Greetings From The Director

by John Schiemer

It looks like fall has arrived with school back in session and dry land training has started. Thankfully the smoke has cleared and we can start to think about winter sports. Some of you might have even taken advantage of the September snow tease, hiked Mt. Bachelor and made a few turns.

As usual, it was a busy summer for MBSEF with summer camps, training and the Cascade Cycling Classic. As we move into fall it is time to start thinking about getting in shape for the winter season.

No matter your age, all of our athletes should be participating in some type of fall conditioning program. 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. So whether it is soccer, cross country, volleyball or numerous other opportunities, becoming more fit and stronger before the season begins is important. If you are running short of conditioning options, please consider one of the MBSEF dryland training programs.

On October 14, the Skyliners Ski Swap will take place at our new permanent location, The Ice Pavilion. If you were able to attend in previous years, you already know the Swap is a great place to bring that slightly used gear and put some cash back into your pocket. MBSEF keeps a 25% commission so it is also a great fundraiser for our club. It is also a great opportunity to reconnect with your ski friends and share in the excitement of the upcoming season.

Finally, I would like to put in a plug for our annual Snowball dinner auction. This fun event will take place on Friday, November 10 at the Great Hall in Sunriver. This year we celebrate 90 years that the original Bend ski club “Skyliners” was formed, then in 1986 Skyliners became MBSEF. As you may know, we have a rich history in Central Oregon. So please come to this annual event, you will enjoy the evening.

Upcoming Events

- Sep 1 .................. Nordic Summer Training Ends
- Sep 5 .................. Nordic Fall Dryland Training Begins
- Sep 6-Oct 4 .......... Thrilla Cyclocross Series
- Sep 11 .................. Alpine Fall Dryland Training Begins
- Sep 13 .................. Cycling Session VII Begins
- Sep 15 .................. Cycling (Seven Peaks) Begins
- Sep 18 .................. Freeride Fall Dryland Training Begins
- Oct 14 .................. Skyliners Ski Swap at Ice Pavilion
- Nov 10 ................. 30th Annual Snowball
- Nov 17-25 ............. Alpine Canada Thanksgiving Camp
- Nov 20-22 ............. Nordic Thanksgiving Camp
- Nov-Dec TBD .......... Freeride Colorado Preseason Training

The MBSEF administrative office is now back to winter hours Monday through Friday 8:00am to 5:00pm.
Cascade Cycling Classic Wrap Up

by Molly Cogswell-Kelley

It was quite an exciting week! First off, the day before the race started, Team Rwanda appeared at the two sold out shows of “Rising from Ashes” which was shown at McMenamins. It’s a movie that documents the formation of the cycling team, Team Rwanda and their individual struggles after the genocide in the 90’s. This is an extremely moving and inspirational movie that instantly turned local movie goers into fans of the team. Bend really embraced Team Rwanda. Had MBSEF not upgraded their sanctioning status from a USA Cycling race to a UCI race, Team Rwanda would not have been able to race. United Health Care who ended up winning the Team GC would not have been able to race either. The UCI status made the race more interesting from a fan and spectators point of view. But it also posed major inequalities that made headline news the first few days of the race.

Team Rwanda

There was a prize purse disparity that was incredibly upsetting. When we made the decision to upgrade race sanctioning status to UCI, we were ensured that the prize purse payout requirements would be the same for the Pro Men and Pro Women from years past. With the help of Jerry and Christine Barnes, we have prided ourselves on having equal podium payouts. They, along with the Nicole Reinhart Memorial Fund and their family and friends, raise money every year to make sure that the women and the men receive equal monetary reward.

Three weeks before the start of the race, we were informed from the UCI that the requirement for the Pro Men’s purse was three times more than it had been when it was a USAC sanctioned race. Had we known that, we wouldn’t have agreed to be a UCI race. Or, if we had known in advance, we would have been able to raise the money for the women. However, we were completely surprised by the news and entrenched in race details that did not allow us time to raise additional funds. But what was so great was that Regence BlueCross BlueShield of Oregon agreed to donate $5,000 to the cause. DBA Advertising spearheaded a GoFundMe account which raised over $6,000 in 24 hours. So, in one day, the news shifted from disappointing to pure excitement and appreciation. The Women's Prize was equal to the Men's. We are hoping that this local effort and the media attention will put pressure on the UCI to have more equal payouts for future races.

Thank you everyone for supporting, volunteering, housing or just cheering at the finish. We love this event and could not do it without the community!
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 13. 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 also offer early release Friday riding for the Seven Peaks kids. We bring everyone back to the MBSEF office for pickup when we are finished riding. MBSEF’s After School Mountain Bike program is for ages 7-14 with an emphasis on fun, technique, fitness, proper equipment use and care, and trail etiquette. Riders will work on improving coordination and balance while exploring trails and having fun with their friends.

Athletes will be divided into groups according to age and ability level. Mountain bikes with gears are required for the program.

Swing by the Foundation, or hop on our website, mbsef.org, to sign up today! Please contact our office, mbsef@mbsef.org, 541-388-0002, 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

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.

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.

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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.

Motivation will impact everything that influences your sports performance...
SKYLINERS

The Birth of the Outdoor Lifestyle in Central Oregon, 1927 – 1986

Skyliners, Bend’s first ski club, was the brainchild of three Norwegians and a Swede: Nils Wulfsberg, Nels Skjersaa, Chris Kostol, and Emil Nordeen. The outdoor club was born out of a search and rescue effort in the Three Sisters area in September 1927. Within the first years, the club grew to 300 members and organized activities around mountain climbing and winter sports.

In December, 1928, the club opened a winter playground eight miles west of Sisters on the McKensie Pass Highway. From 1929 to 1934, the area featured ski jumps, a toboggan slide, and a small lodge. Ski jumping tournaments and cross country ski races brought the best Nordic athletes from around the Pacific Northwest.

In the mid-1930s, Skyliners decided to relocate its winter playground to 10 miles west of Bend adjacent to Tumalo Creek in order to have a longer steeper slope with more reliable snow. Club members built a ski jump (60 meters), two rope tows and a lodge. During World War II and the years that followed, the ski club went into hibernation. It resumed activities in the early 1950s. With the opening of Bachelor Butte in December of 1958, the club moved its activities to what is now Mt. Bachelor.

Under the leadership of Head Alpine coach Frank Cammack, several Skyliners went on to national and international prominence, including Kiki Cutter, Karen Skjersaa, Sherry Blann, Mike Lafferty and Mark Ford. Kiki was the first American to win an alpine World Cup and was a 1968 Olympian. Finally, in 1986, Skyliners was integrated into the Mt. Bachelor Ski Education Foundation, now known as Mt. Bachelor Sports Education Foundation. (MBSEF).
2017 CASCADE CYCLING CLASSIC PHOTOS!!!
Dan’s Nordies Don’t Quit When It Gets Hot - They Just Get Tougher!
*** SKYLINERS SKI SWAP ***

Saturday, October 14, 2017  
8 a.m.- 5 p.m.

SAME GREAT 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 and price it.

MBSEF will keep a 25% commission  
on your sold items for our fundraiser.

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

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

THANK YOU ALL FOR ANOTHER SUCCESSFUL YEAR!!!

WE ARE LOOKING FORWARD TO AN EVEN BETTER 2017-2018 SEASON!!!