As we head into “March Madness” a number of our athletes have qualified for upcoming Championship events. Although not all of the invitations are out, we expect to have several Alpine athletes competing in Regional and possibly National Championships. The Buddy Werner championships for U14 athletes will be held at Schweitzer and I hope we have a number of athletes attending that event. And due to the later than normal “winter” this year, a few events for U14 and under athletes will be held at Mt. Hood throughout March.

On the Nordic side we qualified a record number of athletes for the Junior National Championships at Soldier Hollow in Utah. There are 14 Nordic athletes participating in these championships, and the two alternates were from MBSEF as well. We are also taking a group of U14 athletes up to Cle Elum, Washington for their PNSA Division Championships.

Although the invitations have not yet been issued for Freeride Nationals, we will likely take a large group to the USASA Nationals in Colorado in early April. For the first time ever, MBSEF participated in two of the International Freeskiers and Snowboarders Association events at Stevens Pass and Crystal Mountain. Look for continued growth in this program as MBSEF took several podiums at these events.

As I have mentioned many times, the reason we spotlight these events is that MBSEF is a competition organization. We focus on the positive aspects of competition and the life lessons that can be learned by our athletes. These lessons often times include how to learn from success as well as disappointment. We are primarily a winter sports club, and many times our athletes have to learn how to cope with things out of our control, such as weather and varying snow conditions. Equipment failures and other disappointments can all be capitalized upon as teachable moments. Finally, great lessons can be learned about getting along and traveling with other athletes.

In closing, parents, it is important to always remember to keep sport healthy and positive for your children. As we approach the end of the season, we hope that your child’s experience has been a positive one, and we look forward to seeing them in a competition soon.
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
563 SW 13th Street, Suite 201
Bend, OR 97702

Office: (541) 388-0002
Fax: (541) 388-7848
E-Mail: mbsef@mbsef.org
Web: mbsef.org

What is your MBSEF memory?

Kate Papé

My MBSEF memories are skiing fast groomers, sunny days & eating gummy bears with my friends in the JRC. MBSEF made me a better skier. I met fun new friends from Bend, and it’s just a lot of fun!

Kate is a 4th grader living in Eugene, OR. She likes beating the boys in races.
Ava Lilley (MBSEF) and Micah Davis (Team Alpental Snowqualmie) take the Overall Winners Trophy in the 2018 Sun Cup Race held on Cliffhanger February 20-25. The Sun Cup always brings HUGE winter storms to Mt. Bachelor, and this year was no exception. Two days before the race, it started snowing - many FEET of snow. We sneaked in two SG races, 2 DH Training runs, and 2 DH races in four days, and then the snow came in again - two more FEET of the stuff!
**LET THE GAMES BEGIN**

*Interviews By Sophia Sahm, MBSEF Full Time Alpine Athlete Sports Editor For Summit High School Newspaper, the PINNACLE*

**Tommy Ford, 29, Alpine Skiing**

29-year-old Tommy Ford became involved with alpine ski racing at a young age. “My parents both ski raced and coached. Tyson, my brother, also ski raced. So naturally it was what I wanted to do,” Ford said. He started skiing with Mt. Bachelor Sports Education Foundation (MBSEF) at age seven and quickly progressed. “He was as goofy as anyone else, but he was very focused when he trained,” said Ford’s former coach at MBSEF, Nils Eriksson.

Ford skied competitively through high school, winning a number of national titles. His dedication to the sport was evident from the beginning and he maintained his passion through high school. “We skied as often as possible whether it was snowing, raining or clear skies,” Ford said.

Ford graduated from Summit High School in 2007 and was immediately chosen as a member of the U.S. Ski Team. “Due to training and race schedules in the winter, I missed a lot of school and had to do online classes in the summer. The teachers at Summit were extremely understanding and willing to work out solutions to allow me to get a quality education and pursue skiing,” Ford said. He went on to attend Dartmouth College part-time while he skied.

His dedication took him all the way to the 2010 Olympics in Vancouver, Canada, where he placed 26th in the giant slalom event. “It [competing in the Olympics] is a bit odd because it feels so far removed when you are watching the games as a young kid and then all of a sudden I am walking into the opening ceremonies with team USA,” Ford said. “Bringing the extra ordinary to an ordinary kid.” “It was so exciting to see Tommy in the Olympics,” Eriksson said. “I really considered going to watch him because the Olympics were so close by, but we don’t have the luxury of having substitutes here [MBSEF] so I didn’t feel like there was an opportunity for me to go.”

After his Olympic debut, Ford was in an accident that challenged him both mentally and physically. While freeskiiing in the French Alps in January of 2013, Ford hit a tree and suffered a fracture to his right femur. The injury would put him out of ski racing for two years. “Switching modes from training and racing pretty hard, to sitting and healing and taking it easy, that process [was] pretty difficult,” Ford told Mark Morical of The Bend Bulletin. However, that time away from skiing gave him a new perspective and approach to life. “I wouldn’t suggest going out to break your leg in order to improve your skiing, but ... it took something that heavy to make me reflect and reel in some lost time,” Ford told Morical. “There is an appreciation for walking now, and plus, my pain tolerance is higher so tough workouts can go a bit deeper.”

Despite these hardships, he came back strong for the 2014-2015 world cup season, earning 19th in the giant slalom at the World Championships in Beaver Creek, CO and the next season, he finished 13th in a world cup giant slalom in Alta Badia, Italy. This season, he earned his spot on the U.S. Olympic team by finishing in a career best 10th place at the Birds of Prey world cup giant slalom in Beaver Creek, CO.

Through it all, Ford remains humble on his road to the Olympics in Pyeongchang, South Korea. To this day, his favorite memory from his skiing career is watching those around him succeed. “[My favorite memory was] watching my friend and teammate Nolan Kasper ski onto the podium in the World Cup in Kranjska Gora, Slovenia,” Ford said.

Being so successful as both an athlete and student could get to one’s head, but Ford keeps his advice to aspiring Olympians simple and well-rounded: “Enjoy what you do and the work required will seem less like work. Keep in mind those who are in need or suffering.”

**Hunter Hess, 19, Freestyle Skiing**

Hunter Hess starts the 2017-2018 season ranked 14th in the world for halfpipe. Hess grew up in Bend and began skiing at a young
age, dabbling in ski racing before deciding freestyle skiing was his passion. "My parents enrolled me in MBSEF and I quickly fell in love with skiing and being up on the mountain," Hess said in an interview with one of his sponsors, Blackstrap.

As Hess grew older, he quickly progressed through the ranks of freestyle skiing, earning good enough results to compete internationally. He landed consistently in the top ten at U.S. Revolution Tour Competitions, including a third place in the slopestyle event in Winter Park, CO in 2016, and a third place in the halfpipe event at Copper Mountain, CO in 2015. Most notably, Hess earned second place in a NorAM (North American Cup) competition in the halfpipe event in Calgary, Canada, in 2016. He also placed 12th in his first U.S. Grand Prix competition in halfpipe at Mammoth Mountain, CA, in 2016.

With consistently good results against the best skiers in the country, Hess looks forward to one day becoming an Olympic athlete. However, what keeps him focused is not just his success, but his appreciation for the mountains and for the sport itself.

"His confidence draws on a deep love for skiing, and a devotion to the halfpipe, where he’s busy perfecting right-side double corks and learning new grabs," according to Daniel O’Neil of Bend Magazine.

Graduating from Summit in 2017, Hess now devotes all of his time to achieving his Olympic dreams, but he still enjoys all of what Bend has to offer in the off-season. "[I like] fishing, swimming and jumping on the trampoline," Hess told Blackstrap.

With several top finishes and a work ethic that keeps him on the mountain six days a week, it’s safe to say that Hess is heading towards an Olympic debut in Beijing, China, in 2022.

**Will Lange, 16, Nordic Skiing**

H.S. Junior Will Lange began Nordic skiing only three years ago, coming across the sport after getting too many concussions from alpine skiing. "My parents made me start Nordic racing and I kept doing it because I liked pushing myself and seeing how fast I could go," Lange said.

Lange grew up in Sandpoint, Idaho and moved to Bend in 2015, where he started Nordic skiing and training with MBSEF. "I moved here because the skiing opportunities were easier to pursue and there was a higher quality of coaching," Lange said.

"When he moved here, he was a really good skater, but he was all over the place in classic," said Lange’s coach Dan Simoneau. "Now he is an all-American classic skier which is really cool. He has totally evolved as an athlete, he took the challenge and he was successful."

In Bend, Lange enjoys many outdoor activities including rock climbing, mountain biking and backcountry skiing. Moving to Bend has opened up new opportunities to pursue other sports at the recreational level. "I really like the rock gym here, I go every other day during the spring," Lange said. Despite these other hobbies, his focus remains on climbing the ranks in nordic skiing.

This is only Lange's second year competing, but he raced well enough to qualify for junior nationals in Lake Placid, NY. He placed 14th at junior nationals, qualifying himself for senior nationals in Anchorage, AK, which serve as the Olympic trials for junior athletes. The races were January 3-8. Unfortunately, Lange was not able to perform at his best. "He was coming off of a cold and fever, so he didn’t have a very good week of skiing. But, he has now skied in his first Olympic trials which was very cool to see," Simoneau said.

Lange finished 135th out of 181 athletes in the 10K/15K Freestyle. He went on to receive 167th out of 191 athletes in the Freestyle Sprint and 105th out of 116 athletes in the junior male 10K Classic.

Although Lange did not qualify for the Olympics, such high results so early on in his skiing career show great promise for the athlete. "I want to make the junior world cup in Norway next year. Depending on my results there, that would lead to coaching with the U.S. developmental team," Lange said.

"I think Will can be a very good skier. I certainly see him skiing in college if not at some sort of higher level if he wants," Simoneau said. "He’s just a good kid. He comes in here and works, he’s a team leader and I really like how he’s transformed his skiing over the years."
How Social Media Use Hurts Ski Racers

by Dr. Jim Taylor

I have a lot of pet peeves when it comes to ski racers and their training including leaning on their poles shortly before a training run (no intensity), chatting it up with teammates when they’re in the starting gate of a training course (no focus), and half-hearted effort to the first gate (easing into the course means leaving time on the hill). But I now have added a new pet peeve that has quickly risen to the top of my list, namely, racers having their phones with them and checking their social media between runs.

This pet peeve extends far beyond the hill and into the daily lives of young people. The last generation or two (those who grew up after the iPhone was invented) have become addicted to social media including Facebook, Twitter, Instagram, Snapchat, texting, and others. When I use the word “addicted,” I mean literally so; research has demonstrated that social media has the same neurochemical effect on the brain as drugs, alcohol, and gambling.

A broader discussion of the role of technology in human development is beyond the scope of this article, but there are some real implications of media overuse and misuse on the lives and development of ski racers and that is what I’m going to explore in this article.

Let’s return to my newest pet peeve, namely, the apparent inability of most young racers to disconnect from their phones, even during training. So, you may wonder, how is this incessant use of media impacting ski racers?

Let me first make a disclaimer: Everything I talk about in the remainder of this article is not based on scientific research, but rather on my own experience and the observations of many racers, coaches, and parents.

The biggest area in which racers are finding more and more difficulty is in the simple act of focusing. Considerable research has found that the attention spans of young people have decreased since the rise of smartphones and social media. Because of the distractions caused by the constant pinging, buzzing, and vibrating of social media notifications, young people are losing the ability to stay focused for extended periods. The result has been a decline in study habits, learning, and grades.

This problem is no less evident and no less of a problem in ski racing. Many coaches in recent years have told me that their racers are far less able to focus compared to previous generations of skiers. The consensus is that racers in general these days are less able to pay attention to their coaches’ instructions, remember the feedback, and stay focused from start to finish.

One of the most common reasons young racers come to me is because they say they have trouble focusing on what they’re working on in training and they make mistakes in races because they lose focus. And in recent years, I have also found that young racers have a much more difficult time staying focus during imagery sessions I conduct with them. Many tell me that their minds drift off quickly and they’re not able to maintain or regain their focus on their ski racing imagery easily.

Why is focus so important in ski racing? Well, the ability to focus is the foundation of so many things related to consistently fast skiing. Focus impacts learning; without the capacity for sustained focus, racers will forget what they are working on technically or tactically during training. As soon as racers lose focus, they stop doing whatever they were working on and further ingrain old and bad skills and habits. And, without that extended focus, they won’t be able to gain enough quality repetition necessary to effectively ingrain new skills and habits.

Focus plays a big role on race day as well. First, focus is important during inspection. Your ability to focus influences your memory of the course as you inspect. If you can’t focus well as you are slipping the course, you won’t transfer your inspection of the course to long-term memory. And we all know that terrible feeling of reviewing the course in your mind in the start area before your race run and saying, “OMG! Is that a flush or a hairpin after the transition?”

Focus is important on course as well. Without consistent focus from start to finish, whether on technique, tactics, or just going fast, racers have little chance to ski a race.

Continued Page 7
How Social Media Use Hurts Ski Racers Continued

course without mistakes.

Now, I can’t realistically get racers to set limits on media use away from our sport. At the same time, I would like to make some reasonable suggestions that racers, coaches, and programs can implement to at least keep the tech monster at bay while racers are training and racing.

First, a few thoughts for racers. Off the hill, a consistent program of mental imagery is one of the best antidotes to the loss of focus due to excessive media use. When you do imagery, you are, by its very nature, requiring yourself to focus, thereby exercising your focus muscle and training it to focus from the start to the finish of your imagined runs.

On snow, I do understand that many of you use your smartphone as a mental tool on race day, mainly by listening to music to help you stay positive, adjust your intensity, establish a good mindset, and to create healthy distractions that keep your mind off of the race. I totally support that. But when it comes to training, do you really need to listen to music on the ride up the lift? Do you really need to be checking your social media between runs? I would encourage you to ask yourself what will and will not help you to stay focused in training and consider leaving your phone in your boot bag when you head out for training.

Second, for coaches. You should have a conversation with your athletes in which you educate them about the importance of focus and talk to them about how media during training and races can help or hurt their preparations and skiing. See if you can come to some consensus on how, when, and where they use their media that will actually help them to ski their fastest.

Third, for programs. At the club, team, or academy level, I would recommend that you assemble a committee of coaches, parents, and racers to create some guidelines that can help shape the culture of media use in your program. These guidelines will act as the norms and defaults for media use, so racers will be more likely to adhere to them.

As we all know, ski racing is a sport of milliseconds. Any advantage you can gain that will enable you to ski just a little bit faster can make a big difference on the result sheet at the end of the race day. One simple, yet powerful, advantage you can gain is to be able to focus effectively in training and to be totally focused from start to finish in races. A key tool you can use to improve your focus is, in my humble opinion, to keep your phone off the hill in training and use it only as a tool, rather than a toy, on race day.

Article sent in by Rob Cravers, from Ski Racing Magazine
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 Role. Follow this link to PNSA’s website to view the Honor Roll: http://www.pnsa.org/.

Email Paul at psna@pnsa.org.

Need Help With Your Schoolwork?

Now that the 2017-2018 season is in full swing, don’t let your grades suffer while you are travelling to races and competitions, and missing school. Math tutoring is available from long time MBSEF supporter, Nancy McCormick. Nancy specializes in Middle School to High School, grades 6-12, in all types of math. Contact Nancy at 541-389-9314, theduckfarm@msn.com. Nancy has literally tutored dozens of MBSEF kids over the years!

Lynn Norbury, one of our MWC coaches, also tutors students. Give Lynn a call at 541-241-4791, email besttesttutor@gmail.com. Lynn tutors English, reading, writing, speaking, also College & AP Chemistry, Math, and Physics. She also does test preparation for ACT, SAT, TEAS, FE.

Also available for tutoring help is Brian Kent, who tutors math/sciences for Middle School and High School students. His phone number is 541-350-5549

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.
Rebound/MBSEF Free Sports Injury Clinic For all MBSEF Athletes and Coaches

Each Wednesday from 4:30-5:30pm, a Rebound Physical Therapist will be available onsite at MBSEF headquarters to provide injury screen, discuss treatment recommendations, and answer related questions, FREE OF CHARGE.

Throughout the season, Monday-Friday, athletes and coaches may call and schedule a FREE injury screen at one of Rebound’s 10 locations in Central Oregon.

On behalf of everyone at Rebound, we are truly thankful to be able to support and collaborate with MBSEF and we look forward to helping make this a healthy and successful season for everyone!

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 seventh 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!
Lili Bouchard sent in this photo of teammate Minam Cravens. She snapped it during the FIS 2018 Elite Wild West Series race at Snow King, Wyoming, February 16-21. Thanks Lili, from Minam, Rob and Teresa Cravens!

Pocketweez

Purchase the revolutionary Pocketweez right here at MBSEF, and 45% of the purchase goes right into the MBSEF scholarship fund. The Pocketweez will be the last tweezer you will ever have to buy. Don't get stuck without it! They make awesome stocking stuffers!!!
New Retailers and Discounts are added monthly. Watch for 2017-2018 additional member benefits listed in Ski Tracks. Newsletters published throughout the year.

<table>
<thead>
<tr>
<th>MBSEF Card Members</th>
<th>- 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.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Replenish, an eco friendly organic salon</td>
<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 8/31/2018</td>
</tr>
<tr>
<td>Emerald City Smoothie</td>
<td>10% off any smoothie or any retail product for card carrying athlete. Expires 05/31/18</td>
</tr>
<tr>
<td>FootZone</td>
<td>10% discount, excludes sales merchandise. Expires 08/31/18</td>
</tr>
<tr>
<td>Carstickers.com</td>
<td>10% discount off any regularly priced merchandise. Expires 8/31/2018</td>
</tr>
<tr>
<td>Highest Potential Massage Therapy</td>
<td>$10 off your massage. One per customer. Brandi Jacobson LMT 541-420-8051 2100 NE Neff Road Suite B</td>
</tr>
<tr>
<td>Fireside Motel &amp; Overleaf Lodge</td>
<td>15% off lodging to MBSEF members, excludes holidays, school vacations, and use during special events. Expires June 30, 2018</td>
</tr>
<tr>
<td>Sunnyside Sports</td>
<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>
</tr>
<tr>
<td>Pocketweez</td>
<td>Purchase the revolutionary Pocketweez, right here at MBSEF, and 45% of the purchase goes right into our scholarship fund.</td>
</tr>
<tr>
<td>New York City Sub Shop</td>
<td>740 3rd Street, next to Ace Hardware. MBSEF members show your card, 1/2 sandwich, chips, cookie, small drink $7.99. Expires 8/31/2018</td>
</tr>
<tr>
<td>Hutch’s Bicycle Store</td>
<td>10% off regular priced bicycle parts, clothing and accessories. Expires 08/31/18</td>
</tr>
<tr>
<td>Longboard Louie’s</td>
<td>10% off any order. Expires 08/31/18</td>
</tr>
<tr>
<td>Summers Place - 738 NW Columbia</td>
<td>20% off any hair salon services by Robin Dennis, 541-382-2060, expires 08/31/18</td>
</tr>
<tr>
<td>Skyline Dental, LLC</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>
</tr>
<tr>
<td>This Could Be Your Business!!!</td>
<td>Contact Kathy at <a href="mailto:mbsef@mbsef.org">mbsef@mbsef.org</a> to advertise your business here!</td>
</tr>
<tr>
<td>Peak Performance Physical Therapy</td>
<td>All MBSEF junior athletes receive a free injury evaluation (Redmond). Exp 8/31/18</td>
</tr>
<tr>
<td>Race Place</td>
<td>5% of all MBSEF member purchases is donated back to the MBSEF scholarship fund.</td>
</tr>
<tr>
<td>WebCyclery/WebSkis</td>
<td>15% off all ski products, bike parts and accessories. Excludes complete bikes, sale items and labor. Expires 05/31/18</td>
</tr>
<tr>
<td>Seventh Mountain Resort</td>
<td>10% off any recreational activities - ice skating, white water rafting trips, and kayak tours.</td>
</tr>
<tr>
<td>Bend Vacation Rentals</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>
</tr>
<tr>
<td>The Leffel Center for Plastic Surgery</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 8/31/18</td>
</tr>
</tbody>
</table>
Mt. Bachelor Sports Education Foundation  
Race Training Center  
563 SW 13th Street, Suite 201  
Bend, OR 97702  

Winter/Spring 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.mbosef.org  

MBSEF MISSION STATEMENT  

Our Mission: Mt. Bachelor Sports Education Foundation creates opportunities through competitive snow sports programs to support athletes in achieving their individual athletic, academic, and personal goals.  

Our Vision is to positively impact the life of every athlete we serve.  

CHASE is the acronym describing our Values:  
Commitment  
Honesty  
Accountability  
Sportsmanship  
Excellence  

BOARD OF DIRECTORS  
Kirk Schuele, Chairman  
Howard Friedman, Vice Chairman  
Scott Agnew, Treasurer  
Kyle Wuepper, Secretary  
Andrew Bailey, Legal Counsel  
Andrew Boone  
John Duffle  
Brett Ginske  
Lea Hart  
Don Horton  
Anne Linton  
John McLeod  
Ray Tien  
Kyle Wieche  
John Schiefer, Staff  

Executive Director  
Events Director  
Membership Director  
Accounting Department  
Alpine Director  
Nordic Director  
Freeride Director  
Cycling Director  

John Schiefer  
Molly Cogwell-Kelley  
Kathy Kurtz  
Kristie Wild  
Nils Eriksson  
Dan Simoneau  
Coggin Hill  
Jordan Church  

MBSEF Office  
MBSEF Fax  
Volunteer Hotline  
Mt. Bachelor, Inc.  
Nordic Center  
Mt. Bachelor Ski Report  

541-388-0002  
541-388-7848  
541-385-1999  
541-382-2442  
541-382-2607 x 2210  
541-382-7888