued from pg 1*

process of arranging for their replacement in the near future.

We would also like to thank Peter Carlson of Carlson Sign Company for his building and donation of the roof rack for our new van.

In this month's issue of Ski Tracks, Bob Woodward has contributed the 1st in a series of articles about the history of skiing in Central Oregon and the roots of our ski club. Bob is an accomplished and well known journalist and we thank him for his contribution.

Finally, I would like to welcome new MBSEF board members Peter Carlson and Kirk Schueler. MBSEF thanks you and the rest of our board of directors for the generous donation of your time and resources to help us achieve our mission.

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

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Photo: Chuck Kenlan



Bend Skiing-The Early Years

by Bob Woodward

In this first of four installments, local ski writer Bob Woodward takes a look at the history of the Skyliners Ski Club and the eventual creation of MBSEF.

Loggers and millworkers come to work and bring the sport with them from Scandinavia.

Like so many of North America's ski clubs, Bend's Skyliners Ski Club has deep Scandinavian roots. But instead of Scandinavian miners being responsible for introducing skiing in Bend as they had to California's gold fields in the 1850s, skiing was introduced locally by Norwegian and Swedish loggers and mill workers.

Loggers and mill workers like Emil Nordeen, Nils Wolfberg, Nels Skjersaa and Chris Kostel. These Scandinavians and others started arriving in Bend in the early 1900's. There was plenty of work in the woods and eventually in what would become two of the biggest timber mills in the world -the Shevlin-Hixon Mill on one side of the Deschutes River and the Brooks-Scanlon Mill on the opposite bank near the present day Old Mill district.

In their free time, Nordeen, Skjersaa, Wolfberg, Kostel and friends found the

Cascades a virtual skiing paradise. On skis fashioned from 2 x 4's they began to explore the mountains. That and they began to stage informal competitions.

One look at an old photo of Nordeen and Skjersaa after racing 42 miles around Crater Lake in 1927 says it all. These were tough men, the hardcore skiers of their time.

A few months before the Crater Lake race, Bend skiers had met on December 8 to discuss the possibility of forming a local ski club. The outcome of the meeting was the formation of the Skyliners Ski Club.

Twenty-two days later, the club held its first formal event - a ski jumping and cross-country ski competition at Windy Point on the McKenzie Pass ten miles east of Sisters. Club activities continued at Windy Point on weekends and holidays for about a year.

Then club members started a search for a place to ski closer to Bend. They settled on an area just west of town and built a temporary clubhouse on the banks of Tumalo Creek at the end of what is now Skyliners Road. Cross-country ski trails emanated from in front of the clubhouse and alpine skiing took place on a hill fifty yards down the road to the west.

With the popularity of the new site and a burgeoning membership, the club decided they needed a permanent lodge. The new lodge was erected in 1935 and today serves as the headquarters for the Oregon Museum of Science And Industry's (OMSI) Bend operations.

Three years after the creation of the Skyliners Lodge a ski jump and an ice rink were added to the club's facilities at Skyliners Hill.

Skyliners was a hub of activity for both recreational skiing and ski racing and ski jumping competitions. And thus it would stay until the late 1940s when the Bend Chamber of Commerce started a campaign to move all skiing to higher ground where there would be more reliable snow and a much longer ski season.

That idea lay dormant for a decade and only took hold when a lifelong skier and GI returning from service during World War II with the U.S. Army's famed Tenth Mountain division moved to Bend and decided to make it happen. But that's a story best saved for the second installment of this series.

Editors note: Part two will appear in the February issue of Ski Tracks.

MBSEF Cycling Program

By Brenna Knowles

Fifty-five athletes from the Alpine, Nordic and Snowboard programs combined forces in the new MBSEF cycling program last summer. Program coaches and parent volunteers provided three, five-week progressions of mountain biking along with bike maintenance clinics, special events, long adventure rides and race opportunities. Many young bikers participated in the Cascade Cycling Classic youth race and enjoyed a special visit by Tim Johnson, a professional cyclist who races internationally for Prodir-Saunier Duval.

Along with bike handling skills, the program encouraged stewardship of trail systems, set examples of good riding ethics and focused on safe bike riding skills for urban areas. Athletes said they improved their hill climbing skills and basic knowledge, they also enjoyed riding on new trails and most importantly, had a lot of fun.

Program coaches included two top junior racers, Carson Miller and Ian Boswell. Carson and Ian were able to balance their summer race schedule to spend time riding with young members of the bike program. Both Carson and Ian felt they improved their own skills by helping with the bike program athletes. Being able to verbalize and demonstrate what their own coaches have been teaching them gave Carson and Ian a new perspective on how they ride and how to teach others to ride. A special thanks to volunteer coaches who took time out of their work schedule to ride with young athletes: Karen Kenlan, Suzanne King, Kelly Simmoneau, Pete Rodgers, Tad Hodgert, Brad Ross, Eugene Cathcart and many more!

For next year, the MBSEF cycling program would like to offer both road biking and mountain biking. MBSEF cycling staff is currently working on ways to have young riders gain access to road bikes and researching the progressions of cycling programs throughout the country.

We are still collecting program evaluations to help strengthen the program for next summer. Evaluations or comments can be sent to 563 SW 13th Street, Suite 201, Bend OR 97702. We are also looking for coaches with mountain or road bike expertise. Interested coaches can contact Chuck Kenlan at 388-0002.

MBSEF Alpine News

By Nils Eriksson

Welcome to a new season. So far we do not have very much snow at Mt. Bachelor, but what is there is absolutely fabulous. Tom Lomax and his crew need to be commended for their excellent job in getting the mountain ready for skiing in a year when Mother Nature is not as cooperative as we would like. It is the best skiing conditions I have seen with this little snow.

Some of our programs have already begun. The full-time group along with some kids in the other programs just spent a week in Banff, Canada. The report from the camp is very good. The conditions were just right with mostly firm manmade snow. The training runs were quite steep and therefore very challenging. The coaches who went were Kent Towlerton, Shana Sweitzer and Pat Robson. They

report that the kids learned a lot and showed great progress. On their last day the whole group went to Lake Louise to watch the men's World Cup downhill. What a thrill to see Bode Miller win and Daron Rahvles take fifth place in the first WC downhill of the year!

The Winter-term program has started and the MWC program gets underway December 4. We are all very excited to get started and look forward to another successful season. Almost all our coaches are coming back. However, we do have three new coaches who I would like to mention. They are: Kelsey Holmer, Steve Rudinsky and Cody Lathrop.

We wish for a lot of snow in the near future and lots of fun skiing.

Get your Christmas ornaments on sale now at the MBSEF office - 50% off! \$6 gets you a wooden ornament with Mt. Bachelor and Bill Healy - a great commemorative item to treasure!

QUALITY OUTDOOR GEAR FOR EVERY SEASON

PINE



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Barff Alpine Camp Photos courtesy of Kent Towleron



**SUNRISE TO SUMMIT
RACE August 2004**

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Hawkins, Krista Miller, Wendy
Puller, Liz O'Neal, & Debra Jolma



A photo from our open house - it was a lot of fun with great food!

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Thank you Rod Ray, for the
donation of one couch!



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**SNOWBOARD ATHLETE
PROFILE**



**Ben Ferguson (age 9) What he did this summer
MBSEF Snowboarding Competition Program**

Interviewed by Hans Hibbard

HH: So Ben, I heard that you had a busy summer. Tell me what happened.

BF: Well, I did a lot of wakeboarding and I snowboarded at High Cascade and I did a lot of skating.

What new wakeboard tricks did you learn?
I learned how to do a backroll, a two-wake toe-side 180, a two-wake half-cab, a surface 360... Probably other tricks too, but I can't remember them right now.

Where do you usually go wakeboarding?
I go to Prineville Lake and Billy Chinook.

Did you enter many wakeboarding contests this summer?
I entered lots of contests and I made it to INT [International Novice Tournament] Nationals.

What was the most fun contest that you entered?
The most fun contest was Nationals. I got 7th place. I'm in the under 13 age-group and there were 20 other kids in that group.

I saw a big picture of you, in the Bend Bulletin, doing a backflip.
Yeah, I was stoked the on picture in the paper.

Did you take any trips?
We went to Portland a lot to compete in the INT events. And, we went to Lake Shasta once. It was fun, the water is really warm there.

What about skating this summer?
I learned how to do axle and nose stalls, and how to do air-to-fakies, frontside 180's.

Where do you usually skate?
I usually skate at Local 5-0 and Redmond.

Who do you usually skate with?
I skate with Max, Gus, Lucus and Ben. They're fun to skate with. We went on a skate tour from Portland to Aumsville, and Newberg. We went to 9 skateparks in two days and stayed overnight. Ben's Dad and Max and Gus' parents took us for Max's birthday.

How was High Cascade?
It was so much fun! We snowboarded in the morning and then skated all evening, ate and went to bed, and then we snowboarded, skated, ate, and slept, and then we... I went to High Cascade with Max and Gus, and Ben was at Windell's at the same time. I was only there for 4 days because I went to the Van's Triple Crown for wakeboarding. I sent a letter to Hyperlite and got chosen to go ride at the Triple Crown and I got to meet the pros.

Where was the Van's Triple Crown?
I think that it was in Portland or somewhere around there. It was at a man-made lake called Blue Lake. I

got to ride behind the boat that pulls the pro riders. The boat was so weighted down that the wave was gigantic. It was fun.


Did you read any books over the summer?
I read a book called Aragon. It was about a boy who finds a big stone thing, but it's really a dragon's egg. It hatches and he hides it. Later he battles with his dragon and wins.

Did anything else interesting happen?
My Grandma and Grandpa moved to Bend. They stayed with us for a while and they stayed in my room. I moved into my brothers' room. It was wild, and it got really messy.

What about school? How is school going?
School's going good.

Any plans for this winter?
I want to learn 360s, maybe 540's, and I want to learn backflips this winter.

We apologize for the photo quality in our newsletters! To view better reproductions, visit our web site at www.mbsef.org and click on newsletters



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Good Luck MBSEF Racers! Have a Great Season!

Jeremy Nelson, Owner, Skjersaa's

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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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