



**BEND
ENDURANCE
ACADEMY™**

Spring Newsletter

Nordic * Cycling * Triathlon * R.A.L.L.Y.

“Building endurance athletes who are able to accomplish their individual athletic goals while being committed to personal growth, teamwork and community responsibility.”



Garrett Walden wheelies off a stunt at the Northwest Crossing Spring Festival Bike Rodeo, put on by the Academy and Cog Wild.

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Dear Families, Supporters and Friends,

On behalf of the Bend Endurance Academy, I would like to thank all of you for your trust and dedication over these last 15 months. It has been a blur for most of us. From the very first day--when two Cog Wild vans loaded up the kids in front of Brenna's house and we headed down the road--we have not looked back.

With Adreinne Graham (acting board chair) as our Zenith, we have negotiated every bump and curve with measured pace, preparing ourselves for the long term vision of creating a sustainable endurance-based Academy in Central Oregon.

I have never been involved with something so dynamic. The feeling that guides me to work each day is the realization that there is no limit for this organization. We have an endurance-driven mission facilitated by an endurance-driven board and our coaches, athletes and parents have certainly shown their endurance! For that, we are all grateful.

Where will our journey take us from here you may ask?

The scope and breadth of our programs are growing; we need another 15 passenger van for the cycling team and we have added a Triathlon Team that will begin June 8.

We hope to parlay Pat Madden's 9th place in the OJ boys skate race and Bella Smith's 15th place finish in the OJ girls sprint race at Junior Nationals into a summer of solid training and successful training camps.

We are extremely excited about our recently expanded agreement with the USFS that allows us year round access to the Deschutes National Forest for training and teaching purposes.



With the help of Cog Wild, our first business sponsor, we will continue to provide fun and rewarding cycling programs for our youngest age groups-- the Mighty Bikes XC and Mighty Bikes Freeride program. With the naming of Bill Warburton as our Cycling Program Director we have moved forward on our dream of building a junior cycling development program that offers five disciplines for cyclists ranging from 8-18 years old.

Also, we will continue building our relationship with Central Oregon Community College by providing coaching and leadership with two club programs: the COCC Nordic team and the COCC Cyclocross team.

I invite you to join us at the Bend Bicycle Film Festival for a fun evening in support of the Academy and COTA. There are 2 shows on May 22.

We hope to continue building our relationships with families, businesses and other organizations within the community and providing programs that ultimately make Bend an even better place to live.

Thank You,
Ben Husaby
Executive Director



TRIATHLON

Summer junior development program for boys and girls ages 13 - 16 from June through August. Improve technique for swimming, biking and running.



NORDIC

Youth, Junior, Collegiate and Masters development programs offered year round for ages 7 and up.



CYCLING

Junior programs include road cycling, cross-country mountain biking, freeride mountain biking, cyclocross and track for ages 8-18 from March through December.



Susong Cup Winners

This was the inaugural year for calculating team scores at the Soldier Hollow Super JOQ. It's called the "Susong Cup" and Bend Nordic was awarded the 3rd place trophy for the J1/OJ Boy class.

However, upon further inspection we found they had left out Brandon Roadman of the scoring. When the points were correctly tallied, we were actually in 1st place, ahead of two of the strongest teams in the country, Bridger Nordic Ski Education Foundation (Bozeman, MT) and Sun Valley Ski Education Foundation (Ketchum, ID).



"This is a big honor. We actually considered traveling to Bozeman to hand deliver the third place trophy to the Bridger team in exchange for our first place trophy," commented Pat Madden, lead scorer for the OJ boys.

Junior National Recap, Presque Isle, ME

The following 11 athletes qualified for the 2010 PNSA Junior National Team:

Isabel Smith, Darragh Hildreth, Pat Madden, Danny Coil, Brandon Roadman, Reitler Hodgert, Mikey Widmer, Ryan St. Clair, Nick St. Clair, Kelly Smallwood, Keelin Moehle.

"Our athletes performed great at Junior Nationals," Ben Husaby said. "It was the first time in my 10 years of coaching that we have had a group be so snappy at sea level. It was one of the many blessings of training at the 5000' elevation of Meissner.

"The new trails and increased grooming allowed for consistency, variety and challenging terrain; something that is paramount for top-flight results."

USCSA National Championship

Joe Madden traveled with Coach Brenna Warburton and 7 Whitman College skiers to the USCSA National Championship in Black Mountain, ME. Madden competed in 4 races: 1.4km classic sprint, 8.5km Freestyle, 15km Classic and a 5km relay; his best result was 6th place in the classic sprint.

"I enjoyed getting the opportunity to represent the Academy and COCC at Nationals. I made some good friends staying with the fighting missionaries of Whitman college and Brenna had us on the best skis all week. I look forward to building on the success of this season and growing the COCC team for the future," said Madden.



"Joe preformed very well at his first collegiate races," said Warburton. "We were pleased that Joe received a talent grant from COCC to attend the National Championships and we're thrilled with the amount of support COCC has pledged for next season."

For next year, the Academy will continue to develop the COCC Nordic ski club with increased funding and talent grants.

Summer Training & Collegiate Team

We're bringing athletes together from all over the USA for strength training, rollerskiing, hiking, running, and exploring all summer long.

Designed for ages 14-23, our summer Nordic programs run from June 1 - August 22.

Online registration is open now on our website.



New Cycling Programs and Disciplines

We have redesigned our cycling program to incorporate 5 disciplines: Road Cycling, Cross-country mountain biking (XC), Freeride mountain biking (FR), Cyclocross (CX), Track.

We have also expanded our line-up by creating the **Competition, Competition-Lite** and **Development** levels to help older, more experienced juniors focus on racing. The bike program as it was in the past is now called the **Mighty Bikes** program and is specifically designed to introduce kids ages 8-12 to off-road cycling.

Our **Competition Cycling** program began March 16 with 5 junior boys. We've been traveling to road and mountain bike races across Oregon and finding that our juniors are already very competitive in their age groups.



Keenan, Colin, Cole and Cameron at the Mudslinger

Cycling Director, Bill Warburton says a multi-discipline approach is critical to establishing a cycling development pipeline that will find success.

"I want our juniors to identify as cyclists. I want them to experience the differences between all the disciplines and not feel like they have to be a roadie or a dirt jumper, they can be proud to simply be a cyclist."

Bill is a certified USA Cycling Coach and has been working with local, regional and national organizations to form partnerships that will benefit our juniors' development.

The **Development Cycling** program is for ages 13-18 and is very similar to the Competition level except riders can sign up for 10-week programs for a specific discipline. The program starts June 7 and offers road, XC, FR, CX and a trip to the track.

Freeride is one of our new disciplines for 2010. Headed up by Lev Stryker, co-owner of Cog Wild Bicycle Tours, freeride is more than just hitting jumps. We'll teach progressions to build skills, confidence, improve bike-handling and increase fitness for ages 8-18.

Cyclocross has the biggest potential for growth of all our disciplines as it's one of the fastest growing sports in the country and is very popular in the Northwest. CX racers ride multiple laps on a short course of dirt, mud, pavement, grass, etc. for a number of laps and sprint for the finish. It's a great way for beginner to be introduced to bike racing.

Our **Mighty Bikes** program is run in partnership with Cog Wild and will have a freeride component this summer, for ages 8 - 12. Guest appearances from pro riders like Kirt Voreis and the opportunity to work on a 10-week progression will make for a great summer of riding.

Online registration is open for all cycling programs.



Colin, Cole and Keenan in the Ice Breaker Criterium



TRIATHLON

New Triathlon Program Begins June 8

The Bend Endurance Academy is excited to announce another program to our "silent sports" family: The Triathlon Team!

Coached by Joanne Stevens, veteran triathlete and local fitness coach, the program is set to begin June 8th. The Tri-Team is designed for boys and girls, ages 13-16 who are either newcomers or who have previous experience with triathlon.

Program athletes will work to improve technique in each discipline, increase overall fitness and have fun while meeting other active multi-sport kids from the area.

According to team coach Stevens, "I really enjoy working with this age group. There is so much fun to be had and kids are so quick to learn."

The tri-team will take part in local race events throughout the summer including the Deschutes

Dash and the Redmond Area Triathlon. For complete program information, tuition costs, a list of training dates and times and event dates click the new triathlon button on our website.

The program will meet Tuesday and Thursday afternoons from June 8th-August 14th. Cost for the program is \$250 for individuals without a Juniper Swim and Fitness swim pass; \$200 for those with swim pass. Athletes must demonstrate a certain level of proficiency in the pool and a road worthy bicycle & helmet are also required.

For questions pertaining to the program, please contact:

Joanne Stevens
541 848-3691
jlestevens@hotmail.com

Information Meeting May 26

There will be an introductory meeting Wednesday, May 26 6:00pm for families interested in the triathlon program at the Bend Endurance Academy office.



A benefit for the Academy!

May 22

All ages 4pm

21+ 7pm

Upcoming Events

Bend Bicycle Film Festival	May 22	4pm and 7pm Tower Theater
Bend Cycling Camp - Road & Freeride	May 29 & 30	
Nordic Summer Training Begins	June 1	
Development Cycling Begins	June 8	
Triathlon Begins	June 8	
Mighty Bikes Begins	June 22	
North Cascades Nordic Camp	June 23-27	Methow Valley, WA
USAC Road Junior Nationals	June 23-27	Bend, OR
Pickett's Charge MTB Race	June 27	Bend, OR
Academy Trip to Kings of Leon	July 17	Gorge Amphitheater
Trout Lake Nordic Camp	July 21-25	Trout Lake, WA
Nor Cal Nordic Camp	August 11-15	Silver Lake, CA

Photo Gallery



Clockwise from upper left: Cole Sprague winning the Jr 15-18 category at Mudslugger; Coach Stuart with a few of the Bend Nordic Youth skiers: Libby, Ani, Jett, Ivy & Eames; Danny Coil competing at the Methow JOQ; Teddy Widmer gets big air at Meissner; Coach Ben and his daughter Ani; Colin Dunlap, Keenan Branch and Cole Sprague racing the Ice Breaker Criterium in Eugene.



Sponsor Highlight:

From the first day of our program, Lev Stryker and Melanie Fischer, co-owners of Cog Wild Bicycle Tours have been by our side. Lev and Melanie believe in the mission & vision of the Bend Endurance Academy and we are grateful for their support. Check out their bike tours and shuttles and keep them in mind when you have friends in town!



Volunteer Spotlight:

Paul Lissette, owner of Silver Fern Construction, has been an Academy supporter from the start and proposed the idea for the Bend Bicycle Film Festival to help raise money for us. The BBFF supports the Academy and COTA and donated over \$1200 to each organization last year. Paul helped with our Bike Rodeo in April and continues to impress us with his energy and drive. Thanks, Paul!



We Need Another Van - Can you help us?



We are seeking donations from individuals, families and businesses to purchase a second 15-passenger van specifically to accommodate the cycling team.

Small donations from a large number of supporters will make quick work of the \$15,000 we need to raise. Please consider making a tax-deductible donation of any amount to the Academy for this cause!

This is the most direct way you can help the Academy and its athletes. Please make checks payable to Bend Endurance Academy and drop off or mail to: 500 SW Bond St, Ste 142, Bend, OR 97702.

Homestays Needed:

We have college students training with us this summer who need housing. Ned Burnett, 19 Clarkson University, Potsdam, NY; Matt Piper, 20, Paul Smiths College, Paul Smiths, NY; Kyle Fredrickson- University of Green Bay, WI.

If you have a spare room, be in touch!

“Maybe You Can Hire THE A-TEAM...”

What’s on your to-do list?

Looking to fill a summer position in your business?

The Academy will be hosting a group of college athletes this summer. This is a great opportunity for very capable individuals to balance their training with earning a little money.

They can help with landscaping, yard-work, nanny positions, tutoring and much more. If your businesses could use an extra helper during the summer months, these athletes could serve as a great resource for you.

Please email us with your project or job description and we will connect you with one of our college athletes.



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facebook.com/bendendurance

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Thank you!



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Board Members:

Adrienne Graham (Leapfrog Training and Facilitation), **Monica Smith** (Bend Parks and Recreation), **Maria Madden** (Juniper Elementary) and **Gene Fitzsimmons** (Taco Stand). Email our board: info@bendenduranceacademy.org.

The Bend Endurance Academy is a 501(c) 3 non-profit organization that operates under a special use permit from the US Forest Service.