Greetings From The Director

by John Schiemer

As our season comes to an end, I wanted to address the issue of volunteers and volunteerism as it relates to MBSEF. Volunteers are the lifeblood of most non-profit organizations and MBSEF is no exception. We would not be successful without the many volunteers who put in hundreds of hours at our events and programs.

These volunteers include those that help with our races and competitions during the winter season, as well as the hundreds of volunteers that help with the Pole Pedal Paddle, Cascade Cycling Classic and the Skyliner’s Ski Swap. I want to sincerely thank all of you for the hours that you donate to MBSEF. We could not do any of this or have successful events without all of you. Thank You!

Many of our volunteers are parents of former athletes. And these parents come back year after year to give back to the program that meant so much to their families and children. It is the very reason that I choose to take on this position 5 years ago. One cannot put a price on the impact that MBSEF can have on our children.

UPCOMING EVENTS

<table>
<thead>
<tr>
<th>Date</th>
<th>Event Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apr 5-26</td>
<td>After School Mountain Bike Session I</td>
</tr>
<tr>
<td>Apr 6-9</td>
<td>Alpine PNSA Masters Championships</td>
</tr>
<tr>
<td>Apr 21</td>
<td>MBSEF Annual Awards Banquet Save The Date</td>
</tr>
<tr>
<td>Apr 21-23</td>
<td>Alpine Annual May Day Race</td>
</tr>
<tr>
<td>May TBD</td>
<td>Nordic Biathlon Event</td>
</tr>
<tr>
<td>May 3-Jun 2</td>
<td>After School Mountain Bike Session II</td>
</tr>
<tr>
<td>May 20</td>
<td>U.S. Bank Pole Pedal Paddle</td>
</tr>
<tr>
<td>May 21</td>
<td>U.S. Bank Kid’s Mini Pole Pedal Paddle</td>
</tr>
<tr>
<td>Jun 7-11</td>
<td>Central Oregon 500</td>
</tr>
<tr>
<td>Jun 26-Jul 6</td>
<td>Mountain Bike Session III</td>
</tr>
<tr>
<td>Jul 1</td>
<td>2017/2018 Program Enrollment Begins</td>
</tr>
</tbody>
</table>

To be honest, in this day and age it is very easy to “write a check” rather than to give your time to a non-profit organization. However, even though these checks are well intended and much needed, what most organizations need is time. We need people to help gate keep, write down scores on the scoreboard, hand out bibs, time races, the list is endless. And if we aren’t able to find people to give of their time, these events will not continue.

As you think about MBSEF over the summer and into the fall and the impact this organization has had on your children and family, please consider volunteering your time next season. We need help with race administration, we need help with timing, we need help in many different areas. Most of us that have been at this for a number of years, our kids are grown. It is time for a new generation of parents willing to continue to carry the MBSEF torch and help us continue to move forward and positively impact the life of every athlete we serve, the vision statement of MBSEF.
20% off any services by Robin Dennis

SKI TRACKS

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

SKI TRACKS is published six times per season (September, December, February, March, April and June). Publications are available to current members enrolled in an MBSEF program. Membership year runs September through August.

Publisher: MBSEF
Editor: Kathy Kurtz

Story contributions are always welcome!

As a nonprofit, we appreciate in-kind and financial contributions supporting our Foundation.

Please have stories in by the third week of the month, for publication the following month.

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Pocketweez

Purchase the revolutionary Pocketweez right here at MBSEF, and 45% of the purchase goes right into the MBSEF scholarship fund. The Pocketweez will be the last tweezer you will ever have to buy. Don’t get stuck without it! They make awesome stocking stuffers!!
Cascade Rack Presents
THE BEND BIKE SWAP
APRIL 6-8
BEND ARMORY / 875 SW SIMPSON AVE
TheBendBikeSwap.com

The Annual Bend Bike Swap is being held April 6-8 at the Bend Armory, 875 SW Simpson Avenue. MBSEF is again one of the recipients of funds raised, which go directly into our nonprofit juniors cycling programs to help keep our registration fees affordable.

This community event celebrates the start of the cycling season in Central Oregon. The Swap was founded by the Boneyard Cycling Team. Cycling enthusiasts in the community can buy and sell any cycling related gear. For all information visit thebendbikeswap.com. Their website can help you price your items, and you can also register your gear for sale online.

The swap is also looking for volunteers. If you want to volunteer, let them know you are affiliated with MBSEF, so that we may continue to be one of the beneficiaries of the funds raised. MBSEF needs to supply 10-20 volunteers to help.

Central Oregon 500+
Eat, Sleep, Ride and Repeat
June 7-11, 2017

5 Days of Classic Central Oregon Road Rides
100 Mile and 100k Ride Options Each Day
The Rides Include Mt. Bachelor Loop, Crooked River Canyon, East Lake, Smith Rock, McKenzie Pass
For More Information and Sign Up Online Visit www.mbsef.org

Best friends welcome.
The Fireside Yachts, Oregon 800-336-3573 www.firesidemotel.com
The History of Mt. Bachelor

Winter sports in the Cascades begins when Scandinavian lumber workers who came to central Oregon from the Great Lakes States and from Europe, form the Bend Skyliners Mountaineering Club, a ski jump 11 miles west of Bend — original members include: Nels Skjersaa, Emil Nordeen, Nils Wulffberg, and Chris Kostol. The year was 1928.

1940’s During World War II, Americans learned a great deal about European mountaineering through combat in the Alps. The Army created the 10th Mountain Division as an elite force of ski-troopers. Veterans of this organization influenced the winter sports business throughout the United States after the war.

1950-56 Bill Healy, who had skied in the Cascades prior to his service with the 10th Mountain Division, moves his furniture business from Portland to Bend and becomes active in the Skyliners. The dream of turning Bachelor Butte into a ski resort is born in the hearts of Healy and Gene Gillis, another Skyliner member, on a Sunday afternoon on Healy’s front porch.

1957-58 Mt Bachelor, Inc. is formed — Bill Healy serves as President, Phillip Gould Vice as President, Dr. Bradford N. Pease as Treasurer and Richard H.M. Hickok as Secretary. Don Peters, a USFS and Skyliner member, tackles the environmental side of the dream, Healy works on funding. After an environmental study involving a few Skyliners members and the Soil Conservation Service, Bachelor Butte is deemed to be the perfect location for a ski area with a snowpack of 17 feet per year and a location on the dry, eastern side of the Cascades, its potential for powder snow and sunshine provided ideal characteristics for a successful operation. A 30 year special use permit is granted by the USFS. $25 shares are sold to 180 people to produce the $100,000 needed for start-up. No small task in a town of 12,000. Bachelor Butte ski area opens Oct. 18 with one 3,900 foot poma lift, two rope tows and a 30 x 50 foot day lodge, named Egan Lodge after Forest Service supervisor, James Egan. The opening is marked with an official ceremony on December 19.

1958-60 29,000-38,000 skier visits, open 86 days. Heavy snow blocked use of the slopes on 5 days. Daily tickets are $3, individual season passes are $50 and family season passes are $85. Cliff Blann serves as manager of Bachelor Butte.

1962-66 The first chair lift is installed, appropriately titled Chair #1 (later named Black chair), which rises to an elevation of 7,700 feet. The project cost an astronomical $100,000, the same price as the initial resort start-up. 90,000 to 127,000 skier visits.

Red double chair is installed and a new day lodge called the Main Lodge opens. The cost of the Main Lodge is $250,000. Yellow double chair and new overnight lodge, the Main Lodge, opens. It would later become West Village Lodge.

1970-71 Blue Lodge and lift are built. The chair alone cost $320,000. Overnight lodging ends with the lodge remodeled to become the Main Lodge for day skiers; New parking lot constructed on the downhill side of the Main Lodge with the slope side lodge parking and Egan parking areas removed; Shuttle buses added. 163,000 skier visits.

1973-76 Green double chair (originally named Button chair) and Orange triple chair (originally named Murray Meadows chair) installed. At the time, the triple was the first of its kind in either Oregon or Washington. The same year, the Outback Trail Tour opens with a cat ski operation west of Black Chair. Tickets to ride the cat back to the front side cost $1 each. 257,000 skier visits. Ski Pool Parking Lot is built at Mt. Bachelor Village with land, work and equipment donated by local businessmen worried about the possible effects of a loss of winter tourists due to gas shortage. Outback double chairlift is installed.

1977-78 The year of the Drought. Bachelor Butte is open January 2-February 14, February 26-April 30, and loss is estimated to cost the resort an estimated $4 million and takes 4 years to recover. The Nordic initiative begins. Main Lodge is expanded.

cont. page 5
History of Mt. Bachelor, cont.

1979  Egan Lodge suffers $70,000 in fire damage.

1980-84  Rainbow triple chair, originally named Flycreek, added. Red triple chair replaces original Red double chair. Sunrise Lodge, originally named Flycreek Lodge, and Sunrise triple chair, originally named Avalanche, are added. Bachelor Butte has over 500,000 skier visits. Summit Express triple chairlift is completed which extends the ski season into August. Ski area's name officially becomes Mt. Bachelor. Nordic day lodge is built.

1986-89  Pine Marten Express debuts as the first high speed quad lift in the Northwest U.S., replacing Black double chair. Outback Express quad lift opens with four new runs, Outback double chair retired. Guest Services building is built, allowing the Main Lodge area to be rebranded as West Village. Bill Healy steps down as President of Mt. Bachelor and is replaced by David Marsh. Pine Marten Lodge is built. Skyliner Express quad chairlift is added, replacing Blue and Green double chairs.

1991-92  Century Drive highway is expanded from two to four lanes from the Sunriver junction to the ski area. Bachelor Ski and Sport building is built at West Village.

1993  Bill Healy dies on October 26. Sunshine Accelerator express quad lift is added, replacing Orange triple chair. Sunrise triple chair replaced with express quad lift; original Sunrise triple chair relocated and shortened to become Carousel chair.

1996-97  Northwest Express quad lift and 10 new runs open; Mt. Bachelor opens new transit center in Bend to transport skiers to the mountain. Summit Express triple converted to express quad lift.

1998-2000  David March resigns as President and is replaced by Randy Pape. Mt. Bachelor receives a record of 606" of snowfall. Original Yellow double chair removed to make way for future Tubing area.

2001  Park City, Utah based Powdr Corp. purchases Mt. Bachelor Ski Area. Dan Rutherford, former Vice President, replaces Randy Pape as General Manager. Snowblast Tubing Park opens.

2005-06  West Village Lodge receives a $2,000,000 remodel. Clearing Rock Bar opens and replaces the Upper and Lower Castle Keep lounges. Pine Marten Express quad lift is replaced with a brand new express quad lift. Pine Marten Lodge closed for summer as a result. Sunrise and Summit lifts and Sunrise Lodge operate for summer sightseeing.

2007  Matt Janney replaces Dan Rutherford as General Manager.

2008  Dave Rathbun, formerly of Killington Resort in Vermont, replaces Matt Janney as General Manager. 50th anniversary of Mt. Bachelor. Several years of catchline work is completed, allowing for connected east & west catchlines, "around the world" catchline grooming and the opening of 160 new acres above the east catchline on the southeast side of Mt. Bachelor.

2010-11  Mt. Bachelor receives record high 665" of snowfall, surpassing the 606" record from 1998-99. Bachelor Butte Administration Building is built at West Village (finished in 2013). Mt. Bachelor enters agreement with Cascade East Transit to provide bus service to/from the mountain. Reservations and Group Sales office relocated from SW Columbia to SW 13th.

2013  New 10 year Master Development Plan approved by the USFS. Approved projects include Summer Downhill Mountain Bike Park, Zip Line, eastside quad lift and trails, replacement of Rainbow and Sunrise lifts, new/larger Sunrise Lodge & expanded Sunrise parking, Alpine Race Training Center at West Village and West Village Lodge renovation/expansion.

2016  Mt. Bachelor debuts its new Doppelmayr high speed detachable quad chairlift, Cloudchaser, on the east side of the mountain, adding 635 acres of terrain in time for the holiday season. The name Cloudchaser was conceived by Tom Lomax, Mt. Bachelor's Director of Mountain Operations.
What Young Ski Racers Need

by Dr. Jim Taylor

I come to this article from two directions. First, as a sport psychologist who has worked with ski racers and their parents for decades. There is no doubt that my experiences in helping racers to achieve their goals and assisting parents in best supporting their children has informed my ideas here.

At the same time, perhaps more importantly, I come to this article as the father of two burgeoning ski racers (ages 11 and 9) with whom I am sharing their journey. These experiences, which are much more personal, immediate, and visceral, inform this article in a much deeper and more meaningful way.

Let me preface my thoughts by sharing an emotion with you: humility. As many of you know by now, I’m a fairly opinionated fellow who is all too happy to share what I believe is right and wrong, good and bad. However, in my advanced age and growing experience as a father, I have adopted a degree of humility in the face of the massive responsibilities we have as parents. Though I don’t always voice it, I recognize that there are many roads to raising happy, successful, and value-driven kids. In my own growth as a person and as a parent, I realize that I don’t have all the answers for every family. Instead, my goal is not to tell you how to raise your children, but rather to ask essential questions, raise important issues, and challenge you to be conscious and deliberate in the choices you make about your kids as they pursue their ski racing dreams (or just try to go as fast as they can).

This article is aimed mostly at the beginning of the ski racing pipeline, that is, U12s and younger, where the foundation of young racers’ attitudes are laid which often determine how long they stay in our amazing, yet demanding, sport and the degree of success that they have as ski racers.

What Young Ski Racers Need

Focus on the process. As I’ve discussed in an earlier article, your focusing on results actually interferes with your children getting the results that you and they want. In the short run, a result focus prevents kids from focusing on the process of ski racing and thinking about results is what makes them nervous before races.

In the long run, results at this age mean absolutely nothing. If your kid is winning now, good for him or her. But it says absolutely nothing about where they will be if and when they start racing FIS, which is when results really start to matter. The U.S. Ski Team did a study (thanks for the info, Jon Nolting!) a while back in which they found that early ski racing success, as defined by qualifying for Topolino or Whistler Cup (international competitions for 13-15 year olds) wasn’t highly predictive of success even five years later. Specifically, only 25 percent of those who qualified for those prestigious race series later earned a spot on the USST. Moreover, 35 percent were off the elite ski racing radar within four years. The remainder went on to compete at the regional and collegiate levels (nothing to be ashamed of, but not where most ski racing dreams aim for).

In the long run, results at this age mean absolutely nothing.

In fact, if you think you have the next Mikaela Shiffrin or Ted Ligety on your hands at eight, ten, or twelve years old, the chances are that he or she won’t even be racing in five years because they would rather play soccer, do ballet, or just stay home with their friends, or our sport has gotten too expensive for your family.

My advice: Never talk about results...ever! It serves no purpose. If your kids do, change the subject to what they did to get the results they wanted or what they need to do to get the results they want or, even better, change the subject completely.

Your equanimity on race day. At the U12 and U10 races I’ve been to this season, I have seen parents who are far too excited when their kids do well and far too disappointed when they don’t. These parents have entered what I call the “too” zone, where their kids’ ski racing has already gotten, well, too important and they are too invested in how their kids do.

Continued Page 7
What Young Ski Racers Need, Continued

Your most powerful influence on your children isn’t in what you say or even what you do with your children. Rather, the most potent messages you convey to them are your emotions because they are processed at a very intuitive level. So, when you are really nervous before a race, or excessively excited or unusually despondent after a race, your kids get the message that their results are really important to you. And that creates expectations and pressure, and just sucks the fun out of ski racing. Plus, I see far more tears from young racers on race day than should ever be seen at this age in our sport. Kids cry because they have also entered the “too” zone and guess who led them there?

My advice: Chill out! Sure, get vicarious pleasure from your children’s successes and feel empathy when they crash or go slow. But keep yourself calm and together on race day. If you can’t, stay away from your kids!

Your undivided attention at races. As I noted in a previous article, I see far too many parents watching live timing during and after races rather than watching their kids race and sharing in their amazing experiences in real-time and with real presence. When you do this, you send unhealthy messages to your children and you miss out on what being a ski racing parent is all about, namely, seeing your kids face and overcome the many challenges that our sport presents and seeing that huge smile on their face because ski racing is so fun!

My advice: If you want to send the right message to your children about ski racing, put away your phone, smile, cheer (but not too loudly), and give lots of hugs and kisses.

Your absolute love. Those overly strong emotional messages that you may be communicating on race day can send an even more harmful message to your children: conditional love. Of course, you love your children, but you don’t always communicate that message to them. Your extreme disappointment can be perceived as “My mommy (or daddy) doesn’t love me when I do bad.” I know it sounds hard to believe that your kids might get that message, but I can assure you that it’s not an uncommon perception from the young racers I work with.

A related message is that your happiness (or unhappiness) is on your children’s shoulders when they get in the starting gate. Your kids don’t need the crushing burden of your happiness weighing them down as well.

A frequent question I’m asked by parents is: What do I say to my kids before and after they race? First, let me say that you don’t have any magical power over how they will ski, in other words, nothing you say will help. But what you say before their race run can hurt. Don’t remind them to do anything technical. It’s not your job and you have no legitimate authority (unless you were an elite racer or coach yourself). Don’t tell them to go fast; they already know that.

After their run, you feel like you have to say something. Common things I hear from parents are: “You were so fast!”, “Did you have fun?” or, even worse, “Here’s your live-timing.” or “You beat Johnny (or Suzie)!”

My advice: Just say three words before and after their race runs: “I love you!” That’s all your kids want or need from you. Okay, after their run, you can also say, “Do you want something to eat?”

Article sent in by Rob Cravens, from Ski Racing Magazine
All MBSEF Middle School and Older Athletes

Paul Mahre at PNSA posts an athlete Honor Roll each year. PNSA promotes academic as well as athletic excellence. MBSEF members who are current USSA members, and who maintain a 3.0 or higher GPA, can submit a transcript (quarter, semester or year-end) to PNSA, to be added to the Honor Roll.

Then, as you apply to schools, and for various grants, you could mention that you are on the PNSA Honor Role. Follow this link to PNSA’s website to view the Honor Roll: http://www.pnsa.org/.

Email Paul at pnsa@pnsa.org.

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Need Help With Your Schoolwork?

As the 2016-2017 season starts winding down, if your grades have suffered a little while you have been travelling to races and competitions, and missing school, math tutoring is available from long time MBSEF supporter, Nancy McCormick. Nancy specializes in Middle School to High School, grades 6-12, in all types of math. Contact Nancy at 541-389-9314, theduckfarm@msn.com. Nancy has literally tutored dozens of MBSEF kids over the years!

Tutoring is also available to Grades 7-12 for MBSEF athletes from the Think Tank of Bend by Jan Webb. Contact Jan Webb, Mathematics, 541-693-4749, thinktankofbend@gmail.com.

Also available to help is Samara Learning Center at 1735 SW Chandler, 541-419-3324, info@samaralearningcenter.org. Visit Samara Learning Center online at www.samaralearningcenter.org to see the many different ways they can help.
SCHOLARSHIP OPTIONS FOR NEXT SEASON!

Scholarships are offered through MBSEF, as well as through several other organizations. Contact each organization via their website for full criteria for each option, or call MBSEF. Applications are available online. Grants listed below include revised dates for next season. See http://www.pnsa.org/scholarship-opportunities for more options.

**MBSEF Training Grant**

Eligibility Age: Priority given for Athletes of Full-time Alpine, Nordic and Freeride Programs  
Deadline: July 15, 2017  
Winners notified August, 2017

**PNSEF**

Eligibility Age: U18+, Current PNSA/USSA licensed competitors. Must be residents of OR or WA  
Application available at pnsa.org  
Deadline: December 31, 2017  
Winners notified throughout the season

**NAASF**

Eligibility Age: 11-14 only. Online application available at naasf.com. As of publication, 17/18 application not posted. Check back frequently.  
Deadline: August 31, 2017  
Winners notified Oct 15, 2017

**Bill Healy/Emil Nordeen**

Eligibility Age: Alpine and Nordic, 2nd year U16 & older, permanent C.O. resident. Alpine athletes must qualify for NW Cup Series. See your coach for all requirements. Application available from your coach.  
Deadline: Apr 15, 2017  
Winners notified at Annual Awards Banquet April 21, 2017

**FWSA**

Eligibility Age: U21, U18, 2nd year U16  
Current PNSA/USSA licensed competitors. Must be residents of AZ, CA, NV, NM, OR, or WA  
Application available at fwsa.org.  
Deadline: June 30, 2017  
Winners notified September 30, 2017
Dr. Zack Porter and Skyline Dental is again offering our currently enrolled MBSEF junior athletes free exam, x-rays, and cleaning. Zack has also volunteered in the past as a Freeride Ski Development Coach but is fully dedicated to his family and career at this point in time. This will be the sixth year he has offered this service for MBSEF athletes.

“Supporting MBSEF and our community is something I love doing and feel lucky to be able to do it! It is awesome to have kids and families that share my love of skiing and the mountains in my practice!”

If it has been a while since your athlete has had their teeth cleaned, please give us a call and mention the MBSEF program!

Have a great season!

Zack Porter, DDS
Skyline Dental
2187 NE 4th Street, Bend OR 97701
541-389-4607

OVERLEAF LODGE & SPA
800-338-0507
www.overleaflodge.com

Yachats, OR, 97498
MBSEF Card Members - Show your MBSEF Membership Card at these businesses to get great deals! Remember to tell the stores thank you! And remember, at most stores the discount is for the card carrying athlete only, not for family and friends.

New Retailers and Discounts are added monthly. Watch for 2016-2017 additional member benefits listed in Ski Tracks.

### Replenish, an eco friendly organic salon
New clients first appointment, 1/2 price all hair services! (Excludes product and merchandise. Call Candace Bell 707.223.2496, 325 NW Vermont Pl. #103 Expires 8/31/2017

### Emerald City Smoothie
10% off any smoothie or any retail product, for card carrying athlete. Expires 05/31/17

### FootZone
10% discount, excludes sales merchandise. Expires 08/31/17

### Carstickers.com
10% discount off any regularly priced merchandise. Expires 8/31/2017

### Highest Potential Massage Therapy
$10 off your massage. One per customer. Brandi Jacobson LMT 541-420-8051 2100 NE Neff Road Suite B

### Fireside Motel & Overleaf Lodge
Fireside Motel & Overleaf Lodge 15% off lodging to MBSEF members, excludes holidays, school vacations, and use during special events. Expires June 30, 2017

### Sunnyside Sports
Juniors: 20% off waxes, clothing and accessories. Team gear specials, see your coach. Masters: 10% off clothing and accessories, 5% off skis, boots, poles and bindings.

### Pocketweez
Purchase the revolutionary Pocketweez, right here at MBSEF, and 45% of the purchase goes right into our scholarship fund.

### New York City Sub Shop
740 3rd street, next to Ace Hardware. MBSEF members show your card, 1/2 sandwich, chips, cookie, small drink $7.99. Expires 8/31/2017

### Hutch's Bicycle Store
10% off regular priced bicycle parts, clothing and accessories. Expires 08/31/17

### Longboard Louie's
10% off any order. Expires 08/31/17

### Summers Place - 738 NW Columbia
20% off any salon services by Robin Dennis, 541-382-2060, expires 08/31/17

### This Could Be Your Business!!!
Contact Kathy at mbsef@mbsef.org to advertise your business here!

### Peak Performance Physical Therapy
All MBSEF junior athletes receive a free injury evaluation (Redmond). Exp 8/31/17

### Race Place
5% of all MBSEF member purchases is donated back to the MBSEF scholarship fund.

### WebCyclery/WebSkis
15% off all ski products, bike parts and accessories. Excludes complete bikes, sale items and labor. Expires 05/31/17

### Seventh Mountain Resort
10% off any recreational activities - ice skating, white water rafting trips, and kayak tours.

### Bend Vacation Rentals
Bend Vacation Rentals delights in pairing you with your ideal choice from among the largest selection of lodging on the west side of Bend. Our options range from luxury homes, cottages, downtown lofts and town homes at Broken Top, Wicki Creek and Mt. Bachelor Village. Bend Vacation Rentals also offers long term rentals and are pet friendly. Our staff knows Mt. Bachelor! We ski, snowboard, and cross country ski almost every day. We can help you arrange lodging, discount lift tickets, snow sport lessons, car rentals and more. Email us at info@bendvacationrentals.com. 20% discount on lodging to MBSEF members.

### The Leffel Center for Plastic Surgery
20% off Freeze the Fat CoolSculpting and Ultherapy, 15% off Obagi, Latisse, SkinCeuticals and Love My Body Skincare, 10% off fillers and Botox, 25% off sunscreens, Elta MD and Glominerals. 541-388-3006, 1725 SW Chandler Ave. www.leffelcenter.com, expires 8/31/17
Mt. Bachelor Sports Education Foundation
Race Training Center
563 SW 13th Street, Suite 201
Bend, OR 97702

Winter Office Hours: 8:00 a.m. - 5:00 p.m. Monday - Friday
Summer/Fall Office Hours: 9:00 am - 4:00 pm Monday - Friday

mbsef@mbsef.org
www.mbsef.org

MBSEF MISSION STATEMENT
Our Mission: Mt. Bachelor Sports Education Foundation creates opportunities through competitive snow sports programs to support athletes in achieving their individual athletic, academic, and personal goals.

Our Vision is to positively impact the life of every athlete we serve.

CHASE is the acronym describing our Values:
Commitment
Honesty
Accountability
Sportsmanship
Excellence

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