Greetings From The Director

by John Schiemer

It has been a very busy weekend and the Super Bowl just ended, I was hoping for a different outcome but I now know how the Green Bay Packer fans must feel. The weekend was busy for MBSEF as it included two Mini World Cup races and a Freeride Development contest. If this was your first race or contest experience with MBSEF you likely have a better understanding of how much effort and coordination it takes to put on these events. Thanks to all of you who helped make these events possible for our athletes. I witnessed some great skiing and I also heard the Development contest went well, despite the challenging snow conditions. Thanks also to Mt. Bachelor for preparing the course.

In early January we held the Mike Puddy Memorial races on lower Cliffhanger. Mike was a parent and a long time board member of MBSEF. Although his life was cut short by a motorcycle accident, his memory, enthusiasm and zest for life lives on. This year’s event raised the most money ever for Mike’s endowment - over $2,000 was generously donated for his scholarship fund. The Mike Puddy Shooting Star award is announced each year at our annual awards banquet in April. This year both of his daughters (Sarah and Kate) were able to able to attend. The race normally has been held in late March often conflicting with Spring Break. This year we decided to make a change and moved the race to early January. This year’s race was held on January 3rd, and would have been Mike’s 60th birthday, so it was only fitting that we held the race on that beautiful Saturday.

We estimate that about 100 participants went down the course. Cheryl Puddy’s favorite story was about one little girl that signed up for the race and was trying to encourage her friend to participate as well. But her friend did not have any money. They were about 8 or 9 years old and the little girl came back a little later with about $9.50 that she had found in her bag. Off course we made sure it wasn’t her lunch money and she was able to race. Another story was about a Dad and his son. They must have raced each other a half dozen times, and on the last race the Dad finally beat his son.

Finally, one family made a very generous donation and provided a note. “It’s our pleasure to honor Mike and the race inspires me and my children to enjoy the sport, the mountain and our family, so thank you for that.” The Mike Puddy endowment is one of our most active endowments and it has grown to almost $20,000 thanks to the generosity of many people over the years. We hope to continue the tradition of holding this race in early January each year.

UPCOMING EVENTS

Feb 17-22 ................. Alpine Annual Sun Cup Race
Feb 22 ................................................. MBSEF Skate Race
Mar 2-7 .......................... Collegiate Nationals
Mar 6-7 .......................... Alpine OSSA High School Finals
Mar 14 .......................... Great Nordeen (Rescheduled)
Mar 18-22 ........................ Alpine U16 WR Championships
Mar 21-24 ........................ Freeride SB/Ski Spring Camp
Mar 21 .......................... Alpine MWC Finals/Banquet
Mar 23-25 ........................ Alpine Spring Break Camp
Apr 8-29 ........................ Early Release Wed Cycling
Apr 10-May 1 ................. 7 Peaks Early Release Fri Cycling

Cheryl, Kate, Sarah Puddy, and Friends

A Beautiful Day at the Annual Mike Puddy Memorial
**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!

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**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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**Mt. Bachelor**

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**Summers Place Hair Salon**

Robin Summers Dennis  
Owner/Hair Designer  
541.382.2060

738 N.W. Columbia St. • Bend, OR 97701  
20% off any services by Robin Dennis

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**candace bell**  
hair stylist/colorist
The Race to Nowhere In Youth Sports

By: John O'Sullivan

“My 4th grader tried to play basketball and soccer last year,” a mom recently told me as we sat around the dinner table after one of my speaking engagements. “It was a nightmare. My son kept getting yelled at by both coaches as we left one game early to race in the other sport. He hated it.” “I know,” said another. “My 10 year old daughter’s soccer coach told her she had to pick one sport, and start doing additional private training on the side, or he would give away her spot on the team.”

So goes the all too common narrative for American youth these days, an adult driven, hyper competitive race to the top in both academics and athletics that serves the needs of the adults, but rarely the kids. As movies such as “The Race to Nowhere” and recent articles such as this one from the Washington Post point out, while the race has a few winners, the course is littered with the scarred psyches of its participants. We have a generation of children that have been pushed to achieve parental dreams instead of their own, and prodded to do more, more, more and better, better, better. The pressure and anxiety is stealing one thing our kids will never get back; their childhood. This path produces bitter athletes who get hurt, burnout, and quit sports altogether.

As I said to my wife recently, the hardest thing about raising two kids these days, when it comes to sports, is that the vast majority of the parents are leading their kids down the wrong path, but not intentionally or because they want to harm their kids. They love their kids, but the social pressure to follow that path is incredible. Even though my wife and I were collegiate athletes, and I spend everyday reading the research, and studying the latest science on the subject, the pressure is immense. The social pressure is like having a conversation with a pathological liar; he is so good at lying that even when you know the truth, you start to doubt it. Yet that is the sport path many parents are following.

The reason? FEAR! We are so scared that if we do not have our child specialize, if we do not get the extra coaching, or give up our entire family life for youth sports, our child will get left behind. Even though nearly every single parent I speak to tells me that in their gut they have this feeling that running their child ragged is not helpful, they do not see an alternative. Another kid will take his place. He won’t get to play for the best coach. “I know he wants to go on the family camping trip,” they say, “but he will just have to miss it again, or the other kids will get ahead of him.”

This system sucks. It sucks for parents, many of whom do not have the time and resources to keep one child in such a system, never mind multiple athletes. There are no more family trips or dinners, no time or money to take a vacation. It causes parents untold stress and anxiety, as they are made to feel guilty by coaches and their peers if they don’t step in line with everyone else. “You are cheating your kid out of a scholarship” they are told, “They may never get this chance again.”

It sucks for coaches who want to develop athletes for long term excellence, instead of short term success. The best coaches used to be able to develop not only better athletes, but better people, yet it is getting hard to be that type of coach. There are so many coaches who have walked away from sports because while they encourage kids to play multiple sports, other unscrupulous coaches scoop those kids up, and tell them “if you really want to be a player, you need to play one sport year round. That other club is short changing your kid, they are not competitive.” The coach who does it right gives his kids a season off, and next thing you know he no longer has a team.

And yes, most importantly, it sucks for the kids. Any sports scientist or psychologist will tell you that in order to pursue any achievement activity for the long term, children need ownership, enjoyment and intrinsic motivation. Without these three things, an athlete is very likely to quit. Children need first and foremost to enjoy their sport. This is the essence of being a child. Kids are focused in the present, and do not think of long term goals and ambitions. But adults do. They see “the opportunities I never had” or “the coaching I wish I had” as they push their kids to their goals and not those of the kids.

They forget to give their kids the one thing they did have: A CHILDHOOD! They forget to give them the ability to find things they are passionate about, instead of choosing for them. They forget that a far different path worked pretty darn well for them.

So why this massive movement, one that defies all science and psychology, to change it? We need to wise up and find a better path. Parents, start demanding sports clubs and coaches that allow your kids to participate in many sports. You are the customers, you are paying the bills, so you might as well start buying a product worth paying for. Your kids do not deserve or need participation medals and trophies, as some of you are so fond of saying, but they do deserve a better, more diverse youth sports experience.
The Race to Nowhere In Youth Sports, Cont.

Coaches, you need to wise up as well. You are the gatekeepers of youth sports, the people who play God, and decide who gets in, and who is kicked to the curb. You know the incredible influence of sport in your life, so stop denying it to so many others. Are you so worried about your coaching ability, or about the quality of the sport you love, to think that if you do not force kids to commit early they will leave? Please realize that if you are an amazing coach with your priorities in order, and you teach a beautiful game well, that kids will flock to you in droves, not because they have to, but because they want to!

Every time you ask a 9 year old to choose one sport over another you are diminishing participation in the sport you love by 50%. WHY? To change this we must overcome the fear, the guilt and the shame. We are not bad parents if our kids don’t get into Harvard, and we are not bad parents if they do not get a scholarship to play sports in college. We should not feel shame or guilt every time our kid does not keep up with the Jones’s, because, when it comes to sports, the Jones’s are wrong.

As this recent article from USA Lacrosse stated, college coaches are actually looking to multi sport athletes in recruiting. Why? Because they have an upside, they are better all around athletes, they are not done developing, and they are less likely to burnout. You cannot make a kid into something she is not by forcing them into a sport at a very young age, and pursuing your goals and not your child’s goals. Things like motivation, grit, genetics and enjoyment have too much say in the matter.

What you can do, though, is rob a child of the opportunity to be a child, to play freely, to explore sports of interest, to learn to love sports and become active for life. Chances are great that your children will be done with sports by high school, as only a select few play in college and beyond. Even the elite players are done at an age when they have over half their life ahead of them. It is not athletic ability, but the lessons learned from sport that need to last a lifetime.

Why not expose them to as many of those lifelong lessons as possible? Why not take a stand? Why don’t we stop being sheep, following the other sheep down a road to nowhere that both science and common sense tells us often ends badly? It is time to stop being scared, and stand up for your kids. There are more of us who want to do right by the kids than there are those whose egos and wallets have created our current path. We have just been too quite for too long. We have been afraid to speak up, and afraid to take a stand. We are far too willing to throw away our child’s present for some ill fated quest for a better future that rarely materializes, and is often filled with so much baggage that we would never wish for such a future for our kids.

If you think your child will thank you for that, then you probably stopped reading awhile ago. But if you want to get off the road to nowhere in youth sports, and to stop feeling guilty about it, then please know you are not alone. Our voice is growing stronger every day. We can create a new reality, with new expectations that put the athletes first.

We can put our children on a road to somewhere, one paved with balanced childhoods, exploration, enjoyment, and yes, multiple sports. Someday our kids will thank us.

Editor’s Note: I found this article on the Nordic Facebook Page. Thanks Dan!

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 tutored literally 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
This article is ABSOLUTELY NOT ABOUT MBSEF Nordic.

We encourage and support skiers to participate in other sports. We plan training around their sports to support them when they join us.

We encourage and support skiers to ski for their school team for social and leadership reasons and we plan training around them so they are successful as MBSEF and school team skiers.

At around 14 we communicate training directly to skiers so they come to training because we are where they want to be and they are asking for a ride to training and not a parent dropping them off at training.

We start all training after the release of the public schools because school comes first.

We celebrate the skiers that make steps towards being better skiers because that investment and understanding is a life lesson. What we do is skiing based, but it's about way more than skiing. It’s about creating kids that commit, invest, work hard, set goals, deal with adversity, feel supported, understand frustrations, and celebrate their personal success and the success of their friends.

I’m proud of our program. We find success on multiple levels. We celebrate race results, grades and college acceptances. We love great skiers, but first and foremost we create great people.

I’m so proud of MBSEF Nordic.

Dan Simoneau,
Nordic Director

SECURE YOUR SPOT FOR THE 4TH ANNUAL CENTRAL OREGON 500+ BEFORE IT FILLS UP!

The Mt. Bachelor Sports Education Foundation is putting on the 4th Annual Central Oregon 500+ Road Ride, June 3-June 7, 2015. All rides are based out of Bend each day and feature the classic, scenic and sometimes grueling climbs! There are two options each day. 100 miles or 100 km. This is a perfect event for the rider that is unfamiliar with all the great rides based out of Bend.

For more information and to download a registration form, visit http://www.mbsef.org/events/central-oregon-500

The CO 500+ is a benefit for the Mt. Bachelor Sports Education Foundation’s Cycling Program.

The mission of MBSEF is to be the Northwest’s leading youth sports training organization promoting the positive values of competitive sports including Alpine, Nordic, Freeride Snowboarding, Freeride Skiing and Cycling.
Skiing Your Fastest Starts with Respect

By Dr. Jim Taylor In SKI RACING

In my many years in ski racing, first as a racer, then as a sport psych consultant, I have studied and tested what I believe are the most important mental contributors to ski racing success including motivation, confidence, focus, and emotions. But there is one that I have recognized quite recently as being really important, though largely unrecognized, yet may be the foundation of everything you do in ski racing.

What is that essential mental factor? Respect. Yes, as Aretha Franklin so famously sang, R-E-S-P-E-C-T! Respect plays a vital role in your ski racing at many levels. First, let’s define what respect is. You can think of respect as how you treat someone or something. Do you treat someone or something with consideration or disregard, as valuable or of little worth, well or poorly? Now you may be starting to see why respect is so important in ski racing.

Respect for Ski Racing

Respect starts with an appreciation for how wonderful the sport of ski racing is. It is worthy of high regard because of its long history (e.g., in the Olympics and the many great champions), the difficult challenges it presents to racers (e.g., terrain, snow conditions, speed), and the benefits you get from it far beyond the training and races (e.g., life lessons about how to work hard, overcome challenges, and pursue your goals).

When you tell people you are a ski racer, you bask in the reflected glory emanating from our sport. When people hear that you are a ski racer, many think of determination, discipline, confidence, courage, and focus (among other admirable attributes), all qualities that make you look pretty darn good.

Respect for Those Who Support You

Whatever experiences you have and successes you achieve as a ski racer don’t come in a vacuum. You are inevitably surrounded by people who do their part to help you get where you want to go. Parents write the checks (often big ones!) for your equipment, training, and races. They get up at 3 am to drive you to races. Parents pat you on the back when you have a great race and give you a consoling hug when you DNF’ed or skied slow.

Coaches get you into shape and sharpen your technique and tactics. They set the training courses, withstand the sometimes brutal weather, work long hours on and off the hill, and much more for pay that doesn’t adequately compensate them for everything they do. And coaches work so hard to ensure that you have the best experience you can and achieve the competitive goals you set for yourself.

There are countless others who work behind the scenes to support you including ski area owners and managers, ski club and USSA administrators, and race officials. You can show respect for all of these people by taking full advantage of the opportunities they provide to you, giving your best effort, being a good sport, and showing appreciation (yes, saying thank you!) for what they do for you.

Respect for Your Competitors

If you’re at all competitive, you have a list of racers who you want to beat every race. If you have big goals for your ski racing, you may view them as obstacles in your way. We see a lot of bad behavior, such as trash talking, in other sports. Thankfully, this disrespectful behavior hasn’t seeped into ski racing yet (at least not very much). In fact, it’s great to see many racers whose greatest competitors are also their best friends. You want to remember that it is your competitors who push you to work hard and challenge you to ski your fastest. Without them, ski racing wouldn’t be very rewarding or fun. So, be sure to continue to show them the respect they deserve.
R-E-S-P-E-C-T! Cont.

Respect the Conditions

One thing that makes ski racing so special is the wide variety of conditions that you are confronted with and that often stand in the way of your skiing fast and achieving your goals. Few sports place so many obstacles between the starting gate and the finish line including the course, terrain, snow conditions, and weather. These conditions also deserve your respect because you don’t fully appreciate the challenges, you will probably not prepare adequately for them. And if you’re not ready to meet those challenges, they will certainly beat you.

Respect Your Equipment

Ski racing is an equipment-intensive sport in which you depend on your boots, skis, bindings, and other gear to ski your best. Yet, I’m constantly dismayed to see racers who don’t prepare their equipment as well or often as they should, for both racing and training. Here’s a simple reality: if your equipment isn’t totally dialed in, you will not ski as fast as you can. So, you need to make sure you respect your equipment—and treat it really well—because then it will treat you well too.

Respect Yourself

Finally, you should respect yourself in your ski racing. What do I mean by self-respect? Giving it everything you’ve got every day in training and at races. Not doing anything that will interfere with your pursuit of your ski racing goals or that will hurt you as a racer or as a person. Self-respect also involves being kind to yourself and remaining positive and motivated in the face of struggles, setbacks, and failures.

If you show yourself this respect, you won’t experience the worst emotion you can feel at the end of a race day, season, career, or life: regret. You know you’ve shown respect for yourself when you reflect back on your training or race day and can say, “I left it all out on the hill.” When you say that, you know that you have given the appropriate respect to everyone and everything in ski racing and, though I can’t guarantee you an Olympic gold medal, I can promise you that everything you put into your ski racing will be returned to you many times over.

Story submitted by Rob Cravens

2015 Pole Pedal Paddle Logo Design Winner!

Design submitted by Steven Louie, who works for Oregon Screen Impressions in Portland
Exciting News on the PPP Horizon
by Molly Cogswell-Kelley

For years, racers have requested split timing and the answer from me was always “no.”

However, we just hired a new timing company out of Utah that was referred to me by local triathlon providers. They have a great resume and are really going to bring us into the 21st Century. We will have splits and live timing for the first time ever! We are very excited!

Last year we used a new online registration system which worked relatively well. But we have made it even more user friendly. This year team captains can sign up just themselves, and they can email their teammates and invite them to join the team. This way, the captain is not responsible for collecting money from everyone on their team. The team members pay the fee themselves. Also, if changes occur, teammates are able to go in and make changes.

Five Talent, located here in Bend who redid our MBSEF website, just completed the new PPP website. It looks great and is going live on Monday, February 2nd, 2015. Please check it out at www.pppbend.com

U16 Western Region Championships!

If you are a Mini World Cup parent and still need to complete volunteer hours, I will need help decorating the Riverhouse Convention Center for the U16 Western Region Championship Banquet on Saturday, March 21, 2015. Please contact me at molly@mbsef.org or call 541-388-0002.

4th Annual Central Oregon 500+, June 3rd-7th, 2015

Do you like fun people? Do you like to ride your road bike? Do you like to challenge yourself? Do you really good food? Do you like beautiful scenery? Do you like to socialize?

If you have answered yes to any of these questions, than you should sign up for the Central Oregon 500+ ride. Ride your bike 100 miles or 100 km a day with a group of really fun people. You will have ride guides for the pace group that you are in, SAG, support and food! We take care of everything. All you do, is just show up and ride! We fill up, so, don’t delay. We have registration forms here at MBSEF or you can download them at www.mbsef.org.
**SKI TRACKS**

**RESULTS**

**RACER READY!!!**

**Russ Read Memorial, Mt. Bachelor Dec 20-23** - Race Cancelled, Weather

**NWCH1, Mt. Bachelor Jan 3-4** - SL1 Carina Bracy 1, Erin Smith 2, Ashley Lodmell 4, Elle Truax 6, Lili Bouchard 10. SL1 Grant Hamlin 7, Tanner Lujan 14, Tim Hill 15. SL2 Carina Bracy 1, Erin Smith 2, Ashley Lodmell 7, Lili Bouchard 11. SL2 Tanner Lujan 8, Tim Hill 10, Grant Hamlin 14, Minam Cravens 15.


**XC US Nationals, Houghton MI, Jan 4-9** - Emily Hyde 3rd and Casey Shannon 10th in the Junior Sprint.


**Northwest Cup, Stevens Pass, Jan 31-Feb 1** - GS 1/31 Carina Bracy 2, Elle Truax 8, Sophia Sahm 14, Grant Hamlin 1, Tanner Lujan 8, Minam Cravens 9. GS 2/1 Carina Bracy 3, Addie Beasley 10, Sophia Sahm 15, Grant Hamlin 3, Jack Bott 4, Tanner Lujan 6.
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.

<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 8/31/2015.)</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, cookie, 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>Carstickers.com</th>
<th>Summers Place - 738 NW Columbia</th>
<th>Race Place</th>
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<tr>
<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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<tr>
<th>Red Lion Inn &amp; Suites</th>
<th>Bickler-West Orthodontics</th>
<th>WebCyclery/WebSkis</th>
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<tr>
<td>20% discount off our “Best Available” rate for 2015. Only available at the Bend property.</td>
<td>Bring in your current MBSEF Membership Card and receive a $500 discount off orthodontic treatment. Expires 8/30/15</td>
<td>15% off all ski products, bike parts and accessories. Excludes complete bikes, sale items and labor. Expires 05/31/15.</td>
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<tr>
<th>Fireside Motel &amp; Overleaf Lodge</th>
<th>This Could Be Your Business!</th>
<th>Seventh Mountain Resort</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, 2015.</td>
<td>Contact Kathy at <a href="mailto:mbsef@mbsef.org">mbsef@mbsef.org</a> to secure your advertising here!</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>The Leffel Center</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, 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>20% off Freeze the Fat CoolSculpting and ULTherapy, 15% off Obagi, Latisse, Skincueticals 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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