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. We again were able to hold some camps on Mt. Bachelor during the month of June, thanks to Mt. Bachelor for allowing us to continue to provide this training for our athletes. Although the year end school schedule did not allow for week long camps after school was dismissed, all of our groups were able to get some good June training. The Freeride camp was especially successful as we had the use of an Air Bag which provided a great opportunity for our young athletes to work on their wide array of tricks. The Alpine group put in some good work on the Pine Marten and Summit lifts. There was also a surprise visit by our own US Ski Team athlete Tommy Ford for a couple of sessions, thank you Tommy! In addition, we had approximately 30 MBSEF and PNSA athletes at our Nordic Fire and Ice camp. And they were actually able to get a few days on the snow as well. As you can see from the picture we did have June snow.

As I have mentioned in the past, establishing sustained muscle power with an aerobic base are two very important fitness factors for aspiring winter sport athletes. Muscle power allows you to maintain balance and effectively generate speed. Aerobic capacity gives you the ability to recover from high intensity training and racing throughout a long season. I honestly believe the success that some of our athletes are starting to experience is due to offseason conditioning. At MBSEF we believe in the philosophy that kids should participate in as many different sports as possible. However, if your child is not involved in a fall sport, please contact Kathy or our Program Directors to learn what conditioning programs are available. Dryland training for all areas begins shortly after school starts.

The CCC was held in July with approximately 300 professional riders. It was a great race with long challenging stages. A recap of the exciting women’s race is included in this issue of Ski Tracks.

On Wednesday's throughout September we will again hold the Bowen Sports Performance Thrilla Cyclocross series, at the Athletic Club of Bend. If you have never been to one of these events, come on out and watch, they are quite interesting and festive. Thank you ACB for hosting this exciting event.

As we have communicated previously, we expect the Mini World Cup and Ski and Snowboard Development programs to reach capacity. If you have not done so, please contact us to register. This year’s Skyliners Ski Swap will be October 15 and we are excited to announce that our new and hopefully "permanent” home for this annual event will be the new Ice Pavilion on the corner of Colorado and Simpson. We are very excited about this year’s event and our new location.
Dan’s Nordies Don’t Ever Stop Training!

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.

Mt. Bachelor Sports Education Foundation
563 SW 13th Street, Suite 201
Bend, OR 97702

Office: (541) 388-0002 • Fax: (541) 388-7848
mbsef@mbsef.org
mbsef.org

The MBSEF administrative office will continue summer hours Monday through Friday 9:00am to 4:00pm through mid September.
MBSEF September After School Mountain Bike Cycling Program

by Kathy Kurtz

Cycling season can’t come to an end yet! The kids are still super stoked to keep riding! MBSEF’s September after school mountain biking session VII is starting up Wednesday, September 14. Grab your friends and come join the MBSEF Cycling program this fall!

Riders are picked up from their schools on early release Wednesdays, and then we head out to ride different trails. We bring everyone back to the MBSEF office for pickup when we are finished riding.

We also offer early release Friday riding for the Seven Peaks kids.

Swing by the Foundation, or hop on our webpage, mbsef.org, to sign up today! Please contact our office, mbsef@mbsef.org, 541-388-0002, or Cycling Director, Chuck Thomas, cat.4001@gmail.com, with any questions regarding our cycling programs.

Don’t delay in signing up, the September session is hugely popular, and generally fills up very quickly. It’s really hard to have to turn kids away when we get full!

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

I hope everyone had a wonderful summer, all of us here can’t believe that school is starting back up already!

We hope to see you out on the trails!
"Prime Sport 101 Train Your Mind Like a Champion"

by Jim Taylor, Ph.D., Ski Racing Magazine

My upcoming Prime Sport 101: Train Your Mind like a Champion online mental training course will explore five mental "muscles" that you must strengthen to perform your best and achieve your athletic goals. The first mental muscle and the one that acts as the foundation for the development of all mental strength is motivation. Without your desire and determination to improve your sports performances, all of the other mental factors, confidence, intensity, focus, and emotions, are meaningless. To become the best athlete you can be, you must be motivated to do what it takes to maximize your ability.

Motivation, simply defined, is the ability to initiate and persist at a task. To perform your best, you must be motivated to begin the process of developing as an athlete and you must be willing to maintain your efforts until you have achieved your goals. Motivation in sports is so important because you must be willing to work hard in the face of fatigue, boredom, pain, and the desire to do other things. Motivation will impact everything that influences your sports performance: physical conditioning, technical and tactical training, mental preparation, and general lifestyle including sleep, diet, school or work, and relationships.

The reason motivation is so important is that it is the only contributor to sports performance over which you have control. There are three things that affect how well you perform. First, your ability, which includes your physical, technical, tactical, and mental capabilities. Because ability is something you are born with, you can't change your ability so it is outside of your control.

Second, the difficulty of the competition influences performance. Contributors to difficulty include the ability of the opponent and external factors, for example, as an "away game" crowd and weather such as temperature, wind, and sun. You have no control over these factors.

Finally, motivation will impact performance. Motivation will directly impact the level of success that you ultimately achieve. If you are highly motivated to improve your performances, then you will put in the time and effort necessary to raise your game. Motivation will also influence the level of performance when you begin a competition. If they’re competing against someone of nearly equal skill, it will not be ability that will determine the outcome. Rather, it will be the athlete who works the hardest, who doesn’t give up, and who performs their best when it counts. In other words, the athlete who is most motivated to win.

www.drjimtaylor.com
**MBSEF Nordic athletes Imran Wolfenden, Helen Cutting, Emma Malmquist, and Sierra Foster have been chosen to represent the United States at the upcoming World University Games in Almaty, Kazakhstan. Congratulations!!!**

**Winter Universiade Introduction**

The Winter Universiade is an international sporting and cultural festival which is staged every two years in a different city. It is only second to the Olympic Games. The programme of the Winter Universiade currently includes 6 compulsory sports (8 compulsory disciplines) and up to 3 optional sports chosen by the host country. It gathered a record of 2,668 participants in Trentino, Italy, in 2013 and a record number of 52 countries in Erzurum, Turkey, in 2011.

Embracing FISU’s motto of ‘Excellence in Mind and Body’, the Winter Universiade incorporates educational and cultural aspects into 11 days of sports competitions, allowing university student-athletes worldwide to celebrate with the host city in a true spirit of friendship and sportsmanship.

**Key Facts about the Winter Universiade (WU)**

- The biggest global winter multi-sports event for student-athletes
- 11 days of sports competitions January 29 through February 8, 2017
- More than 2,500 participants from more than 50 countries
- 1,500 to 3,000 volunteers
- 6 compulsory sports (8 compulsory disciplines) and up to 3 optional sports
- Broadcasted by more than 100 TV channels around the World

**Winter Universiade Organisation**

Within the FISU chart, the Winter Universiade Department is in charge of all administrative and logistical issues. It also serves as the link between the different Organising Committees, delegations and international sports federations.

In addition to this team, various FISU committees play very important roles in their respective areas in the management of the Winter Universiade, e.g. the Winter Universiade Supervision Committee (CSU), the International Technical Committee (CTI), the International Medical Committee (CMI), the International Control Committee (CIC), the Media and Communication Committee (MCC), etc.

**The History of Cross-Country Skiing in FISU**

Cross-country skiing, which is a very popular snow sports discipline at the Winter Universiade, has been a compulsory sport on the WU programme since the inaugural edition of the Winter Universiade in Chamonix, France, in 1960. Until that time cross-country skiing had been on the programme of the traditional International Winter Weeks which were held in 1951 in Bad Gastein, 1953 in Saint Moritz, 1955 in Yugoslavia, 1957 in Oberammergau, and 1959 in Zell am See. The programme of cross-country skiing at the first edition included the individual competitions of men's 12 km C and women's 8 km C, as well as men's Relay 4x8 km and women's Relay 3x4 km. The men's and women's competitions were dominated by the Russians (USSR) who finished always among the top six. Until today's competitions Soviet students have kept showing their international class. Former medallists participating in the WU include Olympic and World Stars such as Justyna KOWALCZYK (POL). Since 1960, cross-country skiing competitions have been held already 25 times at the Winter Universiade.
2016 CASCADE CYCLING CLASSIC PHOTOS!!!

Photo Credit Rebecca Reza
First off, if you volunteered, hosted a rider and/or sponsored the CCC, thank you so much! This truly is a community effort. It was one of the most exciting CCC races in recent memory, especially with the “pre-Olympic” drama surrounding the women’s race. Having the Canadian Time Trial Champion, Tara Whitten, the U.S. Time Trial Champion, Carmen Small and two time gold medalist, Kristin Armstrong all racing together, made for a dramatic, tense and thrilling race.

This was the first year the Women’s Pro race went from a USA Cycling event to a UCI (International) 2.2 sanctioned event. This allowed the best women’s teams to come and earn UCI race points. For those of you familiar with ski race sanctioning, it would be analogous to going from a USSA sanctioned event to a FIS event. The first few days were very intense in anticipation of what would happen at the Prineville Time Trial. Carmen, Tara and Kristin are among the best women Time Trial riders in the world. So there was a lot of pressure on them at the Robberson Ford Prineville Time Trial. Especially since Carmen Small had contested the Olympic Selection Committee’s choice of naming Kristin to the US Olympic team. Since Carmen had a great season and had the title of the U.S TT Champion, she felt like it was time for her to represent the U.S. in Rio. Although Kristin had been to the Olympics already twice, because of the protest to the OSC, Kristin didn’t know if she was going to Rio or not until a few days leading up to the CCC. In the end Tara won the Time Trial, Carmen second and Kristin third and there was obvious tension between the two Americans during the podium presentation. Overall results for the week ended with Tara Whitten claiming first, Kristin Armstrong second and Carmen Small third.

At the Olympic Games, Kristin Armstrong won here 3rd consecutive gold medal in the Women’s Time Trial race. She announced her retirement from competitive road racing and the Cascade Cycling Classic. Thanks Kristin for the many Cascade Cycling Classic memories!

**MBSEF THRILLA CYCLOCROSS SERIES**

*Dates - August 31, Sept. 7, September 14, 21 and 28 at the Athletic Club of Bend*

This is a great, local series. And it’s perfect conditioning for the Ride Hard Finish Thirsty Race p/b Boneyard Cycling, Sept 17-18 in Tumalo! If you have never raced Cross and you want to give it a shot, the MBSEF Thrilla is perfect. It’s a nice relaxed and friendly atmosphere that is perfect for the beginner. The Oregon Bicycle Racing Association did change up categories, so to be consistent with them, we changed our categories as well.

Thank you WebCyclery, Athletic Club of Bend, Bart Bowen, Chuck Thomas and Cascade Lakes Brewery for all of your support and hard work in making this the local’s favorite weekly cross series. Here are the categories and race times. Please sign up online ahead of time at www.mbsef.org.

**5:15 p.m. (30 Minute Race)**
- Juniors 12+ (Men and Women), Cat 5 Men, Cat 4 Men, Cat 4 35+ Men, Cat 5 Women, Cat 4 Women, 50+ Women, 50+ Men and 60+ Men

**6:00 p.m. (45 Minute Race)**
- Cat 1 / 2 Men, Cat 1 / 2 Women, Cat 1 / 2 35+ Men, Cat 1 / 2 35+ Women, Elite Juniors (Men and Women), Cat 3 Men, Cat 3 35+ Men, Cat 3 Women and Cat 3 35+ Women.

**Save Money and Sign Up Online!**
- Online Price-Junior (12-18) $10 / $40 for the series of 5 races
- Day of Price Juniors $15 per race
- Online Price-Adults $20 / $90 for the series of 5 races
- Day of Price-Adults- $25 per race
*** SKYLINERS SKI SWAP ***

Saturday, October 15, 2016
8 a.m.- 5 p.m.

NEW LOCATION

The Ice Pavilion
Corner of SW Simpson/SW Colorado Avenue
Bend, OR 97702

AGAIN, FREE ADMISSION THIS YEAR!

HAVE ITEMS TO SELL?
Bring your gear to the Ice Pavilion at
1001 SW Bradbury Way, Bend, OR 97702
We will help you tag it, price it

MBSEF will take a 25% commission on your sold items for our scholarship fund.

NEW THIS YEAR!!!!! ONE DAY ONLY GEAR CHECK-IN:
Friday, Oct. 14, 9 a.m. to 5 p.m.

UN SOLD GEAR PICK-UP: Sunday Oct. 16, 9 a.m.-12 p.m. at Swap Location (no late pick-up)

THANK YOU ALL FOR ANOTHER SUCCESSFUL YEAR!!!

WE ARE LOOKING FORWARD TO AN EVEN BETTER 2016-2017 SEASON!!!