Greetings From The Director

by John Schiemer

Summer is almost over and fall will soon be upon us and it has been an especially busy few months at MBSEF. Our June camps were the largest we’ve ever had and the snow stayed around just long enough to provide some great training. Mt. Bachelor “farmed” enough snow this spring and provided great grooming to make this a worthwhile experience for our athletes. Thank you Mt. Bachelor!

The CCC grew in participation this past year and we will soon embark on the Thrilla Cyclocross series, beginning this Wednesday at the Athletic Club of Bend. Our enrollments in our summer Mt. Biking program were quite good and session VII begins on September 10th. Finally, hopefully you have all enrolled your athletes for our winter programs. We expect our MWC program to reach capacity so if you have missed the deadline, please call the office as soon as you can.

MBSEF is undertaking a project this summer to replace the race finish building on the Cliffhanger run at Mt. Bachelor. The existing building is over 30 years old, has outlived its useful life and is no longer adequate. Approval for the replacement building was received from the U.S. Forest Service and Mt. Bachelor and drawings and structural engineering plans were completed. Construction began in early August with full completion expected by the end of September.

**UPCOMING EVENTS**

- **Sep 2** .......................... XC FT/WT Fall Training Begins
- **Sep 8** .......................... XC MS Fall Training Begins
- **Sep 8** ......................... Alpine FT Fall Training Begins
- **Sep 10-Oct 1** ............... After School Wed Cycling VII
- **Sep 10-Oct 1** ............... Thrilla Cyclocross Series
- **Sep 22** ......................... Freeride Fall Training Begins
- **Oct 11** .......................... Skycliners Winter Sports Swap
- **Nov 11** ......................... XC FT/WT On Snow Training Begins
- **Nov 11** .......................... XC MS On Snow Training Begins
- **Nov 12** .......................... Alpine FT On Snow Training Begins
- **Nov 26** ......................... Freeride FT On Snow Training Begins
- **Nov 29** ......................... Alpine WT On Snow Training Begins
- **Nov 29** ......................... Alpine Masters Training Begins
- **Dec 6** ......................... Alpine MWC Program Begins
- **Dec 6** ......................... Freeride Competition Begins
- **Dec 10** ......................... Freeride Development Begins

Construction Underway on Cliffhanger’s New Finish Building!

Photos Courtesy of Rob Cravens

The new finish building will be located across the run from the existing structure and will be slightly larger than the old building. This will allow for better viewing of the finish area and will be considerably safer. It will measure 16 x 20, for a total of 320 square feet. The new structure will consist of two floors, a bottom floor which will be used for storage of equipment and an upper floor that will be used for timing of races and video review for our athletes. There will be a wall heater and electricity in the upper floor. There will be no plumbing in this building.

This is an ambitious project for MBSEF as it has required some additional fundraising to pay for construction. I will be forever indebted to the project team of Kevin Schaffer and Rob Cravens for seeing this project through. They both have volunteered countless hours working on the site, building and helping to raise money to ensure the success of this project. Thank you Kevin and Rob. I am very grateful for your involvement.

A number of others have played significant roles helping with materials and in-kind labor as well. These include Hayden & Kristin Watson, of Hayden Homes, Parr Lumber, and Hooker Creek. Charlie Rowles provided the drawings and the late Doug Schwarz of Froelich Engineers provided the structural work. Tom Coggin is helping with the interior cabinetry. Finally, I would like to sincerely thank Mt. Bachelor for assisting with site and electrical work and the permission to allow this structure to be completed.

*Continued on Page 2*
Greetings From the Director, Cont.

The following individuals have provided financial contributions to help pay for the construction:


The construction and completion of this replacement finish building is an important undertaking by our organization. Thank you all for your participation and thank you for your contributions toward construction. I am sincerely humbled by your generosity. If you would like to make a contribution to this project, you can make one on-line via our website or you can send a check to MBSEF.

Finally, if I have inadvertently omitted your name from this publication I sincerely apologize. We will be creating an interior sign as well as a small exterior plaque acknowledging the many “Friends of MBSEF” who have helped complete this project.

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!

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. We prefer stories and photos sent via email. Contact us at the numbers and address below.

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Bickler-West Orthodontics

Fellow Sports Enthusiasts,

My name is Jim Bickler, and I have been an alpine master’s racer with MBSEF for 17 years. My daughter also grew up racing in the Mini World Cup and Winter Term Programs with MBSEF. I am an orthodontist, and have practiced in Hood River and The Dalles for many years, but have lived in Bend since 1997. I’ve done a lot of commuting!

This summer I purchased the practice of Dr. Dave Gobeille at 1725 SW Chandler Avenue. I’m very happy to live and now work in Bend!

Ski Well,

Jim Bickler

P.S. Bring in your current MBSEF Membership Card, and receive a $500 discount off orthodontic treatment!
MBSEF September Wednesday After School Cycling Program

by Kathy Kurtz

Cycling season is in full swing! The kids don’t want it to end! So, MBSEF is again offering our Early Release Wednesday cycling program. Grab a friend and come join the MBSEF Cycling program this September.

We are offering Club Mountain Bike Cycling for ages 6-14, for four early release Wednesdays in September. Classes will be held September 10, 17, 24, and October 1. We pick the kids up from their schools in our van, and head out to different trails.

Cycling is a fun way for our athletes to build and maintain their strength and fitness during the off-ski season. A limited number ofloaner bikes are available, please contact MBSEF for more details.

Swing by the Foundation or hop on our webpage, mbsef.org, to sign up today! Please contact our Cycling Director, Chuck Thomas, with any questions regarding our cycling programs. cat.4001@gmail.com.

If you have any questions please do not hesitate to contact us.

Don’t wait till the last minute to register - both April and May Wednesday After School sessions filled up!
Did I tell you what happened to Julie during the CCC?

Dr. Julie Emmerman has stayed with us for three years now; she's a clinical psychologist who somehow finds the time to race professionally. Last year, she produced an epic ride on the Awbrey Stage to finish fourth on the day, her best pro result.

This year? More epic-ness.

4th in the prologue. Nice! And well in the pack for the last-minute Cascade Lakes reverse stage.

During the 16 mile time trial stage, since she doesn't have a team or mechanics here, she asked another team's extra car to follow with her spare bike. If her TT bike malfunctioned, she could at least finish the stage on her backup. Sure, no problem.

The mechanic puts her bike on the roof rack while she rides. But at the hairpin turnaround, her spare bike FLIES OFF THE RACK!! After the stage, they both look at it. Superficial damage, sayeth the mechanic. Scratches to her $5000+ bike. Arrrrrgggh.

Next morning, she rides over to the start at Summit High. I see her there, her face is white. Her carbon fiber handlebars (very strong, very light, VERY BRITTLE) are fractured.

She's 3rd overall, riding better than ever, and now she's on the verge of punching a tree.

The Sunnyside mechanics do a MacGyver fix; then she rides a 70 mile mountain stage with a ripping descent.

Julie has no teammates here, and the riders behind her will attack relentlessly. Plus, she has this itty bitty mechanical problem on her mind....

At the finish... she's there. In the pack. She didn't lose any time, and her bike stayed together. Wow: Sunnyside rocks!!! And they find her some new handlebars that night, too.

On Sunday's critical stage, multiple teams attack on the final lap, hoping to erase her 20-second hold on third place. No one in the pack chases until the final feed zone. Then Julie, with no teammates in the race, pulls the peloton back up to the miscreants before the top of Archie Briggs.

And keeps them there. Her first overall podium in a stage race.

She eats nails for breakfast (but I wouldn't let her put any into my Vitamix smoothies).
SKYLINERS WINTER SPORTS_SWAP

Saturday, October 11, 2014
8 a.m.- 5 p.m.

NEW LOCATION

The Riverhouse Convention Center
2850 Rippling River Ct., Bend, OR 97701

ADMISSION: $5 individual, $10 per immediate family (benefits MBSEF Scholarship Program)

HAVE ITEMS TO SELL?

Bring your gear to Riverhouse Convention Center and we will help you tag it, price it MBSEF will take a 25% commission on your sold items. Please only bring current items.

GEAR CHECK-IN

Riverhouse Convention Center- 2850 Rippling River Ct.
Thursday, Oct. 9, 12 p.m. to 6 p.m.
Friday, Oct. 10, 9 a.m. to 5 p.m.

GEAR PICK-UP

Sunday, Oct. 12, 9 a.m.-12 p.m. at the Swap Location (no late pick-up)

FOR FURTHER INFORMATION 541-388-0002 or molly@mbsef.org.
USSA Level 300 Certification at Mt. Hood

by Coggin Hill

Coaching is an ever-evolving art form, especially in a constantly changing sport like the world of snowboarding and freeskiiing. Part of being a coach is adjusting your coaching style to each athlete’s learning style and learning to adapt. This summer Justin Schoonover, MBSEF Head Coach and I were lucky enough to complete our Level 300 USSA Halfpipe and Slopestyle certification at Mt. Hood.

There are maybe 20-30 coaches in the US that hold a Level 300 USSA Snowboard certification. The majority of these individuals are the ones that wrote the curriculum, that have been in the industry since the beginning and who have coached the best athletes in the world to the top. The Level 300 certification consists of a 3 day in house clinic at the USSA Center of Excellence in Park City working with the US Team trainers, coaches and staff. The 2nd portion is a 4-day on-hill clinic shadowing the US Rookie and Pro teams and coaches. Justin and I had completed the in-class portion last spring in Park City and were stoked to have the on-hill portion right in our backyard. We had the pleasure of working with Chris Davies (previously Gould Academy’s Snowboard Director) as our clinician for the course.

We rolled up to Mt. Hood on Thursday afternoon and met up with Chris and US Rookie Team Halfpipe coach Spencer Tamblyn for dinner. We “geeked out” on snowboarding for a few hours and set out the game plan for the next couple days. The next morning we spent the day working with Dave Reynolds and the rookie slopestyle team breaking down complex movement patterns, identifying inefficiencies and how to correct them. That afternoon we hooked back up with the slope crew and had a video analysis session. It was a great opportunity to watch the top US coaches interact with their athletes and learn from their coaching styles and techniques, but also solidify that we having been doing a lot of the right things over the years.

The next day we woke up to overcast skies and a slight drizzle. Due to the conditions we were unable to go on-hill, instead we explored some of the latest coaching video analysis applications available. Chris gave us an in depth tutorial of the app that he uses and the potential benefits from utilizing this technology. Sunday’s weather cooperated with us and we headed up to the pipe to work with the Rookie Halfpipe Team and Spencer. It was another great opportunity to shadow the US coaches but also be interactive and discuss what we were seeing in each of the athletes riding. That afternoon Mike Jankowski, the Head of the US Freeskiing and Snowboarding programs sat down with us for lunch. This was one of the highlights of the clinic. Mike discussed judging with us at all different levels of competition, the Olympics in Sochi, training and working with elite athletes and the importance of having quality coaches at all levels of the sport. At the end of our meal Mike told us to keep up the good work and that he was really impressed with the athletes that have come out of Bend and MBSEF over the years, letting us know that he felt we are one of the top programs in the US.

Our final day was here, everything came down to this. Exam day. Justin and I were each paired up with an athlete and given 45 minutes to work one on one with them. Our goal was to help them on the current trick they were working on by breaking down their movements and using our knowledge to help them properly execute the trick. It was a little nerve racking to only have a short period of time to accomplish this but we both stepped up to the challenge and passed with flying colors. After this we took the written exam and after an hour or 2 of waiting in suspense we were certified Level 300 coaches! We will continue to strive to improve our coaching and knowledge and pass this down to the rest of the coaches at MBSEF.
EVENTS UPDATE

By Molly Cogswell-Kelley

Now that the Cascade Cycling Classic is over, I can breathe and get ready for our Thrilla Cyclocross Race Series at the Athletic Club of Bend, September 3, 10, 17, 24 and October 1. If you have never raced cross, this series is the perfect course to try it out on. Even if you don't have a cross bike, you can just use your mountain bike. Here are the particulars! Thank you WebCyclery, Athletic Club of Bend and Cascade Lakes Brewery for all of your support!

MBSEF THRILLA CYCLOCROSS SERIES

Sept 3  Sept 10  Sept 17  Sept 24  Oct 1

Overall Series winner of each category will get points that may earn them a Call Up at the first Cross Crusade Race at Alpenrose. Prizes will be awarded in all categories to the 1st-3rd overall series winners!

Race Schedule

5:15 p.m. (30 min race)

Juniors (Men and Wmn), Men Beginner, Men C, Men 35+ Cat C, Men 50+, Men 60+, Women Beginner, Women C
6:00 p.m. (45 min race)


Where?

The Athletic Club of Bend~61615 Athletic Club Dr., Bend, Or 97702

How Much?

Juniors (12-18) $10 / $40 for the series of 5 races
Adults $20 / $90 for the series of 5 races

What is the Course Like?

Course is a good mix of grass, dirt, sand, pavement with only 70 feet of elevation gain per lap.

*OBRA license is required (proof)-if you don’t have proof you will be required to buy a $5 One Day License.

*You will be required to race in your OBRA assigned category. If you need an upgrade, you will have to go through OBRA for that.

Online registration available at: http://www.mbsef.org/login-sign-up

Pre-Registration at WebCyclery and MBSEF, August 7th.

Day of Race Reg begins at 3:45 p.m. under MBSEF tent.

For more info, contact molly@mbsef.org, 541-388-0002 or go to www.mbsef.org
This

Coggin and Eva tie the knot August 16!

That

June Camp Had Some Rafting Fun!!!

And What Not!!

MBSEF will hold our annual Snowball on November 14. Save the date! We hope to see you at the Great Hall in Sunriver in all your glory!