Greetings From The Director

by John Schiemer

Congratulations to MBSEF alums Laurenne Ross and Kent Callister on being selected to compete in the Winter Games in Sochi, Russia beginning in just a few days. Callister will be competing as a halfpipe snowboarder for the Australian Olympic Team. Laurenne will be competing as an Alpine skier, possibly in the Combined, and Super Combined races. These are races which include the combination of a Downhill or Super G run, combined with a Slalom run. We are very proud of both of these athletes and wish them the best of luck!

The competition season is in full swing and despite the challenging snow fall our athletes have been competing all over the Northwest and Utah. Our Alpine athletes have made a few trips up to Mt. Hood, Mt. Spokane and Schweitzer. Our Freeride athletes have been competing in local competitions and a number of them will be leaving for Pennsylvania for a Revolution Tour competition in early February. Finally, our Nordic team has competed at Soldier Hollow near Salt Lake as well as Stevens Pass, Washington.

I encourage you to read the article submitted by Coach Rob Cravens regarding “Three Steps to Sports Success” written by Dr. Jim Taylor. These steps apply to all athletes and could be applied to all athletic endeavors. Many times, I have mentioned to not put too much relevance in the end result of a specific competition but focus on the process. Focusing on the process of becoming prepared to compete will serve your child better as they learn life skills and good sportsmanship during their formative years.

Laurenne Ross, U.S. Ski Team
Just Named to the Sochi Olympic Team!
MBSEF Cheers Laurenne on During the Olympics
Laurenne is an Alumni of MBSEF’s Mini World Cup Program!

Switching gears a bit, there has been some recent local news regarding the safety of children in our community. MBSEF takes child safety very seriously, as an organization that works with young people, it must be one of our top priorities. Our coaches receive background checks and must pass a pre-employment drug test. New this year, (unless they complete this already because of their regular employment) each one of coaches has participated in the Darkness to Light, Stewards of Children training program. This is a nationally recognized program, and if you would like more information on this and other related programs please contact the Kids Center here in Bend.

Finally, from time to time we have some “behavioral” issues that we must address in our programs. These include the usual challenges that most of us have while raising children. Normally we are able to take care of these at the Junior Race Center, or the Nordic Lodge. However, occasionally we must make a call home and speak with parents. Please understand that with 500 athletes participating in our winter programs, occasional issues occur from time to time. This may include, snow ball throwing, inappropriate language or poor sportsmanship. As parents you can assist us by reminding your children of the MBSEF Code of Conduct. And if you need a copy for home, please let us know and we’d be happy to send one to you. See you on the trails......
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

Caldera Grille - Creak, Justin and Stacy invite you to come in and try Caldera Grille. Show your MBSEF membership card, buy one appetizer and get another appetizer at 1/2 off.

Check out the early bird menu! Yumm . . .

Calder Grille
932 NW Bond • Bend, OR 97701
CalderaGrille@hotmail.com
ph 541.389.8899 • fx 541.389.9864
On January 7th, the MBSEF Freeride Team utilized the Juniper Swim and Fitness Center Open Swim session from 7 to 9pm.

An array of tricks took place off the diving boards and rope swing while others enjoyed playing water basketball and other games in the shallower pool.

Many sweet tricks were performed but notably, Van Allen and Dru Brownrigg performed a variety of double flips/spins off the high dive with Fletcher Johnson and Dominic Bowler doing their first double flips that night!

The Freeride Team has been enjoying Team Fun Nights for a number of years now with an emphasis on team camaraderie, improvement of athletic ability, and fun.

The next Team Fun Night is a true test of balance and edging technique and will take place in the beginning of February at Seventh Mountain Resort’s ice skating rink.
Panorama Thanksgiving Camp Day 1

by Morgan Tien

On the first day of skiing, our room was already a wreck. We had been in Panorama for less than twenty four hours, and had already managed to turn our once nice looking hotel room into a work of modern art.

That morning we started training at ten am due to a paraplegic race. The snow was holding up quite well for the time of year, and we had great training conditions. We skied “stubbies” on the first day, to ease our way into the beginning of the season.

After our two sessions of training, most of the team went to the pool to warm our chilled bones. This was the start of the six days that we will never forget.

Panorama Thanksgiving Camp Day 2 Slalom

by Jonathan Wimberly

On Tuesday, November 26, we had our second day of slalom. MBSEF had the first session, which was 8:00 to 10:00, and the third session, which was 12:00 to 2:00. In between sessions, we went to the coaches room in the hotel to watch video. The video is really helpful, because we saw what we needed to work on, and then did it during the third session. We trained with the Red Mountain team, which was fun because we were able to watch other kids train on the same course. There was a big range of people who were training, from the Japanese ski team to the paraplegic team. During the first three days, there was the Canadian paraplegic team. It was really amazing to see how they have overcome so many obstacles, and they can still race so fast.

In the afternoon we put away our slalom gear and got ready for GS. We had that afternoon mostly off because we did not have to work on our skis because the GS skis were ready. So most of the team headed down the hot tub pool to rest and have fun. Overall, the second day was awesome and there was a lot of great training.

Editor’s Note: Morgan and Jonathan’s portion of Panorama Thanksgiving Camp was omitted from the December newsletter Pano story due to space restrictions.

360 STRENGTH

Open to The Public
Scanlon’s Restaurant Bar

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 2013/2014 season shifts into high gear, with athletes travelling to races and competitions, and missing school, tutoring is again available to Grades 7-12 for MBSEF athletes. For more information, please contact Think Tank of Bend.

Think Tank of Bend is conveniently located downtown at 524 Lava Road.

Jan Webb, Mathematics, 541-693-4749
Susan Walker, English, 541-280-5961
thinktankofbend@gmail.com

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.

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
Three Steps to Sports Success

By Dr. Jim Taylor

There are three steps to sports success:

• Perspective
• Preparation
• Performance

**Perspective**

I have been focusing on this issue extensively in the last year or so as I have been working with a variety of athletes in a number of sports who have already achieved considerable success which tells me that they already have pretty darned good mental skills (though they would agree that there is always room for improvement). So I asked myself, “How can I help them step up to the next level when they already have so many of the skills necessary for sports success?”

What I realized is that all of the best fitness, technique, tactics, equipment, and mental skills will go for naught if you don’t begin with the right perspective. If you have a healthy perspective towards competition, you set the stage that will allow all of your preparations to be expressed in performances that are intense, focused, free of any concerns that might hold you back, and fully committed to performing as well as you possibly can.

When I talk about perspective, I mean how you look at your sport and your involvement in it. This perspective influences what you think about, the emotions you experience, and how you perform in both training and competitions. Here are some of the most important components of perspective that you should develop:

• Your reasons for competing
• Your sense of ownership of your sport
• How you define success and especially failure
• Your willingness to seek out discomfort in pursuit of improvement
• Whether you perceive competitions as threats or challenges
• Your willingness to take risks
• Whether you’re more focused on the process or the outcome
• Your ability to stay focused in the present rather than in the past or future

If you can develop a healthy perspective in these areas, you will set the stage for the next step in my progression.

**Preparation**

The greatest perspective in the world won’t help you achieve your athletic goals if you don’t then do the hard work necessary to be totally prepared to perform your best in competition. As we all know, a lot of things go into great performances. Preparation is so

Continued Page 7
important because it is the only thing you have total control over in your sport. You can’t control the genes your parents gave you, the weather, competitive conditions, or your competitors. There are so many areas that impact your sports performances and any area that is not fully prepared will mean that you won’t be capable of performing your very best. You must ensure that you develop every piece of this sports performance puzzle.

There are, of course, a high level of physical health and fitness, solid technique and tactics, and well-prepared equipment. And we can’t forget the essential role that the mind plays in athletic success. There are also some lesser considered contributors including rest, school or work, and relationships, all of which can either push you toward or away from success.

There are three primary mental areas you need to develop in your preparations. First, all of your efforts at getting yourself totally prepared should lead to high confidence in all aspects of your sport. Confidence is so important because, even if you have everything you need to perform your best, you won’t use those things unless you really believe in them.

Second, you must train your body to reach and maintain your ideal level of intensity before every drill in practice and every performance in competition. Without that correct intensity, your body won’t be physiologically capable of performing its best. Third, you must develop a consistent and narrow focus that enables you to concentrate on those things that will help you perform well and avoid distractions that interfere with good performance. Mental imagery and training routines are two essential mental skills that will foster quality training and total preparation.

As you enter a new competitive season, ask yourself if you have everything covered; have you done everything you can to achieve your goals. If you haven’t, I have no sympathy for you because you could have (sorry if that sounds harsh, but it’s true). If you have, you are fully prepared to take the final step in my progression to sports success.

**Performance**

Everything you’ve accomplished so far, in terms of both perspective and preparation, is devoted to enabling you to perform your very best when it matters most. But being capable of performing your best doesn’t always translate into great competitive performances. In fact, the #1 reason why athletes come to me is because they perform really well in training, but they just can’t replicate that in the heat of competition. Why is this such a difficult thing to do? Because competition is different than training; it matters.

Competitions are where you put your preparations to the test. They are where you will either live up to or crumble under the weight of expectations—yours and others. Competitions are where you will feel excitement or trepidation. They are where you will either experience the “thrill of victory or the agony of defeat” (you have to be pretty old to remember where that quote came from). Here is where perspective, which you will hopefully have established at the start of this progression, must return to accomplish this goal. Perspective will keep competitions in, well, perspective, reminding you that they are an important part of your life, but life itself. Your sports participation is a part of who you are, but it doesn’t define you. If you fail to achieve your goals, you will certainly be disappointed, but, in the long run, you’ll be okay. Perspective will liberate you to experience competitions as a challenge to pursue with gusto rather than a threat to avoid in fear. It will enable you to take the risks necessary to perform your very best.

Here is also where your great preparations are funneled into a state of physical and mental readiness on the day of the competition that enables you perform then the same way you do in training. Your training has given you a deep confidence in your ability to commit yourself fully and give your very best effort. It also ingrained your ideal intensity and focus so deeply that, just before the start of the competition, you reach those same levels that enable you to perform your best. As with training, continuing the use of mental imagery and extending your training routine to your competitive routine ensures that you are totally physically and mentally prepared to perform your best.

Your ultimate goal in this three-step progression is to throw yourself into competition with confidence, intensity, and focus, and without doubt, worry, or fear holding you back.

If you can harness these three steps to sports success, you set yourself up to perform your very best and achieve your athletic goals. Just as importantly, you give yourself the opportunity to experience what it feels like after a competition, win or lose, to say, “I left it all out there.”

*Editor’s Note: Story submitted to Ski Tracks by Coach Rob Cravens*
MBSEF Event Report
by Molly Cogswell Kelley

We are excited to announce that the Central Oregon 500+, June 4-8, 2014 is almost full. This event started 2 years ago with only 5 riders. We are now almost at capacity with 38 riders that have signed on for all 5 days. Riding 100+ miles per day! The ride was the brain child of Tom Lomax. If you don’t already know him, he is the Mountain Manager of Mt. Bachelor. In his off time, he loves to ride his bike. All 5 day riders are from outside Central Oregon. They are coming from Portland, Seattle, Olympia, Missoula, Sun Valley, Boise, N. California and even Delaware. It’s really the perfect ride for out-of-towners who love to ride. They don’t really have to think about much except making sure they get enough sleep every night. We take care of everything. The route, the ride guides, the food, the beer, massage, shuttle/transportation, celebration BBQ, etc.

Thank you Tom and Beth Lomax for hosting this ride which is a fundraiser for the MBSEF Cycling Program. And thank you Mt. Bachelor for letting us steal Tom for a week!

U.S. Bank Mini PPP Logo Art Contest is coming up! 1st through 6th graders can submit their design by February 14th, 5 p.m. to the MBSEF office. Please make sure that the design includes the following: U.S. Bank Kid’s Mini Pole Pedal Paddle, May 18th and MBSEF. Can’t wait to see what the kids come up with!

Thank you U.S. Bank PPP Major Sponsors that have committed again for 2014. We couldn’t do it without you! U.S. Bank, the Hasson Company Realtors, Desert Orthopedics, Les Schwab Tire Center, BigFoot Beverages, Bud Light, St. Charles Health System, Mt. Bachelor, Inc., KTVZ, Fox Central Oregon, 92.9, the Bulletin, the Les Schwab Amphitheater and the Old Mill District.

Thank you U.S. Bank Kid’s Mini PPP Sponsors: Bend Memorial Clinic, Dick’s Sporting Goods, the Hasson Company, Sylvan Learning Center, Powder House, Sun Country Tours, Rob MacGowan, Seventh Mt. Resort, Sun Country Tours, Sunnyside Sports, Bend Metro Parks and Recreation District, the Old Mill District and the Les Schwab Amphitheater.

Online registration is now available for the U.S. Bank PPP, May 17th, 2014. We have a new system for registering that we think that all participants will like. Here is the link: https://endurancecui.active.com/event-reg/select-race?e=6210052. If you have any problems registering, please contact me, molly@mbsef.org.

Also, if you have a business that you would like to get in front of 10,000+ active people, then consider having a booth at the U.S. Bank PPP. Just contact me for details: molly@mbsef.org.
VOLUNTEER OPPORTUNITIES

Did you know that by volunteering for certain MBSEF alpine and Nordic ski races, you can earn Mt. Bachelor lift tickets? Yes, it’s true!

For each alpine race day you work, you get a ticket for that day, plus a voucher to get a ticket for a future day. Your day typically starts at volunteer check in at the lodge at 7:30am. You will be given a job as a gate keeper, crossing guard, headset communications, hand timer, scoreboard operator, course crew, etc. Race days typically end at about 3:00pm. On the Nordic side, it takes one race day to receive a free Nordic ticket, and two race days to receive an alpine ticket.

This is the upcoming race schedule:

Feb 8  XC Great Nordeen
Feb 18-23  Alpine Sun Cup SG/DH
Mar 15  XC Cascade Crest
Apr 3-6  Alpine PNSA Masters
Apr 5  XC 50km Skate
Apr 10-13  Alpine Western Region FIS Open
Apr 25-27  Alpine May Day Race

If you would like to volunteer, email Kathy, mbsef@mbsef.org, and she will get you a volunteer application to fill out.

Thanks everyone! We could not hold our races without all of our volunteers!
Top Race Results

Dec 7 Double Prologue SK Fiona
Max 1, Angie Lindsay 2, Ann McColgan 3, Emily Hyde 1, Taye Nakamura-Koyama 2, Emma Malmquist 3, Sadie Gorman 4, Brandi Jacobson 7, Sierra Foster (OSU) 1, Aidan Whitelaw 2, Anton Micek 3, Leo Lukens 1, Casey Shannon 2, Zeb Millslagle 3, Ryan Griffiths 8. **Double Prologue CL** Isabel Max 1, Fiona Max 2, Angie Lindsay 3, Ann McColgan 4, Emily Hyde 1, Taye Nakamura-Koyama 4, Brandi Jacobson 8, Sadie Gorman 9, Sierra Foster (OSU) 1, Aidan Whitelaw 2, Anton Micek 4, Casey Shannon 1, Leo Lukens 2, Zeb Millslagle 3, Ryan Griffiths 4.

Dec 15 Early Season SK Fiona Max 1, Isabel Max 2, Ann McColgan 3, Elizabeth Verheyden 4, Olivia Colton 2, Stella Hyde 3, Liv Downing 4, Erin Verheyden 2, Aidan Whitelaw 1, Anton Micek 2, Sam Renton 3, Jack McColgan 4, James Verheyden 5, Cayden Fiala 6, Taye Nakamura-Koyama 1, Sadie Gorman 2, Isabelle Selman 3, Brandi Jacobson 1, Micaela Martin 2, Alec Martin 1, Josh Renton 4, Zeb Millslagle 1, Matt Hecker 2, Skyley Jenna 1, Alec Wiltz 2.

Dec 12 NW Cup#1 FIS SL Mission Ridge Wilder von Rohr 3, Tanner Lujan 4, Jordan Schweitzer (OSU) 5th, Elle Truax 8.

Dec 20 Jackson JNQ CL Emily Hyde 1, 1, Skyley Kenna 8, 5, Casey Shannon 8, 11, Taye Nakamura-Koyama 17. **Dec 21 Skm FS** Emily 1, Skyley 5, Casey 11.


Jan 8 U18 US XC Championships Soldier Hollow Emily Hyde 3.

Jan 11-12 Winter Start SL Meadows Lili Bouchard 1, Ashley Lodmell 2, Sophia Sahm 4, Elena Klonsky 7, Paget Rathbun 8, Alexandra Kaiser 13. Boys only got one run (weather was gnarly!) Minam Cravens 3, Charlie Stuermer 4, Jonathan Wimberly 5, Jack Smith 7, Jake Klonsky 10, Morgan Tien 12, Walter Lafka 13.

Jan 11-12 JNQ#1 Leavenworth Bavarian Cup 1k CL Sprint Isabel Max 4, Stella Hyde 6, Olivia Colton 7, Annie McColgan 11, Fiona Max 12, Joe Lukens 5, Jack McColgan 6, Aiden Whitelaw 10, Jesse Selman 14, Sam Renton 16. **1.3k CL Sprint** Sierra Foster 10, Emma Malmquist 14, Taye Nakamura-Koyama 18, Brandi Jacobson 20, Piper Flannery 21, **U16** Taye Nakamura-Koyama 7, Piper Flannery 9. **U18** Brandi Jacobson 9. **U20** Sierra Foster 1, Emma Malmquist 2. **1.3k CL Sprint** Casey Shannon 3, Leo Lukens 4, Alex Wiltz (OSU) 4, Zeb Millslagle 8, Nolan King (OSU) 14, Skyley Jenna (OSU) 16, Josh Renton 28. **U16** Leo Lukens 1, Josh Renton 9. **U18** Casey Shannon 3, Zeb Millslagle 5. **U20** Alec Wiltz (OSU) 1, Skyley Jenna (OSU) 3. **U23** Nolan King (OSU) 1. **1.5k Free Style** Leo Lukens 1, Josh Renton 11, Taye Nakamura 5, Piper Flannery 13, Brandi Jacobson 10, Casey Shannon 4, Zeb Millslagle 8, Skyley Jenna (OSU) 2, Alec Wiltz (OSU) 3, Nolan King (OSU) 1, Sierra Foster (OSU) 2.


Jan 25-26 Sunnyside Pursuit PNSA JNQ#2 Mt. Bachelor U12 3k Isabel Max 1,1, Fiana Max 2,2, Ann McColgan 8,3, Jorun Downing 3, Elizabeth Verheyden 6, Aiden Whitelaw 1,1, Anton Micek 2,3, Nate Tarakolian 3, Aiden Donohue 9,6, Jack Skidmore 10, Oliver Scofield 11. **U14 3k** Olivia Colton 5,4, Stella Hyde 7,5, Liv Downing 4,6, Dagne Donohue 6,8, Silvio Collins 11, Jack McColgan 2,4, Joe Lukens 4,5, Cayden Fiala 15,12, Reed Kellar 14,13, Jesse Selman 12,14. **U16 5k** Taye Nakamura-Koyama 6,7, Sadie Gorman 10,11, Piper Flannery 12,12, Iiby Selman 18,18, Leo Lukens 1,1, Alex Martin 5, Josh Renton 13, James Verheyden 18. **U18 5k** Emily Hyde 3,1, Emma Su 5,11, Brandi Jacobson 13. **U20 5k** Sierra Foster (OSU) 1,1, Emma Malmquist 2,2, Alec Wiltz (OSU) 2, Skyley Jenna (OSU) 3. U18 10k Casey Shannon 6,3, Zeb Millslagle 8,7, Matt Hecker 11,10.
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 2013-2014 additional member benefits listed in Ski Tracks Newsletters published throughout the year.

<table>
<thead>
<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>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 8/31/2014.</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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<th>Emerald City Smoothie</th>
<th>The Leffel Center</th>
<th>Hutch’s Bicycle Store</th>
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<td>10% off any smoothie or any retail product, for card carrying athlete. Expires 05/31/14.</td>
<td>10% off all skin care products. Expires 8/31/2014</td>
<td>10% off regular priced bicycle parts, clothing and accessories. Expires 08/31/14.</td>
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<th>FootZone</th>
<th>Longboard Louie’s</th>
<th>This Could Be Your Business!</th>
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<td>10% discount, excludes sales merchandise. Expires 08/31/14.</td>
<td>10% off any order. 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>
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<th>Carstickers.com</th>
<th>Summers Place - 738 NW Columbia</th>
<th>Race Place</th>
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<td>10% discount off any regularly priced merchandise. Expires 8/31/2014</td>
<td>20% off any hair salon services by Robin Dennis, 541-382-2060, expires 08/31/14.</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>
<th>This Could Be Your Business!</th>
<th>WebCyclery/WebSkis</th>
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<tr>
<td>20% discount off our “Best Available” rate for 2014. Only available at the Bend property.</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>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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<th>Fireside Motel &amp; Overleaf Lodge</th>
<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 8/31/2014.</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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<tr>
<th>Sunnyside Sports</th>
<th>Bend Vacation Rentals</th>
<th>Caldera Grille</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. Expires 08/31/14.</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, 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>Show your membership card, and buy one appetizer, get one at 1/2 off. Check our early bird menu! Yummmmm……….. 932 NW Bond Street, Downtown</td>
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| Pocketweez | | |
|-------------|| |
| Purchase the revolutionary Pocketweez, right here at MBSEF, and 20% of the purchase goes right into our scholarship fund. | | |
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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Mike Lafferty, Emeritus
Jeff Robberson, Emeritus
Frank Cammack, Emeritus

Executive Director
Events Director
Membership Coordinator
Accounting
Alpine Director
Nordic Director
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