**Greetings From The Director**

*by John Schiener*

The season is upon us and our programs are getting underway. Our registrations are very strong across all of our programs and the early season snow has been excellent. It has been a very busy fall, with dry land training coming to a close, and Thanksgiving campers returned home last weekend.

We are also happy to announce that the construction of the new Finish Building located on the Cliffhanger run has been completed. We will be having an open house on Saturday, December 13th from 11:00 to 1:00, if you are up on the hill please stop by and take a look. Completing this project has been a huge undertaking for MBSEF. The total project cost to MBSEF is about $65K and we have raised about $30K. We will continue to fundraise for this project until all the money for the construction has been received.

I would again like to thank Kevin Schaffer, Rob Cravens, Hayden Watson and Mt. Bachelor for their support of this project. There were also several local companies that were instrumental in helping us; these include: Artisan Outdoor Living, Bafford Construction, Bend Commercial Glass, Comfort Insulation, Commercial Door & Window, Creative Welding, Deschutes Rural Fire District #2, Dry Canyon Irrigation, Ewing Irrigation, Froelich Engineers, Cary Greenlee Roofing, Hooker Creek Companies,

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**UPCOMING EVENTS**

- Dec 6 ........................ FR SB/Ski Comp Programs Begin
- Dec 6 ........................ Alpine MWC Program Begins
- Dec 6 ........................ XC Double Prologue Race
- Dec 10 ........................ FR SB/Ski Dev Programs Begin
- Dec 14 ........................ XC Tour de Middles Ski Race
- Dec 22-22 ........................ Alpine Russ Read Memorial Race
- Dec 26-28 ........................ XC SYP Program Begins with Camp
- Dec 26-28 ........................ XC Middle School Winter Camp
- Dec 27-30 ........................ Alpine Winter Camp 9am-1pm
- Dec 27-30 ........................ FR SB/Ski Winter Camp 10am-3pm
- Jan 1 .............................. XC New Year’s Day Relay Race
- Jan 3 .............................. Alpine Mike Puddy Memorial Race
- Jan 3-4 ............................ XC PNSA JNQ Race
- Jan 10 ............................ XC Patagonia Pursuit Race
- Jan 24 .............................. MBSEF XC Candy Bar Race
- Jan 24-25 ........................ Alpine/XC Collegiate Races
- Jan 25 .............................. XC Tour for the Heart Race
- Jan 31 .............................. XC Great Nordeen Race

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Kirby Naglehurst Construction, Overhead Door Company, Kevin Potter Restorations, Parr Lumber, Pine Mountain Acoustical, Platt Electric, Charlie Rowles Engineering, Stereo Planet, Sunriver Woodworking, Steve Weeks Construction and Woodhill Homes. As you can see, it took help and support from many different organizations to complete this building and I am very grateful for everyone’s involvement. Thank You!

Our annual Snowball event was held on November 14th and was a huge success, (see the photos in this issue of Ski Tracks). We had almost 250 attendees and over 25 athletes participated. It was the second largest Snowball ever in terms of money raised, and I would like to sincerely thank you all for your overwhelming generosity. I would also like to thank the Staff and the many volunteers that made this wonderful evening possible. Next year’s event will be held on November 13, I hope you are able to attend.

Looking forward to seeing you all on the snow this season and if you have any questions, concerns, or suggestions, please do not hesitate to give me a call or shoot me an email.
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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Web: mbsef.org

Pocketweez

Purchase the revolutionary Pocketweez right here at MBSEF, and 20% of the purchase goes right into the scholarship fund. The Pocketweez will be the last tweezer you will ever have to buy. Don’t get stuck without it!
Tidbits From MBSEF Nordic Facebook Page

Nordic Fall Training eases into Winter . . .

360 STRENGTH

Bring your MBSEF card - and receive a FREE appetizer with the purchase of another.
*Free childcare on-site with a prior dinner reservation*
Need Help With Your Schoolwork?

As the 2014-2015 season shifts into high gear, with MBSEF athletes 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. Nancy’s contact information is:

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

A Very Special Thank You to our Snowball Auction Contributors


Bickler-West Orthodontics
1725 SW Chandler Avenue. Bring in your current MBSEF Membership Card, and receive a $500 discount off orthodontic treatment!
MEET SOME OF OUR NORDIC STEVENSON YOUTH PROGRAM COACHES!!!

Nordic Stevenson Youth Program Assistant Coach: Karen Kenlan

Karen has lived in Bend for the last 23 years and has been involved in MBSEF since 2002. She has a degree in Visual Communication from Western Washington University and is also a graphic designer. After moving to Bend she discovered that winter was really all about Nordic skiing and proceeded to take just about every Nordic clinic MBSEF had to offer. As the Stevenson Youth Program Director she looks forward to introducing the sport of nordic skiing and the love of snow to children.

Cate Haas

I was born and raised in Minnesota where I dabbled in skiing, but the frigid winters made it a challenge. I fell in love with winter sports when I moved to Oregon for graduate school. I have lived in Bend for over 10 years with my husband and we now have two children, ages 5 and 2. I work as a project manager for an analytical chemistry laboratory. I look forward to exposing the children in our community to the joys of skiing.

Pat Hennehan

Pat Hennehan is a recent transplant to Bend from central Wisconsin. The first pair of skis that hr remembers using were two feet long. As a racer and coach his favorite part of skiing has always been inventing new trails, playing games, and enjoying the company of the Nordic ski community. Pat is excited to coach for MBSEF, because he sees it as an opportunity to share something that brings him great joy. Off the snow Pat enjoys biking, running, frisbee, talking about the midwest, and reading. Pat's other job is working as a chemist at Bend Research.

Jason Albert, long time MBSEF Nordic supporter/coach/helper!!!

Jason Albert has helped MBSEF with the SYP program for a number of years. He's graduated one child from the SYP program (Aidan is now in MBSEF Middle School Nordic 4 days/week) and is ready for another five year cycle in SYP with his youngest son, Aamion.

Mary Wellington

I started skiing in the back fields of my home in Minnesota. I was lucky to grow up on skis and be able to compete in both high school and college. When I moved to Bend, I found my outdoor paradise. This is my second year as a Stevenson coach and I love sharing the fun of skiing with all the kids (including my daughter). Outside of skiing I spend my time exploring Oregon by bike, foot or boat. Anyway to have fun and exercise. I also am a teacher at Cascade Middle school. I can't wait for the snow to pile up and the fun to begin in January!

Karen Cammack, Free-Lance Photographer

Born and raised in Bend, Oregon. After 14 years in the Puget Sound region, Karen returned home and rekindled her love for the sport of nordic skiing. Karen looks forward to sharing her passion with the younger set.
The Duder abides in the Pacific Northwest.  Flow Snowboarding had a chance to catch up with Nathan Jacobson to find out a little bit more about his background, to recap his strong showing in his snowboarding competitions last winter, what he has been up to over the summer to his plans for the upcoming winter.

Where are you originally from Nathan? I was born and raised in Bend Oregon. I love it here. There is no place I would have rather grown up. Everyone here is nice and the community is outdoorsy. The mountain is only 20 minutes from town and we had an indoor skate park that I would spend a lot of hours at.

Did you ski before, or have you always been snowboarding? I started skiing when I was 2 years old. My dad would carry me around the mountain in a backpack going top speed before I could walk.

Where did snowboarding begin for you? The first time I went snowboarding I was 5 years old at my home mountain, Mt. Bachelor. My family were all skiers so I think they hoped I wouldn’t like it. I fell like 70 times on my first run. My dad asked if I was over it. I replied, “No way! That was awesome!”

What was it like competing in the Men’s US Open of Snowboarding? It was by far the most fun I have ever had at a contest. Plus... the half pipe was amazing! I was competing with my childhood heroes. It was cool to be hanging around them, everyone was nice and funny. It also made me realize that I’m at their level now.

USASA Nationals in CO, you placed 3rd in Men’s open halfpipe and 6th in slopestyle. Congratulations... what was that whole event like? Well that was my 8th year competing at nationals so I have experienced it a lot. Nationals has so much going on. It’s crazy fun. It was my second year riding the open class and first time on the podium in that class. My new coach Spencer, from the US Snowboard team, was there watching and I think that really helped me try to impress him and to try to secure my spot on the team.

What’s it like being on the US Snowboard Team? Amazing, they help out so much and make sure that we are in top shape for the upcoming winter. They have had team camps through out the summer and fall, so I really have gotten to know my teammates. We are all at a higher level of riding so it is nice to have people pushing me all of the time.

You skate and wakeboard too... what are some of your favorite skate spots? Where do you usually wake board? We have a lot of good skate spots close to Bend. We just got a new outdoor park this summer which has been fun. Sisters, Oregon has fun bowls and a cradle. We wakeboard in the summer at Prineville Reservoir and sometimes Round Butte.

Dear MBSEF Friends and Family,

As you may know, I recently made the US Snowboard team and I’m reaching out to ask your help in support of my athletic dream. I’m using a new online platform called RallyMe. It’s part of a growing movement called crowdfunding. I just launched my Rally and I hope you can take a few minutes to check it out. http://www.rallyme.com/rallies/931

MBSEF has been such a huge support to me over the years and they continue to support me today. I’ll always consider MBSEF my home! It would be great if you could support me in my travels and contribute to my Rally today. Any amount will help me get to my goal of $10,000. My competition schedule has me going to Colorado for the majority of the time and at least 2 competitions in Europe. You can also help me by spreading the word about my campaign through email, Facebook, Instagram, and Twitter. Thanks for taking the time to read this.

Sincerely, Nathan “Duder” Jacobson

Who were our influences growing up snowboarding? Ben Watts was a big influence on me when I was starting out snowboarding. He was a great skater and I skated with him all the time at the indoor park in Bend. All of my friends started snowboarding so I wanted to start too. When Ben made the US Snowboard team, I realized that a goal like that was possible.

Who are your main influences now? My coaches at Mount Bachelor Sports Education Foundation – they are all great riders and are super positive and amazing coaches.

What is the origin of the name “Duder?” When I was two days old my dad was calling me “Dude.” My mom was getting mad at him saying “Dude” wasn’t a cute enough name. So they switched it to “Duder.”

Do you ride with music, what are you normally listening to? Yes, I listen to Biggie Smalls on Pandora Radio.

Any advice to pass onto any of the kids looking to progress their riding, and perhaps one day get sponsored? Keep snowboarding. You have to have fun with it first before you can be successful.

Are you involved in any projects, events or organizations that you would like to call attention to? Mount Bachelor Sports Education Foundation, they have been so supportive of me and I want to give a shout out for all of the great things they do for kids in snow sports. I volunteer for their annual fundraisers including the ski swap, Snowball, Pole Peddle Paddle and Cascade Cycling Classic.

If you’re up in Oregon riding this year, keep your eye out for Nathan “Duder” Jacobson cruising around Mt. Bachelor!
Wow! So when Kevin Gorman from WebCyclery handed this event over to us, I had no idea how big each Wednesday was going to be. I also had no idea the amount of support that we were going to receive from the racers themselves. What amazingly, generous, passionate people. We certainly could not do this event without our volunteers.

Kevin Gorman (owner of WebCyclery and WebSkis) put in countless hours working with me every week prior to each race and teaching me all there is to know about WebScorer. He and his brother, Mean Todd, also were at each race doing timing and results.

Anne Linton, Karen Kenlan and Ali Halpin were my registration queens. Unfortunately, Karen was injured the first race but she still came out each night and helped. John was exceptional at helping be the money guy, timing and tear down crew guy! Chuck Thomas and Bart Bowen created a new course each week! They really put a lot of thought into the course design which made every Wednesday unique and exciting.

For some reason, one detail that I missed was that I forgot to ask for tear down volunteers. So after the first and second races, Bart, Chuck, Todd, John and I were using head lamps and dodging sprinklers, while pulling course tape and pulling up stakes. This took forever. However, as the season progressed and we were running out of daylight fast, I wised up and did a major call for help from the local teams that raced. And they came!

It’s amazing what happens when you ask for help in such an amazing community. So, a huge shout out to the following teams! Of course my favorite being Boneyard because that is my team. Boneyard Cycling Team, WebCyclery Team, Deschutes Brewery Cycling Team, Sunnyside Sports Race Team, TrailRags Cycling Team, Bend Memorial Clinic Race Team, The Hub Cyclery, Bend Broadband Race Team, Thump Race Team, Ace Window Tinting, Murder of Crows and Therapeutic Associates Race Team.

What an event. The best part of the Thrilla, was seeing so many people that are intimately involved with MBSEF racing. MBSEF Board member, Kyle Wuepper, raced in the A’s and Master A’s category and had some really good results with some crazy competition. The 3rd race of the series, the pros came out of the woodwork. Adam Craig, Barry Wicks and Chris Jones. It was a very stacked and exciting race. These guys all race on the pro circuit in some capacity. Many of our coaches, parents and athletes raced: Sarah Max, Matt Briggs, Eric Martin, Cory Tanler, Beny Ambuen, Brook Gardner, Steve Yenne, Gavin and Bart Bowen, Layla Billowitz, Melinda Halpern, Nick Misischia, Tim Schallberger, Karen Kenlan, George McConnell, Rylee McConnell, Ali Halpin, Chuck Thomas, Blair Deaver, Tad Hodgert, Hector Perez, Chris Skovborg, Steve Porino, Jason Dimmig, Carolyn Daubeney, Cate Haas, Alycia Skykora and Bryan Harris. Oh, and Mt. Bachelor Operations Manager, Tom Lomax, came out and killed it!

We averaged over 200 racers each Wednesday night. That is more than any of the Portland weekly series. More people in this community are trying it out and getting hooked. It’s so addicting....It’s painful, and one of the hardest things you will do. But usually once your race is finished, you want to do it again. You obsess over the things that you did wrong and want to apply the correct technique the following week. It’s a vicious cycle!

Huge Thank You’s to: Kip at the Athletic Club and all of the ACB members, Bart Bowen, Chuck Thomas, WebCyclery, Brooks Resources, Bend Metro Parks and Recreation District, Boneyard Cycling Team, Vickery Viles, Ryan Ness, Karen Hecker, Cascade Lakes Brewery, Karen Kenlan, Anne Linton, John Schiemer, Kevin and Todd Gorman, Chuck Kenlan and Todd Schetzsche.

Can’t wait to start planning for next September! You need to come out and try it if you haven’t already!
Alpine Banff and Panorama, Canada, Thanksgiving Camp Photos, courtesy of Billy Farwig and Grant Hamlin
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 has also volunteered on weekends for MBSEF, coaching in the Freeride Ski Development program. This will be the fourth 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
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 2014-2015 additional member benefits listed in Ski Tracks Newsletters published throughout the year.

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<tr>
<th>Replenish, an eco friendly organic salon</th>
<th>New York City Sub Shop</th>
<th>Skyline Dental, LLC</th>
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<tr>
<td>10% off any smoothie or any retail product, for card carrying athlete. Expires 05/31/15.</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 8/31/2015.</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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<th>Emerald City Smoothie</th>
<th>Hutch’s Bicycle Store</th>
<th>This Could Be Your Business!!!</th>
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<td>10% off any smoothie or any retail product, for card carrying athlete. Expires 05/31/15.</td>
<td>10% off regular priced bicycle parts, clothing and accessories. Expires 08/31/15.</td>
<td>Contact Kathy at <a href="mailto:mbsef@mbsef.org">mbsef@mbsef.org</a> to advertise your business here!</td>
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<th>FootZone</th>
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<th>Peak Performance Physical Therapy</th>
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<td>10% discount, excludes sales merchandise. Expires 08/31/15.</td>
<td>10% off any order. Expires 08/31/15.</td>
<td>All MBSEF junior athletes receive a free injury evaluation (Redmond). Exp 8/31/15</td>
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<th>Summers Place - 738 NW Columbia</th>
<th>Race Place</th>
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<td>10% discount off any regularly priced merchandise. Expires 8/31/2015</td>
<td>20% off any hair salon services by Robin Dennis, 541-382-2060, expires 08/31/15.</td>
<td>5% of all MBSEF member purchases is donated back to the MBSEF scholarship fund.</td>
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<th>Red Lion Inn &amp; Suites</th>
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<th>Athletic Club of Bend - Scanlon’s</th>
<th>Seventh Mountain Resort</th>
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<tr>
<td>Fireside Motel &amp; Overleaf Lodge</td>
<td>Show your MBSEF card and receive 10% off your meal ticket. Excludes alcohol and kids menu items. Expires 8/31/2015.</td>
<td>20% off any recreational activities - ice skating, white water rafting trips, kayak tours, and Cascade Kid’s Eco-Challenge Camp.</td>
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<th>Sunnyside Sports</th>
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<td>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.</td>
<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, Wedgi 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>20% off freeze the Fat CoolSculpting and TTtherapy, 15% off Obagi, La Tisse, 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. <a href="http://www.leffelcenter.com">www.leffelcenter.com</a>, expires 8/31/15.</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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