

SKI TRACKS



MT. BACHELOR SKI EDUCATION FOUNDATION
RACE TRAINING CENTER NEWSLETTER

Volume 6, Number 2

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(Weston Fitzsimmons and Brit Oliphant during XC Youth Development Christmas Camp)

Youth Development XC Christmas Camp

Spending their Christmas break at the Mt. Bachelor Nordic Center, a large number of kids participated in MBSEF's Youth Development Christmas Camp on Dec. 28-30, 2002.

"I think the back-country powder day was a highlight for many of the kids," said Jan Spurland, who is one of the youth coaches. "It seemed like all the kids really enjoyed chumping through two feet of powder." Coach Dennis Feeney agrees. "It was a really fun, long-distance ski. We got really far out and got to see some really deep powder."

The coaches typically start each day with games, leading off with name games, working their way

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GREETINGS FROM THE DIRECTOR

With the arrival of February, our programs and races have moved into full swing. The coaches and athletes have had some fantastic training during the sunny days of January and are starting to reap the benefits at the contests and races. We are very lucky to be able to utilize Mt. Bachelor's world class facility and receive their support of our program.

Dave Reynolds and the Snowboard team have had some great results at Mt. Bachelor's Enter the Dragon and Mt. Dew events. We are very proud of Dave and the team's performance. It reinforces our belief that focused training, goal setting, and the presence of good role models creates an environment where our athletes can realize their potential. The "Chevy Trucks U.S. Snowboard Grand Prix" will be held February 5-9 at Mt. Bachelor. The event brings North America's finest snowboard athletes to town. Both our snowboard coaching staff and our alpine race crew play an integral part in the success of the event.

The Alpine team has seen some strong results lately fueled by **Gretchen Glaser's** first place finish in a GS during the Park City Tech. Series. **Jeff Gomber** and **Tommy Ford**

were first and second respectively at a J.O. Qualifier at Stevens Pass. An MBSEF athlete, **Eric Holmer**, has been dominant at early season Nor-Ams and is getting pretty close to a Ski Team selection. The first Mini World Cup race was held on Jan. 12 with many strong performances from our young athletes, many of whom raced for their first time. A huge thank you goes out to the parents and other volunteers who helped out with this event. Our Mini World Cup program's success is completely dependent upon parental involvement. If you are unsure of how you can help, talk to Mike Evans or Janet McLain at the Junior Race Center.

Our Cross Country program is as strong as it has ever been. The athletes are starting to see the results of all the hard work and training put in over the summer and fall. It looks like Ben will be taking at least eight athletes to the Junior Olympics in Fairbanks, Alaska. The team has dominated the first two

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UPCOMING EVENTS

Feb 5-9	Snowboard Grand Prix
Feb 8-9	Sunnyside Pursuit/JO Qualifier
Feb 18-24	Sun Cup
Mar 8	Par Fore the Course
Mar 29-30	Mini World Cup Finals

ALPINE ATHLETE PROFILE

Highlighting: Courtney Schwartz

(By Inge Scheve)



For Courtney Schwartz, age 13, skiing has become more than just a hobby. An MBSEF Winter-term ski racer, Courtney spends three days a week and most weekends on the snow.

“I love racing gates,” Courtney says. “It gives you challenges, and every day is different because the snow is always different,” she explains, noting that ski racing teaches her skills she can apply to all aspects of life: “Nothing is easy, just keep pushing yourself to do it. If you work hard you can achieve anything you want.”

MBSEF Alpine Director, Nils Eriksson, believes Courtney has large amounts of athletic ability she can apply to skiing, should she choose skiing to be her main sport at some point. “She is athletic, she enjoys skiing and she seems to have a lot of fun with the other kids in the program,” Eriksson says. “There is a lot of talent, and she is still so young, she doesn’t need to prioritize a sport yet.”

For Courtney, who has raced for five years, skiing has become a way of life. “I want to keep skiing. It gives me something to do, and it is always challenging,” Courtney says, adding that she would like to take her skiing a step further. “I like to race at new places.”

But as much as Courtney likes to travel to new race venues, her heart holds a special place for Mt. Bachelor. “I love the mountain. It’s really cold sometimes, but it’s worth it because it’s so beautiful out there. You just have to tough it out,” Courtney says. “The May Day Races are my favorite because they are in the spring and they are just fun,” Courtney says.

But although Courtney loves to ski race, the busy St. Francis 8th-grader whose favorite subject is history has more than alpine skiing on her mind. She hopes to become a crime scene investigator when she grows up.

G.I. Joe's Mini World Cup Update

First, thank you to all the competitors, their families, parent volunteers and coaches for getting off our first race of the season. Snow conditions are ever improving for gate-training and the summit has offered up some awesome free skiing as well. Team scoring will start to even out after our first race; and hopefully, create some spirited team rivalries.

Just a reminder that the competition at Mt. Hood is coming up. Good luck to all MBSEF team members planning to attend. We will still have training and skiing for those staying at home.

Mike B. Evans

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

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

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

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SECOND SESSION REGISTRATION

It's time to sign your child up for the 2nd session of Alpine Mitey Mites and the Snowboard Development program! Both programs start the weekend of February 8 & 9. All we need is for parents to call or come in to the MBSEF office and tell us the desired training day (Saturday or Sunday) for your child. Credit card payments may be made by VISA or MasterCard.

Registration is requested as soon as possible so the coaches will have an accurate and complete roster at the start of the session.

MBSEF Cross Country Juniors Embark on U.S. Senior Nationals

(By Inge Scheve)

For rookie **Katey Kelley**, the U.S. Senior Nationals in Rumford, Maine, was an eye-opening experience. “The competition was stiff,” said Katey of the field she encountered in Maine. “Racing in general is challenging. Then you throw all the excitement in and that just throws another thing on top of it.”

Teammate **Trent Lowe**, who skied at the 2002 U.S. Nationals in Montana last season, knew what was in store: “It’s pretty tough. There are lots of fast people out there,” Trent noted. Trent, whose main goal for the trip was to qualify for the U.S. Ski Team’s annual J1 trip to Scandinavia, wanted to measure his power against the best in the nation. Though Trent didn’t make the cut, he still took a healthy helping of good experiences from the races: “It furthers my skiing just seeing how fast people are going,” he said. “There are lots of people there trying to break through to higher levels – people my age. I try to hold on and go for the ride,” Trent added.

In preparation for the races in Maine, both Trent and Katey have participated in head coach, Ben Husaby’s nationals training plan, which is more rigorous than what he puts the rest of the full-time athletes through. “I have never trained as much as I did this year. We did a lot of weight training in the fall, and I am definitely a lot faster this year,” Trent said. “Everything we have done in preparation for the races has been good, but the timing was off and I didn’t feel ready,” he explains.

But though the competition may have been brutal, both Trent and Katey keep the Rumford races in perspective. “It’s all just racing,” Katey said. “The racing isn’t anything different. It still hurts. But the amount of people racing is higher as well as the amount of good people.” Trent agrees: “These are just races under my belt, and now I know where I’m at.”

Regardless of where the juniors placed on the result list, Husaby is pleased with his skiers’ efforts. “They both had good experiences and average races,” Husaby said. “It is great for them to see diversity in terrain and levels of abilities.

We feel that our preparations were really good, but it is difficult to go down from our elevation to race at sea level,” he noted. “Katey’s goal was to see where she stands compared to other collegiate women.”

For Katey and Trent, the Junior Olympics, which will take place in Fairbanks, Alaska, March 8 through March 16, are the most important races this season. “Basically, this just builds experience for the more important races to come – such as the Junior Olympics,” Katey said.

And while the competition itself at Senior Nationals is enough to challenge any skier, Katey and Trent had the added challenge of breaking trail for the MBSEF Nordic Program, which is becoming increasingly competitive on the national, as well as the regional race circuit.

“Katey and Trent are pioneers in the direction our program is hopefully taking. We hope to have a competitive enough team that traveling to these events won’t be such a jump. Katey and Trent have the difficult task of getting used to, one, do it by themselves and, two, breaking trail for the younger skiers in the program,” Husaby explained. “Cross-country skiing is a lifetime sport and these two are just starting their careers,” Husaby added.

And race trips bring more than just racing: “The best things about Nationals were the great people I got to stay with and the great accommodations coach Brenna found for us,” Katey said. “I would come back. I like to travel, and it is fun going to places you normally wouldn’t go to – such as Rumford, Maine,” she said, noting that Rumford doesn’t have much going for it in terms of tourism. The smell from the pulp mill takes care of that!

(Greetings From The Director, Continued from Pg 1, Col 3)

qualifiers and is beginning to separate themselves from the rest of the division. **Katey Kelley** and **Trent Lowe** traveled to Rumford, Maine for the Senior Nationals and both posted good results in their age categories.

On January 11th MBSEF held the inaugural “Great Nordeen Point to Point Ski Tour”, a 36 kilometer freestyle race starting at Mt. Bachelor’s Sunrise Lodge and ending below Wanoga Snow Park. The race attracted over 250 racers and was a huge success. We feel very strongly that this event will attract 1000 skiers one day and will be held in as high regard as our U.S. Bank Pole Pedal Paddle. This race could not have happened without the support of the following: Mt. Bachelor for their grooming efforts, transportation, and the use of their facilities; the U.S. Forest Service for working with us on developing our plan and allowing for the use of designated snowmobile trails; the local snowmobile clubs; the Tumalo Langlauf Club for providing the majority of our volunteers and for coming through with financial assistance when we needed it; all the volunteers and sponsors who made the event happen; and finally, Ben Husaby, whose vision and perseverance brought to us an event that all of Central Oregon can be proud of.

*Regards,
Chuck Kenlan*

SNOWBOARD ATHLETE PROFILE

Highlighting: Brandon Luzier

(By Inge Scheve)



MBSEF snowboarder **Brandon Luzier**, age 15, came out of the first Enter The Dragon half-pipe contests at Mt. Bachelor with a first place in half-pipe and a third place in slope-style. Looking ahead to the rest of the season, Brandon is optimistic: "I want to compete in the U.S. Nationals," Brandon says. Brandon is a two-year veteran of the U.S. Amateur Snowboard Association's National Championships, in which participation is by invitation only based on qualifying competitions. This year, the Nationals will be held at Sugarloaf in Maine.

Says head coach Dave Reynolds: "Brandon did really well in both contests. He has a great attitude, and he has really improved his riding skills." "I like competing," Brandon says, who has boarded for seven years and is in his fifth competitive season with MBSEF. "It's really fun!" "The trickiest part in any contest is that you only get two runs," Reynolds explains. "You have to do your thing right then and there. A lot of kids can do cool moves, but it's hard to put it all together when you have to."

Succeeding in snowboarding requires diligence and courage as well as a great attitude, as Brandon has discovered. "It takes a good attitude and being willing to keep trying and practicing – and doing it a lot," Brandon says and take the consequences of that discovery.

"I go snowboarding whenever I don't have school, and both days on the weekends," Brandon says. He also participates in dryland training at Acrovision once a week. "MBSEF helps me a lot. Dave and the other coaches give me pointers on how to get better and that helps me get smoother," Brandon says, whose favorite part of snowboarding is the half-pipe events. "During competitions, the coaches are great because they talk to the competitors and help them stay calm," Brandon exclaims.

"I just try as hard as I can, and I try to not be afraid to fall," Brandon says, who has never hurt himself seriously snowboarding. "I have never broken anything, but I have sprained my wrist and stuff. I do fall down quite a bit – every day." Brandon believes falling improves his skills: "I try to stay within what I know I can do but still push it. And I try to fall on a flat part of my body like our coaches taught us to. It's better to fall on your whole forearm than just your wrist."

But life is more than just snowboarding and competing. The busy Redmond high student enjoys hanging out with his friends. They watch movies, go to football and basketball games and skateboard together.

Though Brandon enjoys math and science-related subjects at school, he doesn't know yet what field he will go in to once he graduates from high school. "I'd like to keep snowboarding. It would be nice to get sponsored or maybe go professional," says Brandon.

Events *Director News*

(By Linda Snyder)

The 27th Anniversary U.S. Bank Pole Pedal Paddle Logo Winner



This year's U.S. Bank Pole Pedal Paddle logo contest had 30 incredible entries. The winner is **Randy Hamar**, a graphic designer from Portland. Randy's logo is on display at the Foundation office and the top 10 entries are on display at the U.S. Bank branch on Oregon Avenue in downtown Bend.

Annual Friends Fundraiser

A big THANK YOU to all of you who sent in donations for the "Friends Fund" at the end of the year.

(Continued on Pg 5, Col 1)

(Events Director News, Continued from Pg 4, Col 3)

SPRING FUNDRAISERS & EVENTS

We're gearing up for the upcoming spring fundraising events. Please consider participating or volunteering!

The Banff Festival of Mountain Films

The Festival will be April 21 & 22 at the Pilot Butte Cinemas. Times TBA.

MBSEF Annual Awards Banquet

April 26th at Summit High School, 6:00-8:00pm

The 27th Anniversary

U.S. Bank Pole Pedal Paddle

May 17th

Race announcement and entry form is available on the MBSEF web site at www.mbsef.org. Printed entry forms will be available at the MBSEF office and all Oregon U.S. Bank branches by March 1. We are always in need of extra volunteers so if you are not competing, please plan on helping out!

U.S. Bank Kids' Mini Pole Pedal Paddle

May 18th

We'll need volunteers for this event also!



(Youth Development XC Christmas Camp, Continued from Pg 1, Col 1)

into variations of tag and soccer. Then followed some sort of technique work, Jan said. He noted that no-pole skiing, which challenges the kids on a variety of technical levels, appeared to be a hit with most of the young skiers. "No-pole skiing is almost like short sprinting," Jan explained. "It involves lots of changing directions, speed,

obstacles and lots of traffic the kids have to negotiate."

Among other activities that went over well with the young skiers was the slalom day where the coaches set a course with ski poles. "The kids had a lot of fun doing little slalom races where they timed themselves down the run," Feeney said.



'Enter the Dragon' Snowboard Competitions Draw Record Numbers

(By Inge Scheve)

Enter the Dragon snowboard competitions at Mt. Bachelor draw record participation from all over the Northwest. "Participation is up about 20 percent," says Cindy Luzier of the *High Cascade Snowboarding Camp*, which sponsors the *Enter the Dragon* events.

Luzier, who is also the parent to MBSEF riders Brandon and Chris Luzier, says that especially the slope-style competition has seen higher numbers, but that she expects the half-pipe events to pick up as well. "The half-pipe wasn't finished until Saturday (of the first event). A lot of the kids just didn't register for it," she says.

Participating in competitions help boarders establish an idea of where they rank, Luzier explains, noting that *Enter the Dragon* is the next step up from the *Mt. Dew* events that are purely for fun.

MBSEF snowboard head coach, Dave Reynolds agrees. "Competing is fun," he says. "And riders gain a lot of self-confidence that makes

them feel good, which helps them ride better."

"*Enter the Dragon* is the big competition series in our area for the kids to compete in. These events give them an idea of where they are compared to other kids in the area," Luzier says.

Additionally, *Enter the Dragon* series competitions also contribute points toward qualifying for the U.S. Amateur Snowboard Association's National Championships that will take place at Sugarloaf Mountain in Maine later this season.

In the *Enter the Dragon* events, the judging is consistent with USASA judging, and thus help the competitors prepare for Nationals should they qualify. The event judges rank participants based on amplitude, non-rotation/ straight airs, and rotation/ spins of 360 and more, and also give an overall score.

"You can have the best run of your life anytime, but you need to have it right then and there," Reynolds says, explaining that this puts pressure on the competitors. "You just talk to your friends who are up there," Brandon says. "And the coaches help you stay relaxed."

Although competitions add pressure, Brandon and Reynolds agree that these events are helpful to improve as riders in general. "Competing makes you want to learn different things so you can do well in that, and it gives you something to work on even if the coaches work on that too," Brandon says. "And competitions make you more relaxed just riding when you are not competing."

Go to High Cascade Snowboard Camp's web site at www.highcascade.com for *Enter the Dragon* event results.



This summer Kevin spent some time in Park City dryland training and then went to New Zealand before going to college. He'll race with the US Ski Team winter-term and return to school for spring and summer. The following are E-Mails sent home.

ON THE ROAD WITH THE US SKI TEAM

(By Kevin Francis)

Mt. Hutt, New Zealand: July 30-August 17 On-Snow Training

I'm in an internet café, so I only have a few minutes. Everything is good here including the weather, although the locals say that will change. We go up 12K of the steepest sketchiest switchbacks I've ever seen with thousands of feet drops on both sides to get here so I don't think Mom could do it. And guess what! They bungee jump off a cliff at the ski area parking lot, or should I say WE DID.

FIJI: August 19-24 (it's on the way home, right!?!)

We got a nice bure' (room) with an ocean view for \$15 US. We went snorkeling today and saw the biggest coral I've ever seen. I'm hoping to catch a ride surfing tomorrow.

Hanover, New Hampshire: September 9-December 9; College

I'm in my 3rd day of Orientation and we started ski team workouts, went to the weight room and learned to play squash. Looks like a fun group to work out with. We decided this place is a lot like summer camp only more freedom and fun. I'm sure I'll have a different idea about it once school actually starts, although I'm not sure how I'm gonna fit school into my busy schedule. Hehe

Beaver Creek CO: December 7-10; Forerun World Cup SG, 2 NorAm SG

My first time on the Birds of Prey Course was awesome. It's got the steepest start of all the World Cup SGs and it doesn't stop there. It feels so good to be on skis and to run the course before racing the NorAms, although my timing is off. As Kent would say, I'm making library turns.

Lake Louise, Canada: December 12-17; 2 NorAm SG, 2 NorAm DH

I can't seem to go fast in SG, but I had a good DH run today. They didn't give me a time but I felt real good, so I was hoping I beat Homer who was leading. I didn't! I ended up 4th in both DHs which isn't too bad. Homey's on fire!

Sunday River, Maine: December 31- January 5; 2 NorAm SL, 2 NorAm GS

Well, it took four days to get here from Bend. One day to

Portland in a snowstorm, sleep, one day to Salt Lake, sleep, one day to Boston then sit on our mountain of bags for 7 hours until the cargo van agency opened, sleep, then drive to Maine. The east can be a great place to score points when the snow's hard and it's not raining. I got the best SL and GS points of my life and a GS podium in a NorAm.

Austria: January 6- February 1

Our race schedule is constantly changing since so many races are being cancelled or moved to new venues. There's hardly any snow here so we're racing on big terrain. We've been in 4 SGs and 2 slaloms and I still can't go fast in SG. I couldn't get into my binding at the start of a Europa Cup SG, so Andy our tech worked on them and then the binding rep tried. Nothing worked and I missed my start. I got another pair of skis on, but they wouldn't even let me start last. If I was Austrian, bet they would've given me a provisional run. I have Bode's DH skis from last year and they're rockets in any conditions so I used those in one of the SG races, made some mistakes and still had an ok time, so I'm going to test my SG skis at the Fischer test track to see which ones are fast. Some of us spent a day off sitting in Schlopy in Bode's apartment waiting for the Europa Cup coaches to pick us up. We decided that living

(Continued on Pg 7, Col 1)

On the Road With the US Ski Team, Continued from Pg 6, Col 3)

in Europe would be a whole lot better if we were Bode Miller. Having an apartment here and a car would be the most ideal thing. Well, I guess I'll have to go faster!

XC Uniforms for Sale!

Beautiful, white and blue design by Carly Harr.

Jackets: \$85

Suits: \$110

Sizes Available:

VO MAX Jackets: 3 mediums, 2 smalls
VO MAX Suit Top: 3 smalls, 2 mediums, 2 larges
VO MAX Suit Bottoms: 3 smalls, 2 mediums

Please stop by and make sure you get the right size. The suits are in Ben's cubical. Make checks payable to MBSEF.

Stevenson Cross Country Youth Development Update

(By Brenna Knowles, Assistant Nordic Coach)

Coach Dennis Feeney comments on his first official coaching experience with the youth program:

Working with the Youth Development program this year has helped new Bend resident, Dennis Feeney get a feel for the local Nordic skiing community and become a better skier.

"I'm the new person in town so playing with the kids and meeting parents has been a major benefit of the program," he said. Feeney said he feels being a coach has helped

his skiing as an XC Oregon athlete because it helped him realize that "not everything is serious and there is time for play and fun."

Through working with the Youth Development program, Feeney has learned that "little kids have energy levels that are through the roof," and "no matter what age the kids are, they have very different skiing experience."

Feeney's favorite day of the program this year was when he was skiing with a group of seven athletes through a slalom course. "We had a seven man train and I was in the middle. It ended in a huge pile up," he said.

When Feeney is not skiing, he works with elementary, junior high and high school students through Americorps. "I work with kids all over the place and they all want the same thing," Feeney said, "to have fun and learn a little at the same time." Feeney is excited to help coach the program again next year.

Program participants share their experiences and thoughts:

Tim and Dylan Howe love playing games like Ultimate and British Bull Dog (similar to sharks and minnows with an eyes closed component) as a part of the Stevenson Youth Program. Tim, age 12, said his favorite days are when the group "goes up and comes down a lot of hills." Tim hopes to get the chance to "split up in groups and ski a bigger variety of tracks" in weeks to come. Dylan, age 10, said his favorite skiing days include a lot of

crashes. He feels his classic skiing is improving and he is looking forward to just plain skiing in the next few weeks of the program. Annie Payne, age 9, said she has improved her balance and learned how to go down hills. Alex Payne, age 11, said he has learned how to go fast and he likes practicing going downhill with one ski. Both Alex and Annie are looking forward to trying out racing. They said they are having fun and learning a lot.

Terrain Park planned after next big storm:

With a good-sized storm, Youth Program participants will be able to play in a new terrain park that Michael Keep, Mt. Bachelor Nordic Center Director, will design on the upper Nordic trails. Already this year, the cinder pit off of Blue Jays Way has been groomed to accommodate Youth Program skiers. Keep said the area is "a separate place for kids to goof off with plenty of room to go crazy." Keep explained that the current, extremely hard, old snow, conditions are difficult to shape. Fresh snow is needed for smooth features. Keep said this year's terrain park will have features that are larger and more fun than in years past. Keep looks for areas with a sustained grade when building Terrain Parks. "I try for places that aren't too steep, places to make a lot of swoopy shapes," he said. Keep explained that building Nordic Terrain Parks are more difficult than Alpine Terrain Parks because the

(Continued on Pg 8, Col 2)

USSA Coach of The Year Award Goes to Kent Towleron

(By Inge Scheve)



For the second time, the Mt. Bachelor Ski Education Foundation's Alpine FIS Coach, Kent Towleron received the prestigious Coach of The Year Award from the U.S. Ski Association. The award recognizes a successful National coach who through innovative methods and involvement in his athletes displays extraordinary dedication to the sport and was awarded to Towleron in 2002, as well as in 1995.

"He's a g-- d---- alpine hero," says Lester Keller, a member of the United States Ski Association's Awards Committee. Keller adds that Towleron is possibly the only coach to earn this award twice. "The guy has been-there-done-that with style for 25 years now," Keller exclaims.

"He is good at what he does, he has got elegance and style – he is like a 59 Chevy: he's a classic," Keller explains, noting that the USSA does not have a set of hard and fast criteria they follow when considering candidates for the award. "Kent got it because he earned it, not because he deserved it. He is out there every day working hard for ski racing, for kids and for the sport."

Towleron himself has a modest view on why he received the award. "Great skiers make good coaches," Towleron says, who believes his group of athletes is the reason for his success. "It's really easy to coach really talented athletes. All you try to do is to not mess them up," he adds with a laugh.

"Coaching is not a profession where you seek great rewards. It's nice that people recognize what you do," Towleron says. "As a coach, you

have to live vicariously through your athletes. You try to make sure they do the best they can so they never have to look back and wonder how good they could have been," Towleron explains.

"Kent has improved my skiing so much in just the last year," says full-time MBSEF ski racer Jared Poor, who is entering his second season with MBSEF. The 19-year-old from Anacortes, Wash., has skied since he was about two years old and is impressed with Towleron's coaching. "Kent has so many years of experience. He has so much to pull up and he has coached so many people that he has seen everything multiple times," Poor explains.

The popular coach is in his 8th season as the FIS coach at MBSEF where he is responsible for eight full-time junior racers aiming for international and national races this season. Towleron – an accomplished skier and a University of Wyoming graduate born-and-bred in Bend – has coached a variety of junior teams, university athletes and elite senior alpine racers for almost 30 years. He was also a part of the U.S. Ski Team coaching staff for a number of years before returning to Bend in 1996 when he was hired with MBSEF.

"I was tired of traveling," Towleron says of why he wanted to get back to Bend and coach at the Foundation. "But I think I travel as much or even more now."

(Stevenson Cross Country Youth Development Update, Continued from Pg 7, Col 3)

groomer cannot bring in snow from the sides of the trails. However, Keep said, Nordic Terrain Parks are easier to build because the features aren't as large. Keep said the primary

reason for building a Terrain Park is for users to have fun and it also provides a chance to "get away from a smooth surface and improve skiing skills."

Trail Trivia (from Michael Keep): Groomers work on the graveyard shift, which is 12 a.m. to 8:30 a.m.

How much does it cost to run a groomer, including the machine, maintenance, fuel and operator?

Answer: \$100/hr. - a good reason to proudly display your trail pass.

FOR SALE ITEMS

Madshus, Hypersonic 3x3, skate or classic, wet or dry, new with last year's graphics. \$180 includes delivery. Contact Richard Knowles (Brenna's dad) rknowles@eoni.com or (541) 856-3799.

New Salomon Race Stock Boots, size 25.5 or 285mm, soft flex. \$200 OBO. **World Cup Stock Solomon GS Skis** with Hargl plate & bindings. Used one season, in good condition, tuned. \$200 OBO. Contact Gretchen Glaser 389-9428.

Rossignol Skate Boots, size 38, used this season only. \$150. Call Elli 382-7788.

Rossi 9X Pro GS Race Skis, 195cm with Rossi Axial 120 Pro bindings. Skis used 4 times - perfect condition. \$375. Call Mike 317-9736.

Rossignol Race Stock SL & GS Skis, 188 GS with plates and bindings. 184 GS, 170 and 150 SL. \$150 each OBO. Call Suki 390-5087.

2002 Tecnica Icon XT Race Boot, size 27.5/9 - 9 1/2 US. Skied on 6 times last season. \$325. 948-2820.

Solomon GS World Cup Skis, 185 cm., never used. \$350 OBO. Call Del Greenleaf 389-2862 (home), 317-5533 (work), 480-5558 (cell).

Proudly Supporting MBSEF



photo courtesy of Good 8 Photography

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Sunnyside Pursuit JOQ

February 8: Freestyle Technique

February 9: Classic Technique

Both races start at 10 a.m. @ Mt. Bachelor
Nordic Center

Day-of-Race Registration/ bib pick-up 8:30 to 9:30 a.m.

- All females and J2 males ski 5 kilometers each day
- All skiers J3 and younger ski 3 kilometers each day
- All male racers J1 and older ski 10 kilometers each day

NOTE: You may race on 2/8 only. But in order to race on 2/9 you MUST race on 2/8 because the finishing times on 2/8 are used to establish start order for 2/9.



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Race Registration Form

Sunnyside Pursuit JOQ

MBSEF XC Race Secretary
900 SE Wilson Avenue, Suite G
Bend, OR 97702
(541) 388-0002 voice
(541) 388-7848 fax

Name: _____

Address: _____

Phone: _____

E-mail: _____

Club Affiliation: _____

PNSA/ USSA #: _____

Gender: ___ Date of Birth: _____

Age ___

Awards

Age Group Awards:

Junior classes	M3 35-39	M7 55-59
Sr. 20-29	M4 40-44	M8 60-64
M1 30-34	M5 45-49	M9 65-69
M2 35-39	M6 50-54	M10 70+

Great food provided by:

- Nancy P's Bakery
- Ray's Food Place
- Big O Bagels
- Great Harvest Bread Co.
- Pepsi Co.

Race Entry Fee Schedule

Cost of Race

20 and older – EACH RACE: \$10.00

19 and under – EACH RACE: \$7.50

Day of race Late Fee \$5.00

Entries must be received with payment by 5:00 pm

Friday 2/7/2003 to avoid late fee

I am racing 2/8 ___ I am racing both days ___

You may race on 2/8 only, but in order to race on 2/9 you MUST race on 2/8 because the finishing times on 2/8 are used to establish start order for 2/9.

Trail Pass Fee*

Ages 19 and older – EACH RACE: \$7.50

Ages 18 and younger – EACH RACE: \$5.00

*For those not already holding passes

PNSA Trail Pass Package: \$5/day or \$15/ 3 days

Total Enclosed: _____

Make Checks payable to MBSEF

PNSA jr. coaches mtg: Fri. 7 p.m. MBSEF office (388-0002)

Lodging Information:

For discounted room rates, call Mt. Bachelor Village Resort at 1-800-452-9846. Mention the Sunnyside Pursuit JOQ when making reservations.



MBSEF

RACE TRAINING CENTER

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

Address Service Requested

BOARD OF DIRECTORS

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Cara Walther

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

Home Page: 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