Greetings From The Director

by John Schiemer

Dear Parents:

It’s that time of the year when where our coaches are traveling all over the country supporting our older athletes at senior level competitions. For example, our Alpine Director Nils Eriksson just returned from Europe for a development project with one of our U16 athletes. Dan Simoneau just returned from Salt Lake City with 9 Nordic athletes who were competing in a Junior National Qualifier. The true road warriors this year have been our Freeride athletes. They have been traveling all over the western U.S. and Canada for training and competitions. All of our athletes are doing quite well. In fact, two of our Snowboarders, along with their coach Justin Schoonover, will be traveling to China in March for the World Snowboard Championships. Congratulations to all of our athletes and thank you parents for supporting your athletes and allowing them travel to these competitions.

I mention these events because MBSEF is a competition organization. One of the reasons we focus on competition is due to the life lessons that can be learned from healthy and positive competition experiences. These lessons may include how to deal success as well as disappointment. We try to teach our athletes how to focus on the fundamentals and the process rather than results. Our athletes learn how to react from things out of their control, such as weather and difficult snow conditions. Our athletes learn how to cope with occasional equipment failures. Finally, some of our athletes hopefully learn a little bit about humility and perseverance.

Without competition, we would have no reason to persevere. The sports world is full of stories of athletes that have persevered and stuck with their sport. There are current members of the US Ski Team that had very “average” results as junior ski racers. Many people also know that Michael Jordan was cut from this ninth grade basketball team. The rewards of perseverance are helpful throughout life, and good healthy competition can be an avenue to help you experience these rewards.

As we move through the middle of the season I encourage all of our athletes to take advantage of our competition opportunities. We have two Freeride Development competitions, and also a number of USASA Freeride competitions. There are still a number of Nordic citizen races left this year and there are also a number of Alpine competition events this season as well. I’m usually hanging out and working a number of these events, so I hope to see you on the mountain soon.

UPCOMING EVENTS

Feb 16-21 ..................... Alpine Sun Cup Race
Feb 20 ....................... XC Tour De Lowers Race
Mar 12 ....................... XC Cascade Crest Race
Mar 19-22 .................... Freeride SB/SKI Spring Camp 10am-2pm
Mar 19 ........................ Alpine MWC Finals/Banquet
Mar 21-23 .................... Alpine Spring Break Camp 9am-1pm
Apr 1-3 ........................ Buddy Werner Champs Race
Apr 2 ........................... XC Spring Skate Race
Apr 6-27 ........................ MTB Club Cycling Session I
Apr 8-10 ........................ Alpine PNSA Masters Champ Race
Apr 13-18 ..................... FIS/USSA WR Spring Series Speed
Apr 22 ........................ MBSEF Annual Awards Banquet
Apr 22-24 ..................... Alpine May Day Race
20% off any services by Robin Dennis

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 tweezers you will ever have to buy. Don’t get stuck without it!
STEVENSON YOUTH PROGRAM FUN!!!

Stella and Stacy Totland

Coach Karen, You Are Awesome!
SYP Is SOOOOO MUCH FUN!
Need Help With Your Schoolwork?

As the 2015-2016 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

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 driiving our new car!!!!

Jeff Robberson has generously donated a Mazda CX5 to MBSEF for us to drive for the season.

First Inaugural Fat Bike Race at the 2016 Great Nordeen!!!

We heard feedback from the racers that the course was gnarly, lots of fresh new snow fell right before race time, after the groomers were done.

It was a very good turnout for the first year of racing fat tire. Last year was cancelled due to lack of snow - remember? This year we had too much snow!

photo credit - Tim Schallberger

Luke Musgrave, MBSEF Alpine Full Time Program Athlete

Luke Musgrave, MBSEF athlete, was selected as one of 10 athletes chosen by the US Ski Team Regional Development System to attend the Western Region U16 Europe Competition Project January 14-26 in Pagnella, Italy, and Champery, Switzerland. Team selection was based on results from the 2015 WR U16 Championships.

The goal of this project is to provide a high level opportunity for the top performing Western Region U16 athletes to compete and train in Europe. The training and race schedule will provide vital exposure and experience needed to aid in long term development for each athlete.

The athletes will train, and race in the Welsh Alpine Championships SL & GS in Champery Switzerland, then travel to Pagnella Italy for training and possible racing.

Staff accompanying the athletes is Gwynn Watkins, USSA Western Region, Cameron Chin, Park City, and our own Nils Eriksson, Alpine Director for MBSEF.
5 Things I Hate to See Racers Do in Training

by Dr. Jim Taylor

I’ve been in the ski racing world since I was six years old. The first 20 years, I was a racer learning the ups and downs of ski racing the hard way, mostly through trial and error, and sometimes painful failure. That, I can say with 20/20 hindsight and absolute certainty, is no way to figure out what it takes to be the best ski racer you can be. Sure, even the best racers in the world have to make a lot of mistakes and fail on the way to success. But it is a whole lot easier if you have at least some sense of what works and what doesn’t. The last 30 years of my ski racing life have been devoted to helping ski racers (and coaches and parents) figure things out before they have problems, so when those problems arise, rather than flailing around, they have some plan for finding solutions.

One of the biggest lessons I’ve learned over these many years in our sport, and one that many young racers don’t seem to get, is that training really does matter. Too often, I see racers pretty much wasting their time in training; all the things that are necessary for quality training just aren’t there very often. I can’t tell you how much it irritates me when I’m on the hill working with young racers and see them do things that so obviously prevent them from getting the most out of their training.

With that said, let me present to you my 5 Things I Hate to See Racers Do in Training:

1. Talking to other racers just before they leave the start gate. Focus is the most important mental contributor to quality training. Yet, what do I see more often than not before racers leave the start gate of a training course? Racers chatting it up before their turn in the gate, continuing to talk while in the gate, and, amazingly enough, racers who are still talking to their pals as they leave the gate. What’s missing here? Focus, of course. They are focusing on their conversations and what is behind them. What they should be focusing on is what they are working on and what lies ahead in the course.

Tip: About two minutes before your training run, stop talking to the racers around you. Narrow your focus, do some mental imagery of your upcoming run, and focus on what you’ll be working on.

2. Cruising to the first gate in training. Back when I was racing, the clock started at the starting gate; I’m pretty sure that’s still the case! But you wouldn’t know it by the way many racers approach the first few gates of a training course. I regularly see young racers ease into the course by cruising to the first gate or two before settling in and going for it. This habit of working their way into training courses is related to intensity. Ski racing is a high-energy sport that requires power, quickness, and agility, as well as an aggressive mindset. If you don’t have both intensity and aggressiveness from the moment you kick out of the start, you are losing time.

Tip: Get your intensity up (“rev your engine”) before you get into the start gate by jumping up and down. Fire your mind up with thoughts of attacking. And explode out of the training-course gate. Coaches, makes sure you have a clearly identified starting gate, ideally with two poles (and a wand would be even better), so your racers get used to leaving a start gate in training.

3. Giving up without a fight in training. This is my number-one pet peeve when it comes to training. So many racers I see will get in a little trouble on course and just ski out. What a truly terrible habit to get into! If you get used to giving up at the smallest problem in training, that’s what you’re training your mind and body to do in a race. There are usually some deeper psychological issues at play here that cause racers to bail out of a course at the slightest mistake, notably perfectionism and fear of failure. But the bottom line is that when you ski out of a course, one thing happens 100 percent of the time: you lose, whether not improving in training or DNFing in a race.

Tip: Fight for your life to stay in every course. Of course, there will be some training runs where you ski out because you were on the edge skiing so fast and just couldn’t hang on. Those “ski outs” are the good kind because you were pushing yourself beyond your
5 Things, Continued

comfort zone. Learning to never give up after a mistake will serve you well in races where even the top racers make mistakes, but get it right back and fight to the finish.

4. Letting up at the last gate in training. I see so many young racers ease up at the last gate and cruise across the finish line in training. This is another habit that drives me crazy. Just like with cruising to the first gate, racers are ingraining letting up before the finish line. How often have you seen a racer having a good run and then, with only a few gates to the finish, hook a tip or make a mistake? This frustrating experience usually occurs because racers think their run is over and lose focus and intensity. But, just as the clock starts at the starting gate, it stops when racers cross the finish line, so you need to make sure that you are focused and intense all the way to the finish.

Tip: In training, always ski hard past the last gate and through the finish. Coaches, always have a finish line for your training courses so they can get used to skiing training courses all the way to the finish.

5. Asking coaches to reset when the training course gets a bit rough. Young racers love to be one of the first on a newly set training course. It has “hero snow” and it’s much easier to ski well. But how often do racers race under those ideal conditions? Unless you’re in the top seed, not at all often. Yet, I constantly hear, “Hey coach, the course is too hard. When are you gonna reset?” If you are starting back in the pack when the course is chewed up, you shouldn’t even begin to run training courses until they get rough. The fact is the only way to ski well in tough race conditions is train under those conditions. By doing so, you learn what you need to do to make it down a tough course and you build confidence that can still ski well even if it is rough.

Tip: Rather than trying to be the first on the course, go at the end to simulate realistic race conditions. When the course is good and chewed up, say “Bring it on,” attack it, and ski your fastest (while realizing that it isn’t likely to be pretty or perfect). Coaches, have racers who will be in the first group in races go first and have racers who will be in the later seeds go last on training course.

Article Submitted by Rob Cravens
Great Nordeen Volunteer Patrick McGowan, actually being cheered on by Racer #204 at Aid Station 1. Racer 204, Marshall Opel of XC Oregon, raced to a second place finish in the Senior Men 30K. Thank you Patrick and Lisa McGowan, for manning Aid Station 1, and all of the wonderful volunteers who made the Great Nordeen 2016 a success.


Rev Tour Half Pipe, Copper Mountain, Dec 7 - Livia Molodyh 8, Nate Jacob 6th, Dec 8 - Hunter Hess finished 3rd on the podium among 53 competitors. Hunter was the highest US finisher. 8th Dru Brownrigg placed 8th in a field of 52 athletes. Van Allen 17th, Sklyer Ordean 18. Congratulations! Early season training in Colorado really made a difference! Nate Jacobson, former MBSEF Freeride athlete, now on the US Rookie Half Pipe team finished 5th in one of the events as well. Halfpipe Livie Molodyh 12.

PNSA Sunnyside JQY, Mt. Bachelor, Cl Jan 2 - U12 2 Henry Micek. 4 Isabel Rodhouse. U14 8 Jack Fasset, 9 Aidan Whitelaw, 10 Jack Strang, 11 Anton Micek, 12 Jeffrey Bert, 13 Maximus Nye, 15 Oliver Scofield. 2 Sarah Kilroy, 7 Katelyn Costello, 8 Madi Sebulsky. U16 3 Jack McColgan, 6 Will Lange, 7 Hunter Greene, 14 Nate Henson. 2 Fiona Max, 3 Annie McColgan, 5 Gemma Munch, 6 Stella Hyde, 7 Isabel Max, 8 Olivia Colton, 9 Liv Downing. U18 1 Lydia Youkey, 11 Sadie Ann Gorman, 12 Ibby Selman. U20 1 Casey Shannon, 5 Imran Wolfenden (OSU). U23 1 Max Millislagle. 2 Emma Malmquist, 3 Helen Cutting (OSU), 4 Sierra Foster (OSU).

PNSA Sunnyside JQY, Mt. Bachelor, SK, Jan 3 -K U12 3 Henry Micek. U14 4 Aidan Whitelaw, 8 Anton Micek, 9 Jack Strang, 10 Maximus Nye, 13 Jeffrey Bert, 14 Oliver Scofield. 2 Sarah Kilroy, 7 Madi Sebulsky. 5K U16 2 Jack McColgan, 4 Will Lange, 10 Hunter Greene, 14 Nate Henson, 20 Karl Ulrich. 4 Annie McColgan, 5 Isabel Max, 6 Liv Downing, 7 Gemma Munch, 8 Olivia Colton, 9 Stella Hyde. U18 1 Lydia Youkey, 9 Sadie Ann Gorman. U20 4 Casey Shannon, 7 Imran Wolfenden (OSU). U23 1 Max Millsiasgle. 3 Sierra Foster (OSU), 4 Emma Malmquist.


NWC, Schweitzer, SL, Jan 3 - 6 Tanner Lujan, 7 Luke Musgrave. 5 Lili Bouchard, 7 Carina Bracy, 8 Sophia Sahm, 8 Casey Molt.

Winter Start, Mt. Hood Meadows, GS Jan 9 - 5 Colt Musgrave, 6 Colton Seymour, 10 Jack Schaffer, 15 Jack Cauble. 3 Carly Walther-Portino, 4 Tiger Walther-Gingold, 6 Alice Bouchard, 8 Jessie McComb, 12 Olivia O'Shaughnessy.

Winter Start, Mt. Hood Meadows, GS Jan 10 - 4 Colt Musgrave, 8 Colton Seymour. 2 Tiger Walther-Gingold, 3 Carly Walther-Portino, 4 Alice Bouchard, 5 Olivia O'Shaughnessy, 7 Jessie McComb, 10 Olivia Pulliam, 12 Hannah Glaser.

PNSA JQY Race of the Methow, Sprint, Jan 16 - U12 4 Henry Micek, U14 3 Aidan Whitelaw, 7 Maximus Nye, 8 Anton Micek, U16 3 Liv Downing, 4 Isabel Max, 6 Gemma Munc, 7 Fiona Max, 9 Olivia Colton, 10 Stella Hyde, 11 Annie McColgan, 1 Jack McColgan, 4 Will Lange, 8 Hunter Greene.

PNSA JQY Race of the Methow, Classic, Jan 17 - U12 3 Henry Micek, U14 4 Aidan Whitelaw, 6 Anton Micek, 9 Maximus Nye, U16 2 Annie McColgan, 5 Fiona Max, 6 Isabel Max, 7 Liv Downing, 8 Gemma Munc, 10 Stella Hyde, 11 Olivia Colton, 6 Jack McColgan, 7 Hunter Greene, 9 Will Lange.

NWC U16 Qualifier, Mt. Spokane, GS, Jan 16 - 14 Ava Lilley, 1 Jonathan Wimberly, 2 Jack Smith, 10 Riley O'Brien.

NWC U16 Qualifier, Mt. Spokane, SL, Jan 17 - 1 Jonathan Wimberly.

Super Bowl SL, Ski Bowl, Jan 23 - Results not posted.

Super Bowl SL, Ski Bowl, Jan 24 - 1 Elena Klosky, 2 Carly Walther-Portino, 5 Alice Bouchard, 6 Tiger Walther-Gingold, 12 Hannah Glaser, 14 Ava Lilley. 1 Tim Hill, 5 Colt Musgrave, 13 Luc Barnes.


PNSA JQY Soldier Hollow, Jan 29-30 - Results not posted.

Great Nordeen, Mt. Bachelor, Jan 30 - U14 18k Sarah Kilroy 1, Justema Barrett 2, Aidan Whitelaw 1, Anton Micek 2, Jack Strang 3, Elliot Henson 5. U20 18k Nate Henson 1, Trevor Wilber 2.


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 fifth 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
541-369-4807

1725 SW Chandler Avenue. Bring in your current MBSEF Membership Card, and receive a $500 discount off orthodontic treatment. Thanks so much, Jim Bickler!

You are super!
**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>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 8/31/2016</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 8/31/2016</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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<tr>
<th>Emerald City Smoothie</th>
<th>Hutch’s Bicycle Store</th>
<th>This Could Be Your Business!!</th>
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<tr>
<td>10% off any smoothie or any retail product, for card carrying athlete. Expires 05/31/16</td>
<td>10% off regular priced bicycle parts, clothing and accessories. Expires 08/31/16</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>
<th>Longboard Louie’s</th>
<th>Peak Performance Physical Therapy</th>
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<tr>
<td>10% discount, excludes sales merchandise. Expires 08/31/16</td>
<td>10% off any order. Expires 08/31/16</td>
<td>All MBSEF junior athletes receive a free injury evaluation (Redmond). Exp 8/31/16</td>
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<tr>
<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 8/31/2016</td>
<td>20% off any hair salon services by Robin Dennis, 541-382-2060, expires 08/31/16</td>
<td>5% of all MBSEF member purchases is donated back to the MBSEF scholarship fund.</td>
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<tr>
<th>This Could Be Your Business!!</th>
<th>Bickler Orthodontics</th>
<th>WebCyclery/WebSkis</th>
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<tr>
<td>Contact Kathy at <a href="mailto:mbsef@mbsef.org">mbsef@mbsef.org</a> to advertise your business here!</td>
<td>Bring in your current MBSEF Membership Card and receive a $500 discount off orthodontic treatment. Expires 8/30/16</td>
<td>15% off all ski products, bike parts and accessories. Excludes complete bikes, sale items and labor. Expires 05/31/16</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, 2016</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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<tr>
<th>Sunnyside Sports</th>
<th>Bend Vacation Rentals</th>
<th>The Leffel Center for Plastic Surgery</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, Widge 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, 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 8/31/16</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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**MBSEF Office**
541-388-0002

**MBSEF Fax**
541-388-7848

**Volunteer Hotline**
541-385-1999

**Mt. Bachelor, Inc.**
541-382-2442

**Nordic Center**
541-382-2607 x 2210

**Mt. Bachelor Ski Report**
541-382-7888