Greetings From The Director

by John Schiemer

The season is upon us and our programs are getting underway. Our registrations are very strong across all of our programs. As we begin the season, I would like to remind all of our athletes and families of the MBSEF Vision, Mission and Values:

Our Vision: “To positively impact the life of every athlete we serve.”

Our Mission: “The Mt. Bachelor Sports Education Foundation is a nonprofit organization that creates opportunities through competitive snow sport programs to support athletes in achieving their individual athletic, academic, and personal goals.”

Our Values: Commitment, Honesty, Accountability, Sportsmanship and Excellence

In reviewing our Vision, Mission and Values it is important that parents help set realistic goals for their children. In a recent article published in Ski Racing Magazine the following comments were made: “Unfortunately we live in a sport culture where amazingly enough, according to a recent survey 26% of parents believe that their children will become professional or Olympic athletes. The real odds are far less than one-tenth of one percent. But parents can be seduced by those messages and, as a result, set goals for their children that are entirely unrealistic.”

It is important to help establish realistic goals that are not based on results for your children that we as parents can embrace and support. These goals should include having fun, skiing or riding. This will in turn help facilitate personal and social development, build self-esteem, learn transferable life skills, and gain a lifetime love of winter sports. As I have stated numerous times, any other goals such as a college skiing scholarship, a U.S. Ski Team jacket, or an Olympic medal, are only icing on the cake. Although MBSEF has had a lot of recent success having athletes named to National and Olympic teams, it is not our number one objective.

Our annual Snowball event was held on November 18th and was a huge success. We had over 200 attendees and about 20 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 10, I hope you are able to attend.
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
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Web: mbsef.org

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!!
**Bend Skier Ready For Another World Cup Season**

*Tommy Ford set for 2016-17 after return from injury*

By Mark Morical, The Bulletin

Tommy Ford has already made a dramatic comeback to the World Cup circuit, but he is still learning to trust himself as he tears down the slopes against the best alpine skiers in the world. Ford, 27 and of Bend, finished 52nd on his first run and did not qualify for a second run in the World Cup giant slalom season opener last weekend in Soelden, Austria. “My movement was on point, but there were two medium-sized mistakes,” Ford wrote in an email to The Bulletin this week from Austria. “But in the end, trusting is where I will put my attention.”

An eight-time national champion and 2010 Olympian, Ford fractured his right femur while freeskiing in the French Alps in January 2013. After missing the entire 2013-14 racing season — and a possible return to the Olympics — while rehabilitating in Bend, he was determined to race again in 2014-15. His results that season were good enough for U.S. alpine team coaches to give him the nod for the 2015 world championships in Beaver Creek, Colorado, where he finished 19th in giant slalom. Then, during the 2015-16 season he finished 12th in a giant slalom World Cup in Italy, and this past March he won a giant slalom Nor-Am Cup event in Aspen, Colorado, also finishing second there in super-G. Later that month he took fifth in giant slalom at the U.S. nationals in Sun Valley, Idaho. “Last year, I was beginning to see what was possible,” Ford said. “This year my strength is greater than it has been before and I am healthy.”

When he suffered the injury in January 2013, Ford was skiing in variable snow conditions and was somehow thrown from his skis on a hard turn and struck a tree. He underwent surgery, during which doctors inserted a metal rod that ran the full length of the femur from hip to knee. He was on crutches for five months, and the rod was removed in December 2013, nearly a year after the accident. Ford said last season that he was “100 percent healthy,” but he still struggles with the lingering mental aspects of his injury and recovery.

“My legs are beginning to even out with strength and power,” he said. “Power has been a slow one to come around, but it is one of my favorite aspects of workouts. Mentally, I have allowed myself to stray from what I had ... giving in to expectation. Coming back into something that I have had a huge amount of experience in was tougher than I imagined. That was the problem, I began to imagine what could happen or what ought to happen after a ‘successful’ year back from injury. Trusting what I have learned while I was healing and rejuvenating is where I return to.”

Ford spent much of the past spring and summer in Bend, spending countless hours at the gym or in physical therapy. He also spent lots of time mountain biking and hiking on Central Oregon’s myriad trails. “There is something about being home that makes doing the hard parts of this job easier,” Ford said. “We have these nasty uphill sprints that we do once a week, so I would go up to Todd Lake and run up the trail or do bike sprints on Awbrey Heights or run through Hillside Park. It was hard not to jump into the river after a workout on those hot July days. Ending the days with friends and family topped it off.”

The next World Cup stop is in Beaver Creek in early December. Ford said he will focus on giant slalom this season — which has always been his strength — but he will ski in super-G and slalom events when the opportunities arise. He said one of his goals this season is “to enjoy and allow for things to happen, like winning world champs and making my way into the overall top 10.”

He added that his main focus is simply “letting go” when racing.

As he works on that, Ford is still finding the positives from his injury and subsequent rehabilitation. “I wouldn’t suggest going out to break your leg in order to improve on your skiing, but ... it took something that heavy to make me reflect and reel in some lost time,” Ford explained. “There is an appreciation for walking now, and plus, my pain tolerance is higher so tough workouts can go a bit deeper. “I am continually pushing my limits and who knows what can happen on the World Cup with this approach.”
**Need Help With Your Schoolwork?**

As the 2016-2017 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. 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.

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**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 Roll. Follow this link to PNSA's website to view the Honor Roll: http://www.pnsa.org.

Email Paul at pnsa@pnsa.org.
Thank you Robberson Ford!!! We love driving our new car!!!!

Jeff Robberson has generously donated a Mazda CX5 to MBSEF for us to drive again for the season.
5 Keys To Skiing Your Fastest On Race Day

by Dr. Jim Taylor

What do you need to do to be totally prepared to ski your fastest on race day? If you ask the top ten men and women on the World Cup, you will probably get 20 different answers. But, having asked this question of many world-class ski racers, I have found five themes that underlie their responses.

#1: Control Or Not To Control

The life of a ski racer can be stressful. There are many things that you can worry about and that can make you distracted, stressed, frustrated, and just plain annoyed, all of which will hurt your skiing. Unfortunately, many racers worry about the wrong things. The big problem is that many racers get stressed out about things over which they have absolutely no control. In your ski racing life, there are some things you should think about and others you shouldn’t. Things that you should pay attention to are those things over which you have control including your physical condition, effort, attitude, thoughts, emotions, behavior, equipment, and preparation. All of these are within your control, so by thinking about them, you can ensure that they are all working for you rather than against you.

At the same time, things in your ski racing life that you have no control over, yet you still may worry about include competitors, coaches, officials, parents, start number, weather, terrain, and snow conditions. If you think about these, you’re creating stress, wasting energy, and preventing yourself from focusing on aspects of your skiing that will actually help you ski fast.

The next time you find that you are under stress, ask yourself one question: “Is the thing that I am worried about under my control?” If it’s not, let it go and focus on things you can control. If it is within your control, instead of worrying about, do something about it!

#2: Trust Your Ability On Race Day

A disagreement I have gotten into with coaches over the years involves whether it is good for racers to think about technique right before and during a race. They argue that if they don’t think about technique they won’t ski well. But it’s my belief that if you have to think about technique on race day, you haven’t fully ingrained it and one of two things will happen. Either you will not be able to use the technique in a race and, by focusing on it instead of just skiing fast, you won’t ski well. Or you will be so focused on the technique that you may, in fact, ski technically well, but you won’t go fast because you weren’t focused on going fast. Yes, for some racers, particularly young ones, a specific technique may allow them to ski fast. But good technique and speed aren’t always connected. And on race day, they don’t give style points for good technique. All that matters is going as fast as you can!

There is a time and a place to think about technique.

There is a time and a place to think about technique. That time is during training. It is here that you analyze your skiing and focus on a particular part of your skiing in order to develop it. With repetition in training, the new technique becomes automatic and it will then help you to ski faster in races.

But when race day arrives, you shouldn’t question, doubt, analyze, or focus on technique. If you do not have a technique down by the time you get to the starting gate, you probably won’t be able to use it effectively in the race. Whatever capabilities you bring to the start, trust yourself, and go as fast as you can with what you have on that day.

#3: Expect The Unexpected

A major source of stress for ski racers is the unexpected things that can come up on race day. The natural reaction to unexpected events is to, well, freak out. You worry, lose confidence, become anxious, and get distracted. In that mental and physical state, you have little chance of skiing your best.

During the course of a race weekend, all kinds of things can go wrong. On the way to races, airlines can lose skis. At the races, goggles can become fogged and buckles can break. If you’re not prepared, you’re going to stress out and probably ski poorly.

There are two ways to deal with the unexpected. First, expect the unexpected. This can be accomplished easily. Take a sheet of paper and on the left side of the page, make a list of all the things that can go wrong at a race. Think travel, weather, gear, and race day schedule, for starters. Then, on the right side, list solutions to these events. For example, you break your skis, you should know someone beforehand who has an extra pair of skis that is similar to your own and who is willing to lend them. Or, if you have fogged goggles, you can carry some napkins or have an extra pair in a bag at the start. Using this strategy, you prevent yourself from freaking out by preventing the unexpected event from being, well, unexpected.

Continued Page 7
USSA Alpine Training System, Continued

Of course, you can’t anticipate everything, so the key then becomes how you react to that unexpected thing (e.g., the lift stops and you might miss your start). You have two choices here. Either experience the aforementioned freak out, which I’m sure you would agree doesn’t do you any good. Or stay positive and calm, look for a solution to the unexpected event, and stay focused on your goal for the day which is to ski your fastest. I can assure you that you will feel and ski a whole better if you can keep your cool. And it’s been my experience that, with 20/20 hindsight, that thing that caused you such stress wasn’t really worth the reaction.

#4: Start Area Preparation

The most critical period before your race run is the time you spend in the start area. What you do there will often dictate the success of your run. There are three things that must be done to ensure that you ski your best. First, you must prepare your equipment: bindings, edges, bases, boots, armor. The last thing you want to worry about before your run is your equipment, so you want to get it ready first.

Second, you must get physically ready and at your ideal level of intensity. This involves stretching, doing warm-up exercises, and revving your engine until it’s race ready.

Finally, you must get mentally prepared. This phase involves putting on your “race face,” that is, narrowing your focus onto the race, using mental imagery to rehearse key parts of the course, thinking positively, and focusing on skiing your fastest. This preparation will lead to a level of readiness in which, as you enter the starting gate, you are totally prepared to ski your best and you only have one thing on your mind: skiing as FAST as you can!

#5: Commit Yourself To Your Race Runs

There’s only one way to find success on race day and that’s to being totally focused and completely committed to ‘bringing it.’ When you’re on course, there is just no room for being tentative and cautious. If you let up or back off during a run, you’re either going to make a mistake or ski slow. One of the most important things you must do when you get into the starting gate is to be totally committed to skiing as aggressively and fast as you can.

To ski fast, you have to be 100% committed to skiing the very best you can. Unfortunately, as you develop as a racer, you will often come upon courses, terrain, or conditions that will see more as a threat than a challenge. You may be uncertain about going all out. You may worry about making a mistake or DNFing. This uncertainty will doubt and anxiety. In this fearful state of mind, there’s no way you’re going to throw one down.

So before your race run (in fact, training runs too), make sure that you are focused on skiing as aggressively as possible. Make sure you are totally committed to doing it all the way. If you aren’t totally committed, get refocused and fully determined, then GO FOR IT! By being committed, you will ski better and faster, make fewer mistakes, and have a whole lot more fun.

Bonus Tip #6: Avoid One Emotion and One Question

You only have one shot at life (there are no do-overs). Have you ever played it safe in a race, saw how slow you were, and kicked yourself for not having gone for it more? It’s a terrible feeling! You look back up the hill and wish hadn’t skied so timidly. Just finishing doesn’t feel very good.

After every race run, you want to look back up the hill and, whether you made a mistake or finished or not, be able to say that you were going for it and you left it all out on the hill. If you DNF, there’s the frustration of having not finished, but the satisfaction that you were going really fast. If you do finish, you will be fast.

There is one emotion you never want to feel and one question you never want to ask in your ski racing (or life). The emotion you don’t want to feel is regret. What’s regret? Wishing you had done something different. The one question you don’t want to ask is “I wonder what could have been?” After your race run, race, season, career, and life, the statement you want to be able to make, whether you fully achieved your ski racing goals or not, is “I gave it everything I had.” And the emotion you want to experience is pride in knowing that you couldn’t have done anything more.

Article sent in by Rob Cravens, from Ski Racing Magazine
MBSEF Sports Injury Clinic

Rebound Physical Therapy, official medical provider for USSA, is offering complimentary sports injury screens to MBSEF athletes and coaching staff. Screens will include an injury assessment, instruction for self-care and treatment direction, return to snow guidance, and referral to an appropriate medical provider for follow-up as needed. Rebound can usually accommodate sports injury screens on a walk-in basis. However, you may also call and schedule at one of Rebound’s 8 clinic locations in central Oregon.

<table>
<thead>
<tr>
<th>Location</th>
<th>Phone Numbers</th>
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<tbody>
<tr>
<td>BEND-WEST</td>
<td>(541) 585-1022</td>
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<td>BEND-EAST</td>
<td>(541) 382-7875</td>
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<td>BEND-SOUTH</td>
<td>(541) 322-9045</td>
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<td>REDMOND-RAC</td>
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<td>LA PINE</td>
<td>(541) 536-7443</td>
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<td>SUNRIVER</td>
<td>(541) 385-3148</td>
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<td>PRINEVILLE</td>
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Official Physical Therapy Provider

emerald city smoothie
nourish your body

Sunnyside Sports

Fireside Hotel, Oregon 800-336-3573 www.firesidemotel.com
My name is Brandi Jacobson, I am a Bend Oregon native. My family and I have been involved in MBSEF for many years. My father, Brad Jacobson coached the Mini World Cup program, my brother Nathan Jacobson has snowboarded with MBSEF since he was little, and I raced Nordic skiing a few years back. The MBSEF staff was so supportive and my team mates treated me like a family. They gave to me, now I want to give back.

In December of 2015 I graduated from the COCC massage therapy program and started my own business, Highest Potential Massage Therapy, in April 2016!

I am trained in Swedish massage which is relaxation massage, sports massage, and cupping. I want to help athletes reach their "Highest Potential!"

Since it is the holiday season I will be selling Gift Certificates with a couple of specials!

For every $50.00 you spend on gift Certificates I will give you $10.00 off a massage for yourself.

I am adding Fire Cupping into Massages at $5 more per session, please let me know when booking your appointment if you would like to add this into your session so that I can set up before you your arrive.

Cupping is great for: Targeting trigger points in the bellies of muscles, increasing circulation of blood and lymph, and releasing adhered fascia. Cupping combined with massage is a great way to speed up your bodies healing process and relax your muscles.

This year invest in your health, its okay to pamper yourself and take care of your body!

Introducing the new Xevo Magnetix for the 2016-17 season. Xevo Optics has been working on developing what we think and hope is the best goggle in the World! The lens connects to the frame through magnets so you can change out your lens in a few seconds with your gloves on. This is the evolution of frame-less interchangeable lens system that everyone has been asking for. Our new Magnetix has made all other interchangeable lenses obsolete by comparison.

Some of the best skiers in the world tested the Magnetix this summer at Mount Hood, OR. All testers agreed that the Magnetix are the best goggles they had ever used, and the new POLARIZED PHOTOCHROMATIC transitional lens is the best lens for optical clarity in all the conditions they have skied!

Xevo Optics has given MBSEF a 50% discount code for all goggles on their website. Code is "MBSEF". Website address is below. Excellent product at a very good price point.

https://www.xevooptics.com

Xmas is closing in and Xevo wants our athletes to be aware of their product.
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
541-369-4607

Overleaf Lodge & Spa
800-338-0507
www.overleaflodge.com

RACE PLACE
222 SE Reed Market Rd, #200, Bend, OR 97702
541-382-4216 or Toll Free 1-800-814-7223
www.the-raceplace.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 2015-2016 additional member benefits listed in Ski Tracks Newsletters published throughout the year.

<table>
<thead>
<tr>
<th><strong>Replenish, an eco friendly organic salon</strong></th>
<th><strong>New York City Sub Shop</strong></th>
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<tr>
<td>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)</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 8/31/2017</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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<td>10% off any smoothie or any retail product, for card carrying athlete. Expires 05/31/17</td>
<td>10% off regular priced bicycle parts, clothing and accessories. Expires 08/31/17</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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<td>10% discount, excludes sales merchandise. Expires 08/31/17</td>
<td>10% off any order. Expires 08/31/17</td>
<td>All MBSEF junior athletes receive a free injury evaluation (Redmond). Exp 8/31/17</td>
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<td>10% discount off any regularly priced merchandise. Expires 8/31/2017</td>
<td>20% off any hair salon services by Robin Dennis, 541-382-2060, expires 08/31/17</td>
<td>5% of all MBSEF member purchases is donated back to the MBSEF scholarship fund.</td>
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<tr>
<th><strong>Highest Potential Massage Therapy</strong></th>
<th><strong>This Could Be Your Business!!!</strong></th>
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<td>$10 off your massage. One per customer. Brandi Jacobson LMT 541-420-8051 2100 NE Neff Road Suite B</td>
<td>Contact Kathy at <a href="mailto:mbsef@mbsef.org">mbsef@mbsef.org</a> to advertise your business here!</td>
<td>15% off all ski products, bike parts and accessories. Excludes complete bikes, sale items and labor. Expires 05/31/17</td>
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<th><strong>Fireside Motel &amp; Overleaf Lodge</strong></th>
<th><strong>This Could Be Your Business!!!</strong></th>
<th><strong>Seventh Mountain Resort</strong></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, 2017</td>
<td>Contact Kathy at <a href="mailto:mbsef@mbsef.org">mbsef@mbsef.org</a> to advertise your business here!</td>
<td>10% off any recreational activities - ice skating, white water rafting trips, and kayak tours.</td>
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<th><strong>Sunnyside Sports</strong></th>
<th><strong>Bend Vacation Rentals</strong></th>
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<tr>
<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, Wedg 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 Utherapy. 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. <a href="http://www.leffelcenter.com">www.leffelcenter.com</a>, expires 8/31/17</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
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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