

# SKI TRACKS

MT. BACHELOR SKI EDUCATION FOUNDATION  
RACE TRAINING CENTER NEWSLETTER



Volume 6, Number 1

Dec 2002

## Happy Holidays!



(Laurenne Ross, Nils Eriksson, and Mallory DeGray at the 2002 Snowball)

### GREETINGS FROM THE DIRECTOR

In my first Ski Tracks letter to our membership, I would be remiss in not mentioning our gratitude and appreciation to the outgoing Chairman and Executive Director, Russ Read. Russ leaves behind a strong legacy of excellence in ski racing. During his tenure at MBSEF, Russ assembled a staff of hard working, dedicated professionals. Having worked for Mt. Bachelor for the past fourteen seasons, I am excited and honored to be the new Executive Director.

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Most of the MBSEF staff are returning this season, with the following exceptions in some lead positions: Mike Evans, while still active with Mt. Bachelor Ski School, will be taking over for Brad Jacobson in running the Mini World Cup program. A special thank you goes to Brad for his many years of enthusiasm and dedication. Fred Faria will be heading the Mitey Mite program replacing Jeremiah Thornton. Brenna Knowles is the new Cross Country Assistant coach, who along with Elli Becker as Youth/Development coach, will be taking over behind Patrick Harper. Colin Mahood started out the season as the Cross Country Junior coach, but his personal race schedule will only allow for occasional coaching now. Suzanne King, while still heading the Cross Country Competition Masters program, will be taking over with the Junior athletes where Colin left off.

It has been a busy fall at the office. Linda and her event crew have done an amazing job with our fall fundraising events. The Sunrise to Summit race and the Ski Swap both set records. A big thank you goes to Dan Rutherford and Mt. Bachelor Inc. for lowering the price of season passes, especially the youth and family passes. I'm sure this had something to do with the success of the Ski Swap. The Snowball was also a very successful event. It is very humbling to see the generosity of all of our supporters. A special thank you goes out to the Stevenson

family, Ronda Sneva, and Mt. Bachelor Inc.

The Cross Country Team had their fall camp at the Inn of the Seventh Mountain and had some great days of training at the Mt. Bachelor Nordic Center. Colin Mahood took five members of the team to West Yellowstone for some early season training and racing.

On the Alpine side, Kent and Fred took 14 athletes to Banff where they had perfect training on man-made snow with a run all to themselves. The FIS athletes stayed on for more training and to race in the Lake Louise Nor-Am.

A final thank you to all our members, board of directors, parents, and staff whose support and energy make MBSEF the success that it is. We look forward to another great ski and snowboard season! See you on the slopes, Chuck Kenlan

#### UPCOMING EVENTS

Dec 12-14	Mt. Bachelor Open/NW Cup
Dec 14	Par Fore the Course
Jan 1	New Year's XC Relay
Jan 11	Great Nordeen
Jan 26	Sun Country Criterium
Feb 5-9	Snowboard Grand Prix
Feb 8-9	Sunnyside Pursuit/JO Qualifier
Feb 18-24	Sun Cup

## Introducing the 2002-2003 Junior and Youth Cross Country Staff

(By Inge Scheve)

For the 2002-2003 season, the cross-country junior program welcomes assistant coaches **Brenna Knowles, Suzanne King, Colin Mahood, and Elli Becker**. The coaches, some of them new to the MBSEF program and some known to the Foundation in various functions, will be helping Ben Husaby with the junior programs.

**Brenna Knowles** of North-Eastern Oregon, a 2002 graduate of St. Lawrence University in New York, will be responsible for the winter-term and full-time racers as well as assist Husaby with various office operations and travel logistics.

"As a youngster, I hated Nordic skiing," Brenna says. "When I was young, I wanted to be like everyone else and play Nintendo, join the dance team and play basketball rather than plod around the Anthony Lakes ski area with my parents every weekend all winter long. It just wasn't cool to hang out with your parents or to participate in an individual sport that most kids considered 'hard work' and 'boring,'" she explains with a laugh.



(Brenna Knowles)

But Brenna kept on skiing, and as she grew older, her father taught her how to train and she started racing in her early teens. Through racing in the Pacific Northwest Ski Association, Brenna befriended other teens with a passion for skiing.

"Skiing became 'cool', Brenna says. "I fell in love with the sport because it gave me the opportunity to travel, to meet amazing people, to know and respect my body and to develop a sense of individuality," she explains, pointing out that it was her passion for skiing that took her to St. Lawrence University in New York, to Norway where she raced the original Birkebeiner, and finally to Bend where she has trained with the XC Oregon elite development team for the past two summers.

Although coaching is a new undertaking for Brenna, she already has ideas about what it takes to become an effective junior coach: "I will consider myself a successful coach if my athletes are able to apply the qualities of hard work, balance and dedication that they can learn from skiing to other aspects of their lives. Skiers are good people," she adds with her infectious laugh.

Additionally, **Suzanne King** will be coaching the Wednesday and Sunday Winter-Term skiers. A household name in MBSEF context, in the Central Oregon Nordic community, and in national as well as international cross-country rankings, Suzanne has heaps of experience to share. "I raced in the 1994

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**Publisher:** Chuck Kenlan  
**Editor:** Cindy Ferris  
**Asst. Editor:** Linda Snyder; Inge Scheve

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.

**Mt. Bachelor Ski Education  
Foundation**  
900 SE Wilson Avenue, Suite G  
Bend, OR 97702  
**Office #:** (541) 388-0002  
**Fax #:** (541) 388-7848  
**E-Mail:** mbsef@mbsef.org  
**Home Page:** www.mbsef.org

and 1998 Olympics and in World Championship events in between," Suzanne says. "It was fun to perform in venues like that. So I got an eyefull of good old European standards," she adds with a laugh. "For me, skiing is still super-enjoyable."

Though Suzanne is entering her fifth season as the MBSEF Master's Competition coach, assisting with the Winter-Term program will be Suzanne's first experience with junior skiers.

"Kids come to the sport with different interests and look to coaches with different needs," says Suzanne, who has for

(Continued on Pg 4, Col 1)



## Race Crew Director Fred Shick Looking For a Few Good Men or Women

(By Inge Scheve)

Long-time MBSEF Race Crew Director Fred Shick, who is fighting a persistent case of desk-job-phobia, is returning to the slopes again this winter. As always, Shick is looking forward to a fair share of stormy conditions, hard labor and long hours in the snow.

"I love being outside, and I like being in foul weather. I can't imagine having an office job," the outdoorsy Race Crew Director says. "Personally, I don't like going to the gym. Being the race crew director is my workout," explains Shick, who has been with the MBSEF race crew since 1980. Before arriving at MBSEF in 1980, Shick ran race crews at Mt. Hood, in Missoula, Montana, and in Jacksonhole, Wyoming.

The race crew job involves a lot of hiking, lugging gear and skiing without poles. "Doing this kind of work probably improves my skiing more than anything else. We never ski with poles and we are almost always carrying poles and fencing and stuff around, so it is pretty much one recovery after another," Shick says.

The MBSEF race crew is responsible for everything that goes on behind the scenes before, during and after an alpine event at Mt. Bachelor. Preparing for an event takes from

almost two weeks as in the case of FIS and Nor-Am events, to a day or two as with most Mini World Cup and High School races, Shick explains. Much of the set-up is related to safety and communications.

"Someone could get hurt," Shick says with a shiver in his voice. "Fencing and padding is really important, and every year, more are required, so we fence everything. We are not only protecting the racers but also the public."

Everyone who helps out – from crossing guards to those who remove broken gates or shovel the snow back onto the ruts after a wreck – plays an irreplaceable part in pulling off professional, well-run events.

"We need dependable people who don't mind being out in the weather and who can commit to our schedule right now – no matter what it takes," Shick states. "Once you are out there, you don't go back inside until the event is over."

Although Shick tries to screen those who want to do the job and those who are in it for the pass, he still struggles to retain his crew throughout the season. "I have a pretty high turn-over year to year," he admits, noting that about 30 percent of his crew flakes before the season is over. "I'll lose at least 10 race crew members by the end of the Sun Cup."

Shick typically hires skiers who are both physically and technically strong. "Snowboarders usually don't

work out as well as skiers," Shick says. "They can't work across the flats as well and tend to have a hard time carrying as much as skiers," Shick says emphasizing that he does not categorically turn snowboarders down.

"Every now and then, a snowboarder turns out who can do the job. We actually hire a lot of snowboarders on the crew, but once the race starts we find them a stationary position such as crossing guard or communications head set operations."

Aside from being dependable, strong individuals, prospective race crew members need to get along with the public, be friendly and courteous to the Mt. Bachelor staff so we keep the ski area support behind us, Shick says. "And they need to have acceptable grooming habits," he adds with a laugh.

At MBSEF, race crew members are roughly divided into three categories: a small paid staff in charge of timing and critical race operations, the actual laborers who receive a season pass for the 20 days they commit to, and the many daily volunteers who are compensated with a lift ticket at the end of the day. If any of these positions sound interesting to you, contact Fred at MBSEF.

### DONATION

A huge thank you to **Rod Ray and Bend Research** for the new Dell lap top computer! This new computer will be used for alpine race timing.

## Mini World Cup Update

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

The staff is gearing up and excited for the upcoming season. We already have completed two coaches education sessions.

Returning coaches for the 2002-2003 season are: Erik Huston, Brad Westphal, Pat Robson, Scott Foster, Miles Richards, Mary and David Wallace, Michele Halderman, Scott Meredith, Gary Olsen and Ed Ochs.

Thanks for being a part of MBSEF and the Mini World Cup program!

*Mike B. Evans*

*(Introducing the 2002-2003 Junior and Youth Cross Country Staff, Continued from Pg 2, Col 3)*

several years been teaching academic outdoor programs at the Obsidian Trails School for teens with behavioral problems. Specifically, some kids are looking for direction to plan future competitions and how to balance racing with life, Suzanne observes, adding that other kids are simply looking to have a good time on skis. "The fun-factor is pretty important with the junior skier," she says. "It's all about developing a desire to stick with the sport."

Over Thanksgiving, **Colin Mahood** led a group of junior skiers to the Nor-Am races in West Yellowstone. Because Colin will be traveling a fair amount to race on the national circuit and with the Rossignol factory team marathon schedule, he will assist the juniors on an occasional and as-needed basis throughout the rest of the season.

The MBSEF Stevenson Youth Development Program is pleased to welcome **Elli Becker** as the new head coach. Elli, who is a former MBSEF cross-country racer, will be in charge of the eight youth development coaches, overseeing the content of the program as well as head the operations on snow. "Skiing is the greatest gift I have been given – one I will continue to appreciate for the rest of my life." "When I was a kid, my parents would bundle me up, literally drag me out of the house and strap skis on my feet," Elli recalls.

She remembers shuffling along behind her parents hating everything about skiing other than the downhill. But when her older brother Adam started skiing with MBSEF, Elli caught some interest in cross-country skiing too. "All of a sudden, skiing became fun and games," Elli explains. She made new friends and experienced coaches who encouraged snow play.

"The games and enjoyment gradually led to racing, which again led to travel and exploration of the world," says Elli, who spent a year skiing and attending school in Mora, Sweden, and skied while in college on the East coast. "Now I bundle myself up, run out of the house, strap skis on my feet and chase down my parents," Elli says. "I appreciate the glide, the scenery and simply the sound of snow under my skis whether on sparkling mornings or during moonlit nights, and I love every minute."

And while Elli is excited to

return to the snow games and the camaraderie of the MBSEF Youth Program, it is with a strong sense of responsibility that she steps back on the Mt. Bachelor snow.

"I have been given the opportunity to pass on that gift of skiing, and to pass on the tools that give others the chance to discover the enjoyment of winter through a lifetime sport."

## Nordic Ski Calendars For Sale

NCCSEF Ski Calendars for the 2003 year are for sale. They are the ones that are seen all over town in shops, homes and other places where Nordic skiers dwell.

The cost is \$15. \$7.50 goes to the National Foundation that supports junior ski racers national and internationally. The rest goes to support local youth skiers.

Call Ben at 388-0002 to place an order. The deadline is December 20th.

Thank you for your support!

Ben

# Events

## Director News

(By Linda Snyder)

### FALL FUNDRAISING:

We had an outstanding crew of volunteers for our fall fundraising events! Thank you to everyone who put in time and hard work to help make these events a great success. All of the events were well attended and a financial success for the Foundation!

The fifth annual Sunrise to Summit run/trek, August 31st, was our largest yet with over 120 participants running and hiking from Mt. Bachelor's Sunrise Lodge to the Summit. We had an amazing fall day, which enabled all the racers to enjoy the view and sunshine from the summit. **Jan Spurkland** of Bend was the overall winner with a time of 35:08. **Mark King**, 35:45, and **Colin Mahood**, 35:57, were third and fourth respectively. **Jennifer Sventek** was the first female across the finish line with a time of 42:17. **Suzanne King**, 42:53, and **Kathy Fecteau**, 45:10, followed closely to secure second and third places. Thank you to **The North Face**, **LibertyBank**, **Deschutes Brewery**, **Mt. Bachelor Inc.**, **FootZone**, **the Source** and **KICE** for making this event possible for MBSEF.

The Mt. Bachelor Star Party in early September was the largest to date. 100 professional and just plain curious astronomers came to Mt. Bachelor to view our incredible dark Central Oregon sky,

attend talks and lectures and enjoy daytime activities sponsored by the Sunriver Nature Center. Don't miss this one next year!

The Skyliner's Ski Swap brought in record sales this year! Thank you so much to **Fred Shick**, **Barney Duberow**, **Dave Richter**, **John Sutton** and their crew for getting the Bus Barn set up for the sale. Thank you to the hundreds of volunteers manning all the different positions. We couldn't have done it without you. Also, a big thank you to **Power 94** for helping us get the word out!

Over 250 guests attended the 16<sup>th</sup> Annual Snowball, our holiday fundraiser at The Great Hall in Sunriver. Both the live and silent auctions, as well as the Saxon's raffle, were a huge success thanks to all of the wonderful items donated. We also raised an additional \$17,600 for the scholarship fund. Thank you to all the businesses, individuals, artists, staff and volunteers who contributed to the success of the event.

### VIP PASSES AVAILABLE:

The VIP Pass Program is one of our largest fundraisers and we still need to sell 10 more passes to reach our goal. Mt. Bachelor

generously provides MBSEF with 100 passes to sell for fundraising purposes.

### VIP Pass Benefits:

Unlimited access to all Alpine and Cross Country trails.  
Completely transferable between business associates, employees, family and friends.  
Ski Corral included.  
Use through the whole season from opening day through the end of summer sightseeing.  
A portion of the pass is tax deductible.  
20% off "Snowblast", Mt. Bachelor's tubing hill.  
Call the MBSEF office for more information.

### LOGO WEAR:

MBSEF is offering a selection of logo-wear with the proceeds helping our scholarship program. There are quarter zip, full zip, crew and hooded sweatshirts, fleece vests and baseball caps. We also have some new fun designs and colors by **Back Trail Designs**. Come by the office and check them out!

### 2003 U.S. BANK POLE PEDAL PADDLE LOGO CONTEST:

This year's deadline is December 6<sup>th</sup>, 2002 at 5:00pm. The winner will be announced in the next Ski Tracks Newsletter.



(MBSEF Athletes at the 2002 Snowball)

## Cross Country Adds Masters Video Program

(By Inge Scheve)

Among the additions to the 2002-2003 MBSEF Nordic programs, the Masters Video program is an offer worth consideration. The program targets advanced masters skiers who have a good understanding of the techniques and concepts underlying cross-country skiing, says video coach Suzanne King, who also coaches the Competitive Masters program.

MBSEF Nordic Director Ben Husaby, MBSEF junior cross-country coach and a former Olympian, knows the value of video analysis: "Direct video feedback allows advanced skiers to break through some of the lifelong idiosyncrasies they may have developed as a skier."

In Husaby's experience, video analysis can be one of the most effective ways to improve technique and efficiency. "It depends on the individual," he explains. "If the coach and the participant work together as a team, get to the core of the skier's form and there is good feedback, the skier can make improvements very quickly."

"Last year's competition program really enjoyed the video components, but it's difficult to do in large groups," Husaby says. "There was enough inquiry that we decided to do it this season."

Recognizing that there is a large number of competitive masters skiers in the Bend community, the new video program is yet another step in the race preparation process, Husaby says. Participants work with expert coaches Mark and Suzanne King, who also coach the Masters Competition program.

"We added this option so skiers can see what they are trying to do, and whether they are doing it or not," Mark King explains. "Seeing yourself ski is an important perspective in understanding the concepts you are working on," Suzanne continues. "Video is great feedback. It enhances the learning process." Through six sessions, participants choose which components they would like to work on.

Because video analysis is most effective in a smaller setting, the video program is a limited participants program, and space is available on a first-come first-served basis.

In addition to the video program, masters skiers can participate in the regular competition or development programs – either the full 12 weeks or a six-session flexible option.

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## New Masters Development Coach: Dave Cieslowski

In the Masters Development program, **Dave Cieslowski** is replacing Sarah Quan as Don Leet's Assistant coach.

"It's great to have a fresh face and new ideas," Husaby says. Cieslowski's energy and commitment to the sport as well as his previous experience coaching are among the factors Husaby took in to consideration when hiring Don's new assistant.

"His experience coaching both men and women from when he lived in Park City is great. And his background – not being born on skis and having to go through the levels – brings a good perspective to the program," Husaby says.

"I have taught a lot of skiing in the past, and I really wanted to get back into coaching. So when Ben and Chuck approached me about the position, I jumped at the opportunity," Cieslowski says. The avid skier works at Bend's new Nordic ski shop "On The Way", and was the Nordic Ski School Director at White Pines Ski Touring Center in Park City, Utah.

The challenge, Cieslowski envisions, is to convince skiers that investing in coaching rather than just buying equipment and expecting to learn as they go is worth the time and money. "It is important to get good instruction so you don't develop bad habits, especially when learning to ski as an adult. In the long run, coaching really helps people," Cieslowski says.

"I think coaching cross-country skiing takes someone who can recognize the strengths and weaknesses in people and praise the strengths while helping them work on their weaknesses in constructive ways," Cieslowski explains.

He also believes being up-to-date on the latest techniques, proficient in them and know how to coach them to others is crucial to succeed as a coach.

"Patience is key," Cieslowski says. "Just being patient and spend the time with them."

## Gate Judge Clinic

MBSEF is sponsoring a Gate Judge Race Official Clinic on Tuesday, December 10 at 7:45pm in the MBSEF office, 900 SE Wilson Avenue, Suite G, Bend.

In an effort to increase the quality of our races through gate judge training, this one-hour session will focus on the importance of the gate judge in the alpine ski race. We will develop more accurate gate judging through race scenarios - problems, solutions, and techniques.

Thank you for your support of MBSEF and ski racing!

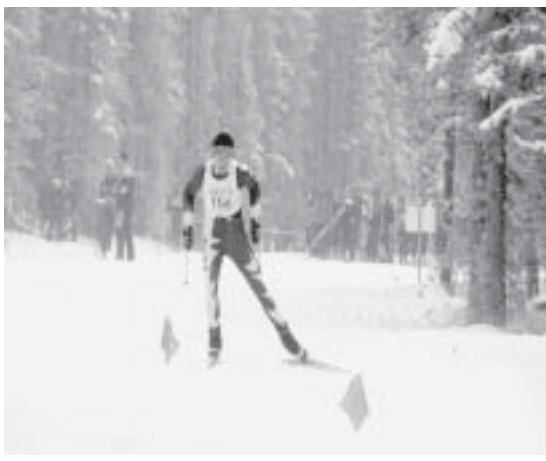
## MBSEF Nordic News: Thanksgiving Break 2002

*(By Brenna Knowles)*

*A combination of dryland and on-snow training and racing during Thanksgiving Break has the MBSEF Nordic team well on their way to a strong season.*

*The MBSEF Nordic coaches and athletes are striving for excellence in March at the Junior Olympics in Fairbanks, AK and in January at the World Junior Trials in Rumford, ME. Most athletes have been training since last May for these races. Some, especially the older, full-time skiers, have been training for years. To facilitate all levels of training, MBSEF held two training/racing options for Nordic skiers during the Thanksgiving holiday.*

*Five full-time athletes, Katey Kelley, Blake Fowles, Trent Lowe, Kirk Harr and Matt Halloran traveled with XCOregon racers Colin Mahood, Jan Spurkland and Inge Scheve to West Yellowstone Montana for the week of November 23. Seven full-time and winter-term athletes worked with Ben Husaby and Brenna Knowles at a local camp based at the Inn of the Seventh Mountain, November 24-27. The Bend camp athletes, Tom and Charlie*



*(Trent Lowe during the Nor-Am Sprint race in West Yellowstone, Montana)*

*Smith, Krysten Fitzsimmons, Caitlin Lowe, Pat Carroll, Carson Miller and Collin Rymer were joined by other MBSEF athletes who, in an effort to balance work and school commitments, took part in only the on-snow sessions.*

*The athletes at the Bend camp spent the majority of their time skiing slowly to develop their classic and skating technique. Athletes focused on body position, striding, kick, poling and fluidity. Athletes were also able to adjust to their new heart rate levels based on the VO2 testing results that were compiled at Central Oregon Community College last month. Most importantly, the athletes in the Bend training camp had plenty of time for play. Play included adventure running, a go-anywhere jump-off of anything sort of workout, hours of Capture the Flag, and rock climbing. For the most part "play" builds the general and core strength necessary for fast skiing without the athletes knowing that they're working to improve their skiing. And to relax, the athletes spent plenty of time in the hot tub, watched a hand full of movies and played chess and checkers.*

*Charlie Smith said his favorite part of the camp was climbing at Smith Rock. Charlie said the camp helped*

*him work on technique and overall it was "pretty awesome". Charlie said the one thing that could make the camp better is more snow. Tom Smith's favorite part of the camp was adventure running. Tom said he improved on double poling and going down hills. "It really helped and I liked what we did a lot," he said. Tom would like the camp to be longer next year with a race at the end.*

*Katey Kelley pulled in 14 hours of training and two Nor-Am racing experiences as a part of the West Yellowstone Camp. Katey and Blake Fowles raced the 5k classic and the sprint while the men's team (Trent, Matt and Kirk) raced a 10k classic and the sprint. The MBSEF athletes skied twice a day on about a half a foot of snow during the rest of the week to achieve the volume of training that fit with their individualized schedules. "It was so much fun," Katey said, "by mid week it was hard to get out of bed, but I'd do it again." Katey said she wants to work on her speed and focus more on her race pace during her interval sessions. Katey said the week also brought the team together, "We're like an MBSEF family and this week helped me develop a lot more respect for my team*

*(Continued on Pg 8, Col 2)*

**GO FOR IT!!**

*(By Fred Shick, MBSEF Race Crew Director/  
Alpine Coach)*

*Over the years, I have worked with many levels of alpine skiers in group situations and individually – from first-time beginners to highly skilled skiers.*

*One observation I continue to make is how skiers apply themselves and focus on the task at hand with varying levels of intensity. Obviously, those who are able to block out distractions that interrupt focus are going to get the most out of the training session – whether it be free skiing with a focus on improving a specific skill or gate training with a focus on faster lines and terrain changes.*

*The part where skiers try to improve individual skiing skills primarily takes place during free skiing with a certain task in mind, and in my experience, it is best to do this at a time and place that presents the fewest distractions (i.e. early mornings, less busy ski trails). The best case scenario would be a fenced-off, protected trail with crossing guards in place, top-to-bottom communications, with timing and coaches along the way taking notes and shooting video. This scenario requires a large amount of resources for a normal training session, but when doing gate training we usually have most of this in place.*

*Take advantage of these situations whenever they are available for ski training and work on speed from turn to turn, tucking, jumping or “skiing on the edge of control” during both free skiing and gate training. This just isn’t possible on public, crowded ski runs!*

*When showing up at the race, you will have practiced all of these elements you need to win the race, and accordingly, when standing in the start house, your confidence level takes you out of there and down the hill as fast as you are capable of going – faster than you’ve ever skied before!*

*At a race, the entire trail is closed to all skiers except you. Be confident that you – and only you – will be on that course. It is fenced, padded and controlled, so you can “go for it” more than you’ve ever done before without the distractions of a public ski run with other skiers.*

*Over the years, I have seen lots of kids free-ski in crowded situations – as in an entire group tucking Cliffhanger racing to lunch, carrying tools and poles, dodging each other constantly – and generally, skiing with more speed and less control than they would in a controlled, safe training or racing situation.*

*So why is it that most athletes free-ski faster than they race while in controlled, fenced environments? It really doesn’t make any sense! Could it be that having the hill to yourself – one that is controlled, monitored and safe and that might even bring a reward at the end of the day – could actually cause you to ski slower?*

*When you go to a race or in training, check out the safety installations and the crowd control measures and usually, you will take heart in the fact that on this particular day, you can go for it on a hill all to yourself with nobody in your way. So... GO FOR IT!! Happy skiing!!!*

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**MBSEF Nordic News:  
Thanksgiving Break 2002**  
*(Continued from Pg 7, Col 3)*

*members.” Katey wants to place in the top 15 at Junior Nationals in Fairbanks, AK. She wants to get to the point where she can ski hard and look ahead, analyze and interpret the courses as she skis them. Katey’s other main priority is fun. In the spirit of Thanksgiving, Katey said she was “thankful to be able to have the opportunity, support and encouragement,” to participate in the camp.*

*Colin Mahood was able to capture a third place finish in the men’s sprint race, help the MBSEF skiers prepare for their races and cook a huge Thanksgiving feast. Colin said the MBSEF racers benefited from being part of such a high caliber race including teams from Alaska, Montana, New Mexico, Utah, California, the Rossignol and Fischer Factory teams and the U.S. Ski Team. Colin said seeing skiers from other teams helped the MBSEF racers get fired up for their big races.*

*A thousand thanks to the Smith, Fitzsimmons, Lowe and Husaby families for providing ample and excellent food. A special thanks to Greg Strome for taking time off of work to lead and belay great climbs at Smith Rock.*

**Free Tuning Clinic at the Race Place**

After 14 years, Race Place has moved to a new location. Full workshop service is available along with all the tuning and protective gear needed for ski racing.

A free tuning clinic will be held Wednesday, December 11 at 6:30pm. New Location is:

Race Place  
222 SE Reed Market Road, Ste. 100,  
Bend, Oregon

For more information call  
382-4216.

# 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

**E-Mail:** [mbsef@mbsef.org](mailto:mbsef@mbsef.org)

**Home Page:** [www.mbsef.org](http://www.mbsef.org)

**Executive Director:** Chuck Kenlan  
**Events Director:** Linda Snyder  
**Membership Coordinator:** Cindy Ferris  
**Accountant:** Julie Arnold  
**Alpine Director:** Nils Eriksson  
**Cross Country Director:** Ben Husaby

**MBSEF Office Phone:** (541) 388-0002  
**MBSEF Office Fax:** (541) 388-7848  
**Volunteer Hotline:** (541) 385-1999  
**Junior Race Center:** (541) 382-2607 Ext. 2243  
**Nordic Center:** (541) 382-2607 Ext. 2210  
**Mt. Bachelor Ski Report:** (541) 382-7888