Greetings From The Director

by John Schiemer

It is with a heavy heart that I must report that former MBSEF racer and heli-skiing guide Aaron Karitis died on March 17th, a couple of days after he was buried in an avalanche near Haines, Alaska. Aaron was 31 and grew up skiing on Mt. Bachelor. Aaron’s mother Beverly is a longtime volunteer for MBSEF and can usually be found on race days passing out bibs to aspiring racers. Even though Aaron had left our program years ago and was high school racing, Bev has always been there to help out with MBSEF and the high school racing programs. I had the opportunity to meet Aaron last year when he gave a presentation to the Bend Ski Club. His passion for skiing as well as safety was evident in the short time I knew him. Aaron will be missed, but passed doing what he loved to do, which was skiing and spending time in the mountains. Tess Weaver, another former MBSEF racer who skied with Aaron wrote an excellent article on his life. If you are interested in learning more about Aaron and his life as an Alaska heli guide, the link is http://www.outsideonline.com/outdoor-adventure/snowsports/skiing-and-snowboarding/skiing/heli-anc-cat-skiing/An-Enviable-Life.html?251123241&utm_campaign

As the season winds down, there are still a number of opportunities to participate in upcoming events. The Mike Puddy Memorial Ski Race is a fun event that happens on April 5th. The proceeds from this race help fund the Mike Puddy Scholarship, which is awarded each year at our Annual Awards Banquet. This year’s banquet is on April 25, at Summit High School and starts at 5:45 p.m. We have the May Day races in late April and the Pre PPP Nordic race in early May. It is looking promising for our June camps in Alpine, Freeride and Nordic and we should have information out on all of our camps by mid-April. Also, if you would like to keep your children busy this spring, our Mt. Bike program is kicking off on April 9th, and will run most Wednesday’s through the end of May.

Overall it was a positive season for MBSEF. We received a lot of local and regional media coverage because it was an Olympic year and one of our former athletes, Laurenne Ross participated. I am extremely grateful for our program directors, staff and coaches for making this year memorable. We were successful on the hill and also accomplished much around the office. Specifically, we were able to launch a new online registration system and with the help of Five Talent Software, a local Bend company, we launched our new website. Finally, I am also extremely grateful to our parent volunteers who put in countless hours to help make our organization successful. We could not do this without them. Thank you!
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.

Mt. Bachelor Sports Education Foundation
563 SW 13th Street, Suite 201
Bend, OR 97702
Office: (541) 388-0002
Fax: (541) 388-7848
E-Mail: mbsef@mbsef.org
Web: mbsef.org

Bond Street Grill - Creak and Stacy invite you to come in and try Bond Street Grill. Show your MBSEF membership card, buy one appetizer and get another appetizer at 1/2 off. Check out the early bird menu! Yumm....
Tidbits From MBSEF Nordic Facebook Page

The 2014 USSA Cross Country Junior Nationals Championships in Stowe, Vermont proved to be an amazing experience for the MBSEF athletes that competed.

Not all of the athletes were pleased at their performance, but they were happy to be part of the team and know that they gained valuable life experience.

In true MBSEF fashion, the entire team was absolutely thrilled and proud of their teammates, Emily Hyde and Leo Lukens. Leo was 2nd, twice and Emily was All American. Way to go everyone!

Emily Hyde about to start 5k classic. It's a good day when the sun shines and you end up an All American. Emily won B Finals for 6th. No pictures of anyone else as the old coach and all the PNSA coaches were busy waxing. Congrats again to Emily (8th), Leo (5th) Casey 24th, Emma 25th, and Sierra 27th. You all scored points for PNSA. And our friends Lydia, Olivia, Mia, Tom, and others rocked.
Cross Fever

by Molly Cogswell-Kelley

So when I was 39, (2 years ago) I was so tired of hearing from people quite a bit older than me say, “You would love Cross, you would love Cross, you would love Cross.” Geez. Give it a rest people.

Everything changed for me when I went to the Halloween Cross Crusade at the Old Mill in 2011. Everyone was dressed up riding around the Old Mill, people were being heckled by the crowd, and the racers were smiling. I thought. “O.K. Anne Linton, I will try this.”

Growing up without most of a right foot, I did put limitations on myself. It never stopped me from trying lots of sports and doing relatively well in them. But competing on a bike in my late 30’s never crossed my mind until that one day in the Old Mill. I bought a cross bike a few days later and that’s when my obsession started.

It’s really a weird feeling. During a race, it’s painful (especially for me since I am always wrecking). For 45 minutes you are going as fast as you can, continually dismounting and mounting the bike, jumping over barricades, breathing in dirt, running up steep hills or stairs, shouldering your bike at the same time. And there is the strange thing that I think most cross racers will tell you. Once the race is over and you have recovered from the suffering and cleaned the mud off your body, you are planning for the next race. During cross season, it’s really all I can think about. And I’m not even good. However, after every race I learn something new and I can’t wait to try it out at the next suffer fest.

Finally after 41 years, I have found a sport that speaks to me. One that is right up my alley. I encourage anyone, (you don’t have to be having a midlife crisis) to try it out. It has changed my life for the better. It’s really fun and challenging at the same time!

The folks at WebCyclery have been putting on the weekly Thrilla Cross Series for the past 10 years and they generously handed the series over for MBSEF to run. They know how much I love cross and trust that we will carry on the tradition of providing great racing for the community!

Save the date for the MBSEF Thrilla Cross Series!

September 3, September 10, September 17, September 24 and October 1. The races will be at the Athletic Club, just like last year. The course is very beginner friendly. Let me know if you are interested and I can make sure you know how to get started. There are lots of free beginner clinics in August and September. I actually even hired a coach. Karen Kenlan of Wenzel Coaching. She is a perfect person to get you started! Email her at ckkenlan@bendbroadband.com or go to www.wenzelcoaching.com

More info to come as it gets closer to September.
Our Kids Rocked It at the U14 Buddy Werner Championships!!!

The MBSEF Buddy Werner Men’s Team brought home the trophy for first overall! The Women’s Team brought home 7th overall, with the MBSEF team as a whole coming in 6th overall! Super job everyone.

Top finishers were Wesley Georgiev with Bronze in the skills quest. The top 10 in Men individual are Jonathan Wimberly 3, Morgan Tien 6, and Riley O’Brian 10. Women had Addie Beasley bringing home the Buddy Werner Overall Women’s Champion! Nice work indeed.

We also had notable move ups for the Men’s Team. The top move ups in Super G, Jack Schaffer moved up 55 spots, Magnus Schmidt moved up 46 spots, Wesley Georgiev moved up 39 spots, and Laz Glickman moved up 31 spots.

In the GS race, Wesley Georgiev moved up 59 spots, Jack Schaffer 51 spots, Riley O’Brien 48 spots, Jack Cauble 44 spots, Magnus Schmidt 41 spots, and Luc Barnes 38 spots.

In the Slalom, Jack Schaffer moved up 61 spots, Jack Cauble 48 spots, Luc Barnes 45 spots, Riley O’Brien 42 spots, Wesley Georgiev 39 spots, and Christian Kleinsmith 30 spots.

I want to give a big thank you to Laura Beasley for putting this information together for us!

This is the avalanche that wiped out Chair 4-High Campbell Chairlift. The ski patrollers dropped the charges from a helicopter. The snowpack was very unstable and here had been so much snow, it all came tumbling down. The vastness and the height of the snow at the bottom of the lift is incredible. Trees are snapped in half and the bottom of the lift was knocked 15 feet off its foundation and is completely buried. The power of it pulled the entire side of the chairlift down to the ground! Laura B.
MEET TWO MBSEF MOUNTAIN BIKE CYCLING COACHES!!

Chuck Thomas

Yo Sista..... Always love the opportunity to talk about myself. Where to begin?

I was born in a small backwoods hamlet on a cold winters night..... Naa, let’s try this:

Chuck Thomas moved to Bend 12 years ago from Chicago. He got interested in triathlons in 1980 and was a sponsored triathlete for several years in collage. He went on to complete Ironman Brazil in 1997. That same year he was picked up by the TIMEX Adventure Racing Team and held the position of Team Captain and Lead Navigator for seven years. Chuck is a member of the Boneyard Cycling Team with a focus on endurance cycling. He competed in four 100 mile mountain bike races last season including the Leadville 100. He has coached three years in the past for the Stevenson Youth Program and was our Nordic Race Director for the 2013/2014 season. Starting this Spring, Chuck will head up the MBSEF Mountain Bike Program.

Jessica Smith

"My name is Jessica Smith. I am 27 years old. I have lived in Bend for 5 years. Before that I was in Corvallis getting my Business Degree at Oregon State University.

I am a huge fan of cycling, my vice is mountain biking and cyclocross. I have been riding since 2002. I am a category 1 racer. I ride for Sunnyside Sports. Best bike shop in town!

I am very passionate about getting kids more involved in the sport and that is why I will be a part of your kids experience. I once was a beginner and now its time for me to help your kids become the best they can be and have as much as they possibly can."

The LEFFEL CENTER

FOR COSMETIC, BREAST AND LASER SURGERY

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nourish your body
Dear Parents,

Thank you for enrolling your child in the after school mountain bike program, we are excited to hit the trails this Spring.

Our goal is to offer a fun, exciting, experience while working to improve each rider’s skills. With experienced coaches we are able to split into small groups based on skill level. If your child is new to mountain biking or is ready to rip the technicals, we have structured this program to address each child’s need and help them progress to the next level.

This is a four week program meeting every Wednesday beginning April 9th. Each week we will ride a different area of the Bend trail system. Every Monday you will receive an update as to which trail area we will ride along with the skills we will be working on.

To make this program run efficiently and ensure maximum riding time we need a little help from you. Having each rider arrive each week with proper equipment and working bikes means we can hit the trails rather than deal with maintenance issues and hypothermia concerns. We ask that you pull out the bike from behind the lawnmower in the back of the garage and give it a once over. Make sure the gears shift and the brakes brake and the bike still fits after your child sprouted five inches over the winter. It’s not a bad idea to get a tune up from your local bike shop once a year. Your child’s safety is worth the 50 bucks or so.

The following is our required equipment list followed by some recommended equipment that we feel helps your child become a self-sufficient rider on the trails – something we should all try to do. Please note that our coaches will carry tubes and maintenance tools so you are not required to incur the added expense of these recommended items; it’s just a suggestion and something to keep in mind as your child becomes the mountain biker we all expect them to grow into:

**Required:**
- Working mountain bike that fits the rider
- Helmet
- Sunglasses or safety glasses
- Hydration system (either water bottle or hydration pack such as a camelbak)
- Backpack to carry extra gear/clothing/food
- Snack food
- Fleece coat or sweater
- Rain jacket if weather dictates
- Bike gloves or other type of glove to keep hands warm and protect in the event of a crash

**Recommended:**
- Spare bike tube
- Multi-tool
- Tire pump or CO2 gun with cartridge
- Tire Irons

Our coaches like to hand out treats occasionally to keep things fun and rewarding. Treats range from small chocolate candies to Valley Granola bars. Please let us know if your child has any allergies or food restrictions so we can plan accordingly. We will send out an update April 7th with details of our first outing April 9th. If you have any questions about the program, required equipment, etc., please contact Molly Kelly [molly@mbsef.org] or myself.

Sincerely,

Chuck Thomas
MBSEF Mountain Bike Program Director
Cat.4001@gmail.com
541-728-7512

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**Table Tops**

**Event Rentals**

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**Race Place**

222 SE Reed Market Rd, #200, Bend, OR 97702
541-382-4216 or Toll Free 1-800-814-7223
www.theraceplace.com
SCHOLARSHIP OPTIONS FOR NEXT SEASON!

Scholarships are offered through MBSEF, as well as through several other organizations. You may refer to your 2013-2014 Parent Athlete Program Manual for a listing of options available. Contact MBSEF for full criteria for each option. 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, 2014
Winners notified August, 2014

PNSEF

Eligibility Age: U18+, Current PNSA/USSA licensed competitors. Must be residents of OR or WA.
Application available at pnsa.org
Deadline: December 31, 2014
Winners notified throughout the season

NAASF

Eligibility Age: J11 & J1V only (U age class not available yet)
Online application available at naasf.com. As of publication, 14/15 application not posted. Check back frequently.
Deadline: August 31, 2014
Winners notified Oct 15, 2014

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, 2014
Winners notified at Annual Awards Banquet April 25, 2014

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, 2014
Winners notified September 30, 2014
Volunteer Spotlight

MBSEF would like to thank Mark and Karra Colgan for volunteering above and beyond the call of duty. Mark and Karra have taken on the job of “Lodge Mom and Dad” which entails helping organize 183 Mini World Cuppers, 29 Alpine Full Time and Winter Term kids, and 147 Freeride Ski and Snowboarders at Junior Race Lodge on the weekends. Whew! That’s 359 kids! As if that is not enough, they also help out in the finish shack with electronic timing for MWC races. Karra is also one of our USSA certified timers for our USSA races, which adds another 22 days per year. They are the parents of Connor Colgan, MBSEF 4 day/week MWC, age 10, and Christopher Colgan, MBSEF Freeride Full Time Ski Team, age 14.

Thank You Both So Much!
Top Race Results

XC MBSEF Classic Mar 1 U12 Ann McColgan 1, Aiden Whitelaw 1, Anton Micek 2, Vincent Cacciola 3. U14 Stella Hyde 1, Mario Cacciola 1.


U18 National Championships Copper Mtn, CO Tanner Lujan 33rd in Downhill, and 25th in Super G


USCSA Collegiate Nationals Sierra Foster 4th in Combined.

U16 Championships Jackson WY Mar 19-23 Ashley Lodmell 8th and 15 in SG training. SG Ashley Lodmell 5, Erin Smith 8. GS Minam Cravens 10. SL Erin Smith 14


U16 National Championships, Park City, UT SL Minam Cravens 13.

Dr. Zack Porter, You’re Awesome!!

Dr. Zack Porter, DDS, with Skyline Dental, LLC, is again offering our currently enrolled MBSEF junior athletes free x-rays, exam, and cleaning. Zack also volunteers on weekends for MBSEF, coaching in the Freeride Ski Development program.

This will be the third year he has offered this service for MBSEF athletes and it has been awesome to have kids and families from MBSEF come in for free x-rays, exams and cleaning!

Supporting MBSEF and our community is something Zack feels strongly about doing and lucky to be able to do it. If it has been a while since your athlete has had their teeth cleaned, please give Zack a call.

He is honored to offer free x-rays, exam, and cleanings to all current MBSEF Junior Athletes. Please call his office and mention the MBSEF program with Dr. Porter to set up an appointment.

Have a great season!

Zack Porter, DDS & MBSEF Freeride Ski Development Coach
Skyline Dental, LLC, 2137 NE 4th St., Bend, OR 97701
541-389-4807 zackporterdds@gmail.com

BendBroadband Business
New Retailers and Discounts are added monthly. Watch for 2013-2014 additional member benefits listed in Ski Tracks Newsletters published throughout the year.

<table>
<thead>
<tr>
<th>MBSEF Card Members</th>
<th>New York City Sub Shop</th>
<th>Skyline Dental, LLC</th>
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<tbody>
<tr>
<td><strong>Replenish, an eco friendly organic salon</strong></td>
<td>Two locations, 1075 NW Newport Avenue, and 740 3rd Street, next to Ace Hardware. MBSEF members show your card, 1/2 sandwich, chips, cooke, small drink $7.99. Expires 8/31/2014.</td>
<td>Dr. Zack Porter, DDS, with Skyline Dental, is again offering currently enrolled MBSEF junior athletes free x-rays, exam, and cleaning. 2137 NE 4th Street, Bend, OR 97701 541-389-4807 <a href="mailto:zackporterdds@gmail.com">zackporterdds@gmail.com</a></td>
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**Emerald City Smoothie**
10% off any smoothie or any retail product, for card carrying athlete. Expires 05/31/14.

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<tr>
<th>FootZone</th>
<th>Longboard Louie’s</th>
<th>Hutch’s Bicycle Store</th>
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<tr>
<td>10% discount, excludes sales merchandise. Expires 08/31/14.</td>
<td>10% off any order. Expires 08/31/14.</td>
<td>10% off regular priced bicycle parts, clothing and accessories. Expires 08/31/14.</td>
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**Carstickers.com**
10% discount off any regularly priced merchandise. Expires 8/31/2014

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<tr>
<th>Summers Place - 738 NW Columbia</th>
<th>This Could Be Your Business!</th>
<th>Race Place</th>
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<tr>
<td>20% off any hair salon services by Robin Dennis, 541-382-2060, expires 08/31/14.</td>
<td>Contact Kathy, <a href="mailto:mbsef@mbsef.org">mbsef@mbsef.org</a> to find out how to advertise your business/service here!</td>
<td>5% of all MBSEF member purchases is donated back to the MBSEF scholarship fund.</td>
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**Red Lion Inn & Suites**
20% discount off our “Best Available” rate for 2014. Only available at the Bend property.

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<tr>
<th>Fireside Motel &amp; Overleaf Lodge</th>
<th>Athletic Club of Bend - Scanlon’s</th>
<th>WebCyclery/WebSkis</th>
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<tr>
<td>Fireside Motel &amp; Overleaf Lodge 15% off lodging to MBSEF members, excludes holidays, school vacations, and use during special events. Expires June 30, 2014.</td>
<td>Show your MBSEF card and receive 10% off your meal ticket. Excludes alcohol and kids menu items. Expires 8/31/2014.</td>
<td>15% off all ski products, bike parts and accessories. Excludes complete bikes, sale items and labor. Expires 05/31/14.</td>
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**Sunnyside Sports**
Juniors: 20% off waxes, clothing and accessories. Team gear specials, see your coach. Masters: 10% off clothing and accessories, 5% off skiis, boots, poles and bindings. Expires 08/31/14.

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<tr>
<th>Bend Vacation Rentals</th>
<th>Pocketweez</th>
<th>Bond Street Grill</th>
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<tr>
<td>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, Widgi 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 <a href="mailto:info@bendvacationrentals.com">info@bendvacationrentals.com</a>. 20% discount on lodging to MBSEF members.</td>
<td>Purchase the revolutionary Pocketweez, right here at MBSEF, and 20% of the purchase goes right into our scholarship fund.</td>
<td>Show your membership card, and buy one appetizer, get one at 1/2 off. Check out our early bird menu! Yummmmm . . . . . . . . 932 NW Bond Street, Downtown</td>
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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

The Mt. Bachelor Sports Education Foundation is a non-profit organization dedicated to the development and support of competitive Alpine, Cross Country and Snowboard race training and competition in Central Oregon. MBSEF provides the opportunity for introduction 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.

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