Greetings From The Director

by John Schiemer

The year is approaching what we normally call “Championship Season.” There are a number of upcoming races where our athletes will be trying to put into competition everything they have learned during the past few months. On the Alpine side these events include the PNSA U12 Championships being held at Mt. Hood Meadows on March 7-8. The PNSA U14 Buddy Werner Championships are being held at Crystal Mountain on March 14-16. We had ten U16 athletes selected to the PNSA Championship team. Most will be traveling to Jackson, WY for the Western Region U16 Championships and one to Apex, B.C. for the U16 CanAm Championships. We had a U18 athlete qualify for the National Championships at Copper Mountain. Finally, many our older athletes will be participating in several races in the Western U.S. in March and April. Nils Eriksson, our Alpine Program Director, will accompany our U16 athletes to Jackson representing PNSA as a divisional coach.

On the Nordic side, we had the good fortune of having the most athletes representing PNSA by qualifying 9 MBSEF athletes for the Junior Nationals. These championships are being held in Stowe, VT in early March. Dan Simoneau, our Nordic Program Director, will accompany our 9 athletes on this trip representing PNSA as a divisional coach. MBSEF will have two Nordic athletes representing OSU Cascades at the Collegiate Nationals at Lake Placid, NY during March as well.

In Freeride, our athletes have been participating in a number of local and regional events. We have had several of our athletes compete in Revolution Tour events in Seven Springs, PA, Mammoth, CA and Sun Valley, ID. One athlete has qualified for the U.S. Open in Vail, CO. There will be as many as 20 Freeride athletes competing at the Nationals in April. This event is held annually at Copper Mountain and we will report on the results of this event in our next edition of Ski Tracks.

The reason I mention these “Championships” is that MBSEF is a competition organization. One of the reasons we focus on competition is due to the life lessons that can be learned from competing. These lessons may include how to deal with success as well as disappointment. 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. I encourage all of our athletes to take advantage of these out-of-town opportunities. It usually is a great experience for all of them.

Finally, it is important to always remember to keep sports healthy and positive for your children. The guiding philosophy of MBSEF is to help student athletes achieve their individual athletic, academic, and personal goals by promoting the following values: Sportsmanship, Self-discipline, Performance goal setting, Character building and the Pursuit of healthful lifetime activities. We hope that your child’s experience has been a positive one, and we look forward to seeing them in a competition soon.

UPCOMING EVENTS

Mar 7-8 ................. Alpine OSSA High School Finals
Mar 15 ................. Nordic Great Nordeen Race
Mar 22-25 ................. Freeride SB/SKI Spring Camp
Mar 22 ................. Alpine MWC Finals/Banquet
Mar 23 ................. Alpine Mike Puddy Memorial
Mar 24-26 ................. Alpine Spring Camp
Apr ......................... MTB Club Cycling Session 1
Apr 3-6 .................. Alpine PNSA Masters Champs
Apr 5 .................. XC 50k Skate Race
Apr 10-13 ................. Alpine WR FIS Open
Apr 25 .................. MBSEF Annual Awards Banquet
Apr 25-27 ................. Alpine May Day Race

Just another day at the office for Jake Mageau ....

Photo Credit Pete Alport
SKI TRACKS

SKI TRACKS is the official newsletter publication of Mt. Bachelor Sports Education Foundation, a non-profit, tax-exempt 501(c)(3) membership association.

SKI TRACKS is published six times per season (September, December, February, March, April and June). Publications are available to current members enrolled in an MBSEF program. Membership year runs September through August.

Publisher: MBSEF
Editor: Kathy Kurtz

Story contributions are always welcome!

As a nonprofit, we appreciate in-kind and financial contributions supporting our Foundation.

Please have stories in by the third week of the month, for publication the following month.

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Web: mbsef.org

Caldera Grille - Creak 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 . . . .

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Tidbits From MBSEF Nordic Facebook Page

Two different people came up to me Sunday at the SOHO superqualifier saying that one of the Race Jury members was saying nice things about our team. So I sought him out to hear it for myself. Scott Peterson, Chief or Race and head guy of the SOHO ski facility said, "Dan, we love having you guys here. Your guys are nice, they are always happy, they say thank you, and it’s fun to watch your team get bigger and faster." I told him our skiers think SOHO is their second home course. Thank you Scott, thank you parents.

Torill Owen, Natalie Briody, Edie Lambert Lukens and 38 others like this.

Linda Leffel Congrats Dan Simoneau for creating a great culture! February 9 at 12:33pm - 3

Kristie Nelson Wild Congrats! So nice to hear positive comments. February 9 at 10:16pm

360 STRENGTH

MBSEF Sends 9 to Junior Nationals

MBSEF skiers continued to race really fast

After winning 3 of the 12 races at the Soldier Hollow Superqualifier MBSEF has qualified 9 skiers for the 2014 Junior Nationals in Stowe Vermont March 3-8. Skylaer Kenna, U20, Emma Malmquist, U20, Alec Wiltz, U20, Sierra Foster, U20, Max Millsagle, U20, Emily Hyde, U18, Casey Shannon U18, Zeb Millsagle, U18, Leo Lukens, U16.

This is a great team. We are going there with high aspirations.

What a weekend in SOHO. Soldier Hollow, the super qualifier with teams form PNSA, Intermountain, Rocky Mountain, Far West, and High Plains. The kids won 3 of the 12 qualifier divisions. Almost a 4th. Congratulations Leo, Casey, and Emily. Breakthrough races from Emma, Sierra, Alec, and Skyler. Proud to be your coach. More on this to follow.

2 Like · Comment
2014 Junior National Nordic Ski Championships, Valerie Reinholdtsen, Edie Lambert Lukens and 27 others like this.

Kelly Krichko-Simoneau Way to go Zebbie! I always knew you could do it! You WILL get there... Proud of you! February 9 at 12:11pm

Kari Youkey Sharing! Awesome smiles and super efforts! February 9 at 1:59pm

360 STRENGTH

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This is a great team. We are going there with high aspirations.

Things that warm a coach's heart. I'm skiing today alone. A rare moment when I get to put in a few K's. I come across 4 our our Middle School skiers. Out by themselves. Way out there. Laughing - Smiling. Racing along then stopping and goofing off. No parents, no coaches, just kids being kids on skate skis, on the perfect day, on the perfectly groomed snow. I ski up, we chat, they go racing ahead. They stop. I catch up. Eventually I come up and they are doing a double pole train. We've been doing this for a couple years. We usually do 2 skiers. In a train the one in the back comes up on the skis of the one in the front and when you get double poling in sync it just seems faster. Well they took it to the next level with a train of 4. They were cruising, giggling, counting a cadence, until they all ended up in a heap. Still smiling. Still laughing. Still warming a coach's heart. This is why we coach.

Lynne Richardson Roy, Larry Engblom, Lydia Youkey and 51 others like this.

Nancy Engelhard-Colton like like January 22 at 10:45am
FREERIDE East Coast Rev Tour/Burton U.S. Open Qualifier

By Justin Schoonover, Freeride Competition Head Coach and Coggin Hill, Freeride Director

Recently some of the full time Freeride athletes went to Seven Springs Pennsylvania. There were two competitions in both Slopestyle and Halfpipe. Coach Justin Schoonover left with snowboard athletes Nathan Jacobson, Van Allen, Jared Elston, Dru Brownrigg and Mikey Klautzsch. Freeride Director Coggin Hill followed a couple days later with freeski athletes Jonah Elston and Hunter Hess. First on the agenda was the Burton U.S. Open Qualifier. This is a very high level event with a live webcast, a crew of 8 cameramen, a Jumbotron and a village of sponsor tents. Only two of the athletes qualified to take part in this competition; Jared Elston for Slopestyle and Nathan Jacobson in Halfpipe.

Slopestyle was scheduled first. The weather was fair and the course was set beautifully. Jared warmed up and took his two qualifying runs but had some difficulties landing his second jump trick. It is very important to land an entire run to score well so Jared finished low in the field of competitors. He was a little bummed but his 15th birthday fell on the next day so he had something exciting to look forward to.

The next day Nathan ‘Duder’ Jacobson competed in the halfpipe. It was pouring rain and very foggy. Had it not been for the three cameramen on each side of the pipe providing video to the judges the contest would not have been able to happen. After warming up, Nathan took his first run. The rain did not seem to affect his performance because he landed his safety run with flawless style and huge amplitude, scoring 84.6. This score temporarily put him in the top spot of six to qualify him for the U.S. Open in Vail, Colorado. As more scores came in he was bumped down to 6th place after everybody’s first qualifying run. His second run had a small mistake and gave him a slightly lower score, but amazingly he held that 6th spot. This Qualified him for the U.S. Open which he will be attending March 3rd-8th.

Next goes the Revolution Tour. Halfpipe for snowboarders was scheduled first so Nathan and Dru competed in a field of 41 athletes. Nathan made finals and placed 7th where Dru missed finals by one spot placing 17th. That night an Ice storm hit the east coast and covered the resort in a solid inch of sheer ice. Combined with the fog the snowboard slopestyle got cancelled. This was a big bummer for the athletes who only travelled there for that discipline but what we do is weather dependent.

Coggin, Jonah and Hunter stayed big the rest of the team farewell and got ready to shred the sweet pipe. Coggin was able to talk Jonah into competing in his first halfpipe contest ever. Hunter and Jonah did well in practice but both were unable to land their first runs. Hunter regained his composure and was able to stomp his 2nd run qualifying him for the finals. Jonah followed suit and landed his 2nd putting him in 11th overall. Practice for finals went well for Hunter and he stomped his first run. He stepped it up a notch on his second run landing a clean left 900 on the first hit, this put him into 3rd place and that score held on until the final rider who bumped him into 4th. It was a great contest for them both and Hunter’s best finish in a Rev Tour. The next day both Hunter and Jonah competed in slopestyle. The course was a little firm but both the boys were able to land decent runs and finished middle of the pack.

Flying home into this last storm became difficult arriving in Portland to find flights to Redmond to be cancelled. Both skiers and snowboarders relied on willing parents to pick them up in Portland and brave the snowy pass. Next up: Mammoth Mountain,
California for the second stop on the Revolution Tour, then straight to Sun Valley, Idaho for the third and final stop while Nathan will be in Vail, Colorado. Then for qualified skiers it is straight to Park City, Utah for Junior Worlds. Keep a look out on TV for the U.S. Open to watch MBSEF Athlete Nathan Jacobson compete in halfpipe and the Revolution Tour can be followed on livetiming.com. The contest season is in full swing so if you happen to bump in to one of the Freeride athletes make sure to wish them luck at their next contest!

Coggin - Course Preview for Slope Style Cancelled Due To Inches of Sheer Ice and Pea Soup Fog

Nathan “Duder” Jacobson qualified for the U.S. Open in Vail, Colorado. According to the coaches, in the snowboarding world this event is bigger than the Olympics!

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SEVENTH MOUNTAIN RESORT
Secrets From a Ski Team Tech

Fischer’s ski tuning guru Leo Mussi dishes on the secrets of fast skis.

Leo Mussi knows ski tech. The 45-year-old is Fischer Sports’ go-to tuner for its alpine ski team. Based in San Candido, Italy, he took some time leading up to the Olympics to chat about what makes skis fast.

Pro skiers get all the fame, but it’s often the techs that can make or break a race for the pros. What goes into making sure skis are always ready?

Techs have to always be very organized. We receive our new equipment and supplies in the spring and prep them all summer. Once we get closer to fall we begin to select equipment and are focused on certain skis. We have to always think and work ahead, so we have gear ready for every condition.

Are you sponsored by certain wax brands, and therefore have to use them, or do you have freedom to pick and choose from any brand you like? What do you prefer?

I’m not sponsored by a wax brand. I choose what I want, but I have my preferred wax brand. Because of my style, I choose Holmenkol for base preparation and Swix for race wax. I guess every technician has his preferences. Wax brands are very close in performance and all are good. There’s not much of a difference between them.

How have fluorinated waxes changed the tuning game? And when did they appear on the scene?

Fluorinated waxes are good in very wet or humid conditions. In all other conditions, it’s better to stay away from them. Fluorinated overlay helps you gain speed at the start.

Are high-fluoros worth the money for, say, a masters racer who wants to go fast? Are there times or conditions when using them is wasteful and ineffective?

In my opinion, those waxes are usually a waste of money, and people tend to use them in the wrong conditions. Conditions are limited for it to work correctly. Many times a normal base wax or low flour is faster.

There are so many different brands and types of ski wax on the market. What should all wax have or not have, and how do people choose what’s best for them?

Brands are very similar in performance, but they are all different to work with. It’s up to the individual. Some of them feel denser when you wax with them, which is what I like. Choose a brand with a small assortment, but wide range of temperatures. The more temperature options you have, the more likely you are to fail.

Continued Page 7
Are there any new wax technologies that are making an impact? Or tuning technologies?

There are some new wax products with nano technologies coming in the near future. I haven’t figured out what their advantages will be. Some of the new liquid-based overlay products are doing well. They are very simple to apply on skis and that’s why they work well.

What are the toughest conditions to wax for? And how do you cope with it?

Extreme warm and extreme cold conditions are the toughest to wax. In warm conditions I go with fluorinated waxes and during the colder conditions I stay away from them.

What’s the most important aspect of tuning, other than waxing, for making skis fast?

It’s how the work gets done on the edges, how much they are skied in before, and how often they get waxed during the training period. All this together adds up to make the ski faster.

From a tuning and waxing standpoint, what do you do on the pro level that recreational skiers could apply?

Make sure you clean your skis after you use them (brushing), wax them and then tune the edges a few times. Especially when the skis are new, they need to be filed a few times. Some skis will start to get smoother after that. Once they have been on the snow about 10 times, they should be ready to use in a race. Keep it simple with race wax—don’t make it complicated. Brushing well after scraping is more important than a good wax. Also having a clean edge is important. A clean edge means having the right angle, you don’t need to have too sharp of edges.

You must have trade craft tricks and secrets that you want to keep secret. How do you do that when you’re working in a crowded wax room with other technicians nearby?

The main work is already done when I show up for the races. I do all the secret things at home in my own ski room. I’m just changing wax, but we all use the same waxes, so there’s no secrets about that.

Are some pairs of skis just inherently faster than other skis of the same exact design? If so, what could explain that?

Skis are made of wood and wood is always alive. So that’s why some skis are better or faster than others. There’s no real explanation—we can’t look inside to figure out why. It’s kind of a mystery, but that’s what makes this work so exiting.

Story sent in by Billy Farwig
**MBSEF Event Report**

*by Molly Cogswell-Kelley*

**New Online Registration for the U.S. Bank Kid’s Mini PPP Just Got Easier!**

Don’t panic when you go to register for the U.S. Bank Kid’s Mini PPP and you are only asked just a few questions. That is how it is supposed to be. Easy!

So, if you are the parent captain, all you will need to provide is your info, your child’s info, 6 t-shirt sizes, the grade and gender category that the team falls into and last but not least, the team name.

The waiver will be printed on the bibs that the kids wear which will act as the parent’s release.

Thank you to our presenting sponsors: U.S. Bank, Bend Memorial Clinic, the Hasson Company Realtors and Dick’s Sporting Goods.

Here is the link to register: https://endurancecui.active.com/event-reg/select-race?e=6063254

**Thrilla Cross Series**

MBSEF is the proud new owner of the Thrilla Cyclocross Series. Thank you WebCyclery for giving MBSEF the opportunity to continue providing this series to over 200 local cross enthusiasts. We will have 5 nights of racing on Wednesday’s beginning September 3rd and finishing on October 1st. The series will take place for the 2nd year in a row at the Athletic Club of Bend. If you have never raced cross before and you want to come out and try it, this course is perfect for you! It’s very cross friendly. Also, I will be needing volunteers for the series, so please let me know if you are interested.

**New Start and Finish location for the Firecracker 100**

We are very excited to announce that the lovely Brasada Ranch will now be the start and finish location for the Firecracker 100 Ride on the 4th of July. Thank you Brasada. More details to come as it gets closer to the 4th.
OK, just a couple years ago Kent Callister was hanging out in our wax room. Today at our staff meeting Coggin, the Freeride Director, says, "Kent did good."

Coggin. You coached an Olympian. You coached a rider that got 9th in the Olympics. We bow in homage. Ride on. Stand on top of a van and tell the world.

Sochi: 9th place Men's Halfpipe congrats to Kent Callister of Bend! Former MBSEF Freeride member.

Laurenne Ross takes 11th in Downhill at Sochi! She was the second-fastest American in the women's alpine downhill event.

Nils sent her a congrats email:
Laurenne, So cool to watch you race last night (our time). Great job! How awesome! We talk about you all the time, coaches, office staff and athletes. We are so proud of you and your accomplishments. Nils

Laurenne wrote back: Thanks Nils. Send my love and hugs to everyone at MBSEF. Miss you guys :-) Hope it's snowing! See you in the spring! Laurenne

Sochi: 11th place Downhill - Congrats!
**Top Race Results**

**Feb 1-3 NW Cup Stevens Pass SL** Erin Smith 3, Carina Bracy 9, Ashley Lodmell 10, Lilli Bouchard 11. Tanner Lujan 15. **SL** Carina Bracy 9, Ashley Lodmell 11, Sophia Sahm 15. **GS** Jack Botti 11. Carina Bracy 2, Ashley Lodmell 13, Sophia Sahm 15.

**Soldier Hollow Super JNQ Feb 7-8 Sprint Finals** Emily Hyde 1, Casey Shannon 1, Alec Wiltz (OSU) 4, Leo Lukens 1. **Sprint Qualifier** Casey Shannon 9, Alec Wiltz (OSU) 11. **CL 15k** Skyler Kenna (OSU) 16. 5K Leo Lukens 1, **10k** Emily Hyde 8. **CL 10k** Emma Malmquist 3, Sierra Foster (OSU) 4, Emily Hyde 7.

**PNSA JNQ Qualifier Spokane Feb 15-17 3k** Stella Hyde 3, Aiden Whitelaw 1, Jack McCollgan 3, Cayden Fiala 8. **5k** Taye Nakamura-Koyama 7, Sierra Foster (OSU) 1, Emma Malmquist 2. James Verheyden 13. **10k** Skyler Kenna (OSU) 1, Alec Wiltz (OSU) 3.


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**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
New retailers and discounts are added monthly. Watch for 2013-2014 additional member benefits listed in Ski Tracks Newsletters published throughout the year.

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<th>New York City Sub Shop</th>
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<tr>
<td>New clients first appointment, 1/2 price all hair services! (Excludes products 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, cookie, 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>The Leffel Center</th>
<th>Hutch’s Bicycle Store</th>
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<tr>
<td>10% off any smoothie or any retail product, for card carrying athlete. Expires 05/31/14.</td>
<td>20% off CoolSculpting, Laser treatments, skin care products, Latisse. 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>Summers Place - 738 NW Columbia</th>
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<td>10% discount, excludes sales merchandise. Expires 08/31/14.</td>
<td>20% off any hair salon services by Robin Dennis, 541-382-2060, 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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<td>10% discount off any regularly priced merchandise. Expires 8/31/2014</td>
<td>10% off any order. 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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<td>20% discount off our “Best Available” rate for 2014. Only available at the Bend property.</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>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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<tr>
<th>Fireside Motel &amp; Overleaf Lodge</th>
<th>Seventh Mountain Resort</th>
<th>Bend Vacation Rentals</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, 2014.</td>
<td>20% off any recreational activities - ice skating, white water rafting trips, kayak tours, and Cascade Kids Eco-Challenge Camp.</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>
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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>Show your membership card, and buy one appetizer, get one at 1/2 off. Check out our early bird menu! Yummmmm . . . . . . 932 NW Bond Street, Downtown</td>
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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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