

# SKI TRACKS

Mt. Bachelor Sports Education Foundation

RACE TRAINING NEWSLETTER



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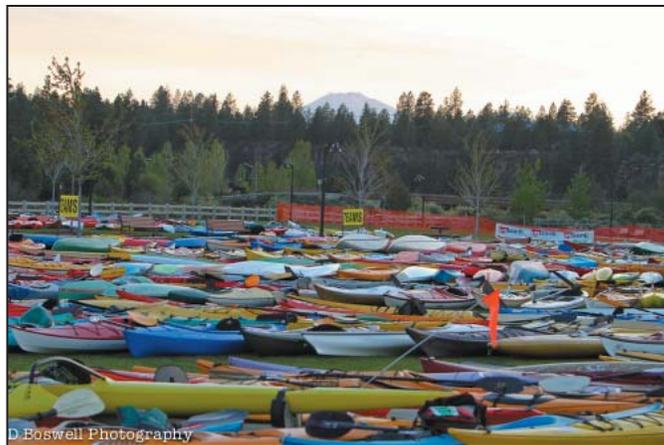
## Greetings From The Director

by John Schiemer

After many years of producing 4 annual issues of "Ski Tracks" primarily during the winter and early spring months, we felt it was time to publish a couple of additional newsletters. Although still a work in progress, the most likely months for these additional issues are June and September.

As our fiscal year comes to a close, I thought it would be appropriate to highlight some successes as well as challenges as we continue to move MBSEF forward. As I have mentioned previously, operating a non-profit organization that relies on outside fundraising during economic uncertainty has been a challenge. That being said, I believe we have weathered the most recent financial uncertainty and I believe we are on the right trajectory for continued success in the future.

The recent U.S. Bank Pole Pedal Paddle event was one of the most successful in the history of MBSEF. Although it was not our largest event ever, it fell short by about 30 participants, we saw an increase of over 250 participants and for the second time we exceeded 3,100 athletes. Thank you to all of you who participated, but



A gaggle of boats at the canoe/kayak put in at the PPP

most especially thank you to the hundreds and hundreds of volunteers that made this event possible. If we did not have so many generous volunteers this event would not exist. Finally, to our generous sponsors, several who have supported this event for many years, thank you for your unwavering financial support of MBSEF. We also could not hold this event if it were not for your generous financial contributions.

In general, it was a very successful year for both program enrollments and events. In our Alpine area, our highly successful Mini World Cup program reached capacity with 163 athletes. Our Full Time Alpine program increased from 5 to 12 athletes and the future looks promising. Our new relationship with Cascades Academy of Central Oregon is off to a great start with 8 middle and high school Alpine athletes attending CACO. Our Nordic program grew almost 10% over the previous year and we took 8 athletes, the most of any Pacific Northwest Ski Association Club, to the Junior Nationals in Fairbanks. Our Freeride program grew the most of any of our programs, ending the year with 130 athletes. We expect to see this number continue to be strong going forward. Our Cycling program continues to be a great opportunity for our athletes to maintain their fitness during the spring and summer months. This year we added a spring break camp and Wednesday afternoon sessions in both April and May.

Our four main fundraising events were all successful. Our fiscal year begins with the Bend Memorial Clinic

### UPCOMING EVENTS

- Jun 5-9..... Central Oregon 500
- Jun 14-19..... XC Fire and Ice Camp Mt. B
- Jun 13-20..... Alp Fundamental Camp Mt. B
- Jun 13-17..... Alp Dev Camp Mt. B
- Jun 13-20..... FR Comp Camp Mt. B
- Jun 13-17..... Fr Dev Camp Mt. B
- Jun 17-28..... Club MTB Cycling Session III
- Jun 24..... Standup Paddle Board Session I
- July 4 ..... Firecracker Ride
- July 8 ..... Standup Paddle Board Session II
- July 8-18 ..... Club MTB Cycling Session IV
- July 16-21 ..... BMC Cascade Cycling Classic
- July 22 ..... Standup Paddle Board Session III
- July 28-2 ..... Alpine Mt. Hood Camp
- July 29-8 ..... Club MTB Cycling Session V
- Aug TBD ..... Freeride Mt. Hood Camp
- Aug 19-29..... Club MTB Cycling Session VI

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## Greetings From The Director, Cont.

Cascade Cycling Classic, and the CCC had a solid field of both professional and amateur cyclists. The Downtown criterium in July is one of those “can’t miss” events if you happen to be in town that weekend. Our Skyliners Ski Swap in October met our objectives even though we were in a new location. And unfortunately because that site has been leased, we will be looking for another location for this year’s event. Lastly, our annual Snowball event held each November, was a great success and is always a wonderful evening in Sunriver. And as I stated above the recent U.S. Bank Pole Pedal Paddle went very well.

Challenges ahead? There are many challenges and opportunities for MBSEF in the months ahead. Since our new fiscal year begins on July 1, we get to start all over again. The first major challenge will be the Bend Memorial Clinic Cascade Cycling Classic which is undergoing some changes that will likely affect future participation, and in turn the amount of money able to be raised by MBSEF. The event used to be dual sanctioned by both OBRA (Oregon Bike Racing Association) and USA Cycling. We were informed last summer that this year’s race will only be sanctioned by USA Cycling. This has generated a lot of emotion and conversation in the cycling community and the fallout of this decision remains to be seen. However, it is likely that we could see fewer amateur racers.

We are also in the process of launching a relationship with the Active Network that will allow for online program enrollments. We hope our new online registration will be ready to go live on July 1, and the office staff has been working hard to get ready for this new change. In early May, we sent out an email asking for referrals to help with a new website, this project will hopefully happen during this next fiscal year, once the on line enrollment package is up and running.

Finally, we face the ongoing challenge of continuing to provide affordable and outstanding programs for over 550 athletes. This means providing the best possible coaching and opportunities for your children to learn and compete. Providing these high quality programs does not happen by accident. We have some of the most professional and dedicated coaches in the country and I am so grateful that they are willing to spend their time, passion and energy teaching your children skills and lifelong lessons. In summary, it has been a great year and I want to personally thank the staff and the Board of Directors. MBSEF is an outstanding organization and I am humbled to be able to contribute to this worthy cause. Thank You!



If you have never watched the PPP boat placement Friday before the race, you seriously need to put it on your calendar next year on May 16. It’s hilarious!

## 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 four times per season (December, February, March, and April). 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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## MBSEF Cycling Program!

Cycling season is in full swing! MBSEF Cycling is great cross training for winter sports, so grab a friend and come join the MBSEF Cycling program this summer.

Two week mountain biking summer sessions will start up in June and run through August. Swing by the Foundation or hop on our webpage, [mbsef.org](http://mbsef.org), to sign up today! Please contact our Cycling Head Coach, Seth Gehman, with any questions regarding our cycling programs. [sethwgehman@gmail.com](mailto:sethwgehman@gmail.com).



We are offering Club Mountain Bike Cycling for ages 8+, and a special Mini Groms program for age 6-7. Cycling is a fun way for our athletes to build and maintain their strength and fitness during the summer. A limited number of loaner bikes are available, please contact MBSEF for more details.

Two week sessions of Club MTB will run in June, July and August, on Mondays, Tuesdays, Wednesdays, and Thursday. Two, three, and four days per week options will be offered.

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

Club MTB June Session III: 2:30pm - 4:30pm June 17-27

Club MTB July Session IV: 9:00am – 11:00am July 8-18

Club MTB July/August Session V: 9:00am – 11:00am July 29 - Aug 8

Club MTB August Session VI: 9:00am – 11:00am August 19-29

**We hope to  
see you out on  
the trails!**



Cultus Lake. Lunch break, and a quick refreshing dip. Why? Because it was hot!



# U.S. Bank Pole Pedal Paddle Recap The Lighter Side

by Nick Campbell, Run Course Captain



**F**irst year with my newly-designed run course, and I'm terrified. Is it going to work? Will anyone get lost? And if so, will I get fired? That's why we run the race: to find out. But it's pretty bad when you get canned from a volunteer job.

The week before, I drove the run course with Kathleen, provider of all the good eats and drinks for the famished racers. Three of the four hydration stations are easy to access by truck, but the one on the South Canyon Trail is not; 300 yards downhill from the nearest road, so it will be a challenge. "Not to fear," she says. "You can use my golf cart." Perfect. Except the day prior to the race, she finds dead batteries. So she buys a yard cart and loans it to us. Everyone who ate or drank on the River Trail, you have Kathleen to thank.

Night before the race: I'm in Farewell Bend Park, marking the course with pink duct tape. The next morning, I'm back to double-check. And it's a good thing, because some miscreant thought it would be funny to move all my arrows to random locations. Nice try, you turkey, but you're not going to ruin my day.

0830 Pre-race briefing at MBSEF office: I had emailed the volunteers early this week with maps, assignments, details: as a result, everyone is ready to go. And my final decree: "If anybody cuts the course; throw 'em in the river." They laugh. I'm serious.

Some people deploy before lunches arrives. I end up stuffing about a dozen bags into my backpack so I can deliver the food while I do a final course sweep on my bike. Along with a 5-pound bag of flour and other accessories, my pack is loaded to the gills. I feel like I'm about to summit Everest, sans Sherpa.

Riding the run course one last time, I make sure everyone is set up and ready. A quick glance at the clock; the race has started up high, and I'm at mile 2 of 5. Since the elites won't give me the consideration of a leisurely pace, I need to get moving.

A friend told me that the top Nordic skiers pay \$400 for a brick of wax. No thanks, I'd rather have a Vitamix blender (note to self: they are on sale at Costco).

Into high gear with the aforementioned backpack. I'm wearing cycling cleats, but I also have a pair of running shoes tied to the pack in case I need to ditch the bike at some point. Flying along the tight South Canyon singletrack, weaving in and out among the obstacles, one shoe swings wide and hits a tree before whipping around my back and popping me in the face. How fitting!

At the Healy Bridge station as the men's leader comes by, we're all cheering, including folks in passing cars. But the person in an SUV going uphill should have been watching the road; the car hit the median and went airborne! Not quietly, either. Maybe next time, park it first? Just a suggestion.

At Station #6 in Farewell Bend Park, here comes one half of Team Mr. and Mrs. Potato Head. It's Dr. Mary; who else? Last year, she was Ms. Piggy. We expect nothing less from our medical practitioners.



Later, I rode from Mt. Bachelor Village down to Station #5 on the River. And I did what every cyclist does at least once a year; unclipped too slowly from the pedals. One foot stayed welded in place, and I did the slow motion descent into dirt. Volunteer Sabrina couldn't stop laughing: that's okay, I surrendered my pride a long time ago. No harm, no foul.

Not one logistical issue with the run course. A rather anti-climactic race for me; all the prep work was spot-on, and the volunteers were locked and loaded.

I heard one guy complaining about the loop in Farewell Bend Park; he wanted to simply go over the bridge instead of running the full distance. He doesn't know how lucky he was; I really wanted to add a trip up Pilot Butte, but Race Director Molly might have looked askance at that.

Maybe next year.



## Meet Two of the MBSEF Cycling Coaches!

### Seth Gehman, Head Cycling Coach

Home town: Lancaster Pennsylvania

Favorite trail/or place to ride: Plattekill Mt. NY, Oakridge OR, and Flagline Trail, Bend

Reasons why I enjoy coaching: I love watching the kids develop bike skills while creating a genuine passion for mountain biking

Years mountain biking: 11

Something "special" about me: I have avidly kept a journal going for the last 6 years (which I started the day I left Pennsylvania to move to Oregon!)



Seth, riding at Tumalo Falls with his dog, Raven.

### Skyler Kenna, Cycling Coach

Home town: I live in Bend Oregon and I was born in Vail Colorado.

Favorite ride: I love riding in Bend Oregon on all the trails. Pretty much anywhere is a great place to ride.

Reasons I like coaching is mostly I like riding and seeing people enjoying being on their bikes and having fun on the trails.

I have been riding mountain bikes for about 10 years now.

Something special about myself is that I make crazy good pancakes!



Skyler



## CENTRAL OREGON 500+ "EAT, SLEEP, RIDE AND REPEAT" June 5th - June 9th, 2013

5 Days of Classic Central Oregon Road Rides  
100 mile and 100k (Metric Century) Ride Options Each Day.

### THE RIDES!

Wednesday, June 5th.... Mt. Bachelor Loop  
Thursday, June 6th ..... Crooked River Canyon  
Friday, June 7th ..... Newberry Crater  
Saturday, June 8th ..... Smith Rock  
Sunday, June 9th ..... McKenzie Pass

### THE INFO!

- Ride Guides for FAST, MEDIUM, and SLOW packs provided.
- Frequent rest stops with gourmet food and lunch each day.
- SAG and bike support provided each day.
- Earn your bragging rights for riding 500+ miles in five days!
- Go for the gold on the Strava Challenge for each day and win cool prizes!

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## MBSEF Summer Snow Camps

### Freeride

June Development Camp will be June 13-17, with June 15 off day, whitewater rafting.

June Competition Camp will be June 13-20, with June 15 off day, whitewater rafting.

August Mt. Hood Camp Tentative dates August 5/6 to August 11/12.

### Nordic

June Fire and Ice Camp June 14-19

### Alpine

June Development Camp June 13-17, with June 15 off day, whitewater rafting.

June Fundamentals Camp June 13-20, with June 15 off day, whitewater rafting.

Mt. Hood Camp July 28 to August 2.



# Standup Paddle Board



Again this summer, MBSEF along with Sun Country Tours will offer a Standup Paddle Board (SUP) program for ages 10+. While the emphasis will be on standup boarding, athletes will also learn some skills in prone paddling, basic lifesaving and water safety skills. SUP sessions will include technique, and an introduction to training and beginning racing skills.

Standup Paddle Boarding is an incredible all body workout and perfect for summer training for all ski and snowboard disciplines.

Program includes all SUP equipment, including board, paddle, life jacket, helmet, etc.

To enroll, fill out the enrollment form and Sun Country Tours Liability Waiver. If you were not in MBSEF winter programs this season, also fill out the MBSEF Liability Waiver. Forms can be found at [mbsef.org](http://mbsef.org), or at the office.

Questions? Email [mbsef@mbsef.org](mailto:mbsef@mbsef.org).

All sessions will meet at Riverbend Park.

SUP Session I	9:30 to 11am	June 24, 26, 28, July 1, 3	\$100
SUP Session II	9:30 to 11am	July 8, 10, 12, 15, 17, 19	\$120
SUP Session III	9:30 to 11am	July 22, 24, 26, 29, 31, Aug 2	\$120



## This,

Dear Parents and Athletes:

Thank you for your participation in an MBSEF program this season! Our mission is to provide an excellent coaching staff that raises our athlete's existing skills to a higher level in a fun, friendly and supervised environment. We hope all of our participants have achieved more confidence and have experienced improvement in their skiing, boarding, or cycling. We believe the camaraderie gained from meeting new friends and training with them each week is one of the keys to the success of our program and a benefit to all the participants. Our coaching staff has enjoyed coaching your children and hope they have enjoyed their time with us.

Our goal is to have all of our members come back next season, focusing on continued improvement in the program they enjoyed best or challenging themselves by joining a different program to experience the next level of participation.

We are in the process of developing and refining our programs for next season. We hope to email our next season enrollment materials to you in late June. We intend to again offer early season discounts for early enrollment in July and August, so plan early!

Thank you again for participating in an MBSEF program this past season and supporting our Foundation. Please plan to join us next season, and tell your friends!

Kathy Kurtz, Membership

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## That,

It was great to see such a huge gathering for our Annual Awards Banquet held on April 26. The support shown to our award recipients with your presence was well appreciated. Acknowledgement of the hard work everyone does throughout each season is very important. While we would love to recognize everyone that supported MBSEF this past season, there are only so many awards to go around. There are always hard decisions for the awards committee to make in choosing award recipients, and this year was no exception. Thank you to all the volunteers who helped with the banquet. All of this helped make our banquet this season the best ever!

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## And What Not!!

MBSEF will again have limited summer office hours from 9am to 4pm, beginning May 28 and continuing through September 20. Have a great summer from all of us here at MBSEF!