



BEND ENDURANCE ACADEMY™

Spring Newsletter

Nordic * Cycling * Multisport * 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.”



*Reitler Hodgert, 18, sprinting
in Soldier Hollow, UT.*

Photo: Curt Hawkinson

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Dear Families, Supporters and Friends,

The best way to describe the vibe at our office and in our vans is bustling and healthy. We are wrapping up our 3rd season of Nordic programs and looking ahead to our 3rd cycling season and 2nd multisport season. Thankfully we have a solid board of directors that keeps us on track. Thanks Ade, Gene, Monica and Maria!



Ben Husaby coaching Brian Jorgensen through the Methow JOQ.

Our Nordic program tripled in size this year! We had 10 Academy skiers (the largest team representing the Pacific Northwest) compete in the Junior National Championships in Minneapolis in March. The championships are a culmination of many years of commitment between coach, athlete and family. It was a pleasure to see so many families at our end of the season Academy Awards Celebration and we will be happy to reserve a bigger room for next year's gathering.

This is truly one of the best times of year to be a skier in Central Oregon and our competition and

development skiers are still hard at play-- skiing 1-3 days a week through April. We look forward to welcoming a large group of collegiate skiers from across the country into our Nordic summer training programs and camps.

Our cycling program is already larger than it was last season and it is still snowing outside! Bill Warburton, Cycling Program Director, has done a great job building a comprehensive model and providing a clear vision for the program, which we ultimately believe, is perfect for Central Oregon's love of all things two wheeled.

We hope to see you all at the upcoming Bend Bicycle Film Festival- Friday May 6th at the Tower Theatre in Bend at 7pm- a true celebration of all things cycling as well as a benefit for the Academy. Tickets are available at all local bike retailers. Grab your tickets today because the show always sells out!

Ben Husaby
Executive Director



NORDIC



CYCLING



MULTISPORT

We have over 300 families enrolled in Academy programs this year. Cross-over between programs is encouraged because Nordic, Cycling and Triathlon work together to help your child develop into a mature endurance athlete. Whenever one program ends, another is starting, so be sure to check our offerings often!



Racing Smart and Leaving “If-Then” Racing Behind: Dakota Blackhorse von Jess

Nordic Report: Ben Husaby

... An excerpt from Dakota's essay:



Overcoming adversity is a part of ski racing: two years ago in Alaska they essentially canceled US Nationals due to cold temperatures. You take what you're given and make the most with it – that's a lesson from ski racing that pays dividends in the rest of life.

In general, we try to train our weaknesses as much as possible, although we always rely on our strengths when we race. As a junior racer, I relied (as many do) on my genetic gifts; technique and strategy played second fiddle to just working as hard as possible. Since then we've improved my technique and my fitness, but we've never really addressed how I approach racing. This came to a head after the first race at Nationals this year, a classic sprint. After years of watching me race, Ben finally got fed up with me being “so much faster than [I] race.” I qualified in 10th place, made it through my quarterfinal, then failed to make good choices on the race course and ended the day in 11th.

With two days to go to the final race (a skate sprint), we made a 48 hour deal where I would forget everything I thought I knew about racing and take all input with a fully open mind and try whatever we figured out. With two days to the biggest race of my life, that was a potentially terrifying thing, but whatever I was doing simply wasn't working... it was time for something new.

That is a reality destroying concept. Everything that I have ever believed to be my greatest strength in skiing turns out to have been holding me back.

... Read Dakota's full account on our website!

As a parent with a child in the program this year I gained a different perspective on our wonderful staff. For me it started with an email from Bill Warburton, Cycling Program director and Nordic development coach. I opened the email expecting standard dialog about the Academy. Instead, it was a short video of my daughter Ani among the other Youth Club children skiing over the weekend. I was delighted to have a brief snapshot of what she was experiencing. I was astounded at how much she was improving and to hear the giggling of the kids. It made me smile.

From that point forward, I started observing some of the individual qualities of our staff consciously from a parent's perspective. I learned that David Kurtz's quiet nature has a calming effect on kids and that he is surprisingly gifted at connecting with small children. Andy Segal does not take 'wooden nickels' with behavior; he is very consistent and holds the kids accountable. Stuart Smith-Blockley really wants to be a professional ski coach and the development kids responded to that. Stu was eager to learn and willing to try new things and that energy prompted a group of novice young development skiers to become the most motivated group we've ever had. Brenna had a great impact on our large group of new girls and youth skiers. She relates well with young adults knowing how to laugh with them easily all while teaching them good fundamentals.

We all want to believe as parents that we will be as hands off as necessary when it comes to our child's involvement in activities, provided there is a suitable program for them to grow. When I asked my daughter Ani if she wanted to preview the race course with me prior to the 'Kids Race' at the Kongsburger JOQ in February she said she wanted to ski go with Coach Kurtz. As they skied off, I knew she would be well prepared for her race.



We have been riding our bikes in the snow for five months and we're loving it. Our 2010 Cycling season ended in Bend with the USA Cycling Cyclo-cross National Championships. It was a great end to a very successful racing season. It was the first time we had offered a full time cycling program. We trained with over 85 athletes from six year olds to COCC students.

Mountain bike racing comes early in Oregon. We started racing in March and we will travel to 7 of the XC races in the OR Cup Series through June.

Our Freeride Mountain Bike program is evolving into its own team, too. We have added a travel component through our partner, Cog Wild Bicycle Tours. Cog Wild co-owner and our head freeride coach, Lev Stryker, will offer at several day trips and overnight camps to various riding hotspots. All of our riders are encouraged to go on the trips.

Our new Wednesday After School mountain bike program starts May 4 and runs for 5 weeks. It's a great way for young riders to get a jump on the riding season. Then in June, they can join the XC, Freeride or Road Development teams.

Last year, we introduced our Mighty Bikes riders to skills cards that helped establish expectations and tracked their progress throughout the sessions. The cards were very helpful for the riders who looked forward to checking off a new skill every day. Our Mighty Bikes and Mini Bikes programs establish a safe, fun entry point for riders aged 6 through 12 and returning riders will be challenged with new sets of skills to ensure they're ready to make the transition to the Development team at age 12 or 13.



One specific goal for our growth this year is to include more junior women in all cycling programs. Annika Johannesen is our only full time female cyclist right now and is working her way up to category 3 on the road and category 2 for XC. Her early season wins and podium results have been impressive.



Annika Johannesen, far right, finished 3rd overall in the Women Cat4 Cherry Blossom Classic Stage Race in April.

If you enjoyed one of our cycling, Nordic or multisport programs in 2010, please tell a friend or mention us to another family so we may continue to grow. Pleased parents and excited athletes are our most effective forms of advertising and your encouragement can go a long way to introducing more athletes to the sport!

Bend Don't Brake Road Race:

Please join us for the 2011 Desert Orthopedics Bend Don't Brake Road Race- Saturday, May 28th. This fast, furious and flat road cycling race is a benefit for the Bend Endurance Academy and we need volunteers to keep the riders safe! For complete race details visit: benddontbrake.com To volunteer call Brenna at 541.678.3865 or email brenna@bendenduranceacademy.org



Multisport Team Preview

Joanne Stevens, veteran triathlete and certified member of the International Triathlon Coaching Association will serve as the head coach for the Academy's 2011 Multisport Team. The team is designed for young people ages 12-16 with an interest in swimming, biking and running. The team will meet 2-3 days per week from May 31 until August 13. Coaches will provide support at local Multisport events including the Duel in the Desert, Deschutes Dash and Redmond Area Tri. When asked about her training philosophy, Joanne said, "Sports should always be enjoyable. No matter how hard you are training and what goals you are trying to accomplish, never forget to have fun."

For more information on our Multisport programs, contact Joanne: jlstevens@hotmail.com or 541.848.3691.



Joanne Stevens, Multisport Coach

Meet an Athlete:

Carolyn Davio is 13 years old and attends St. Francis school. She enjoys lacrosse, basketball, skiing and XC running. During ski practice she enjoys playing sharks and minnows, going down the powder hill and on one day in particular, skating in really deep powder. "It was so fun!" She has some advice for her teammates, "Keep your knees pointed outward when you're skating." According to Carolyn "Bend Endurance Academy rocks! Skiing is so much more fun than I would have ever thought!"



Sponsor Highlight:

Kevin Gorman, owner of WebCyclery/WebSkis says "We are proud to sponsor BEA because they are passionate about what they do. They do a great job of getting kids into the lifelong sports of skiing and cycling, many of whom might never have been introduced to such sports without their help."



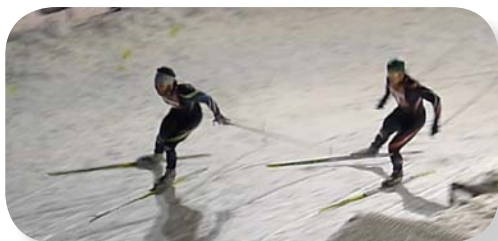
Bert Hinkley waxing at WebSkis

NORDIC SPRINTERFEST

The Bend Endurance Academy partnered with Lay It Out Events to run the Nordic sprint races at the 2011 Bend WinterFest. The 150m course was a fun, short loop around the Rail Jam arena. This event offered categories for individual men and women, high school teams and open relay teams with cash prizes.

A large rowdy crowd of spectators cheered as the racers made their way through the heats. According to SprinterFest race director Bill Warburton, "This was a great opportunity for hundreds of people in Bend to see Nordic sprint racing for the first time plus an opportunity to showcase local talent."

Dakota Blackhorse von Jess from the Bend Endurance Academy won the men's 2011 SprinterFest event. Full video coverage is available at: <http://vimeo.com/bendendurance/videos>



Meet a Board Member:

Maria Madden

"The Bend Endurance Academy provides opportunities for athletic and personal growth to both youth and adults in a fun supportive atmosphere. I encourage everyone to come and join the fun!"



Get the latest news and updates as they happen!

Find us on Facebook!

facebook.com/bendendurance

Upcoming Events

May 4:	Cycling: Wednesday After School Program Begins
May 4:	Nordic: Wednesdays- Community Service and Game Days
May 6:	Bend Bicycle Film Festival, Tower Theatre, 7pm
May 14-15:	Cycling: OBRA Road Race Championships
May 27-30:	Cycling: Memorial Day Cycling Clinics- Road, Mountain, Freeride
May 28:	Cycling: Bend Don't Brake Road Race- Volunteers Needed!
May 31:	Nordic: Summer Training Begins
May 31:	Multisport: Triathlon Program Begins
June 14:	Cycling: Mini Bikes Program Begins
June 14:	Cycling: Mighty Bikes Program Begins
June 22-26:	Nordic: Camp 1
July 20-24:	Nordic: Trout Lake Camp
Aug. 17-22:	Nordic: Academy/Far West Camp
Sept. 6:	Nordic: Competition Program Begins

Bend Nordic Youth & Development Update: Brenna Warburton

The main objective for our Youth and Development programs is to help young skiers fall in love with Nordic skiing. Learning at this stage of development has many dimensions: physical, social and environmental.

Our format teaches ski skills through games and drills. We choose activities where young skiers learn through play with an emphasis on teamwork. Fitness is built through short sprints and games that test balance and agility. We believe Sharks and Minnows is a valuable game at any age or ability! Skiers are rewarded for being independent, trying new things, making good choices, encouraging their teammates, being good trail stewards and helping in the many steps that it takes to move a group of skiers from one place to another.

It's been very rewarding for me to see how our group coaching techniques set the tone and the overall expectations of the team, while some constructive personal time creates such dramatic individual gains. This type of balance is only achievable by having properly trained coaches who know the goals of the program, who have the skills to teach the goals, and that we have enough coaches to manage all of our groups on any given day.

The majority of our volunteer coaches are our former athletes -- a true sign of how healthy our programs are. Alumni have told me how much joy they receive by giving back to a program that meant so much to them as a young person. Many thanks to Andy Segal, Joe Madden, Trent Lowe, Blake Fowles, Byron Roe, Becky Bjork, Chuck Thomas, Hailey Foster and Jeff Costello for volunteering their time this season.



Youth and Development Skiers pose with the Shiny Raven

Tour de Meissner

Over 120 people gathered for the 3rd annual event. The Tour was a joint effort between Meissner Nordic and the Bend Endurance Academy. Races included a 3km for skiers age 15 and under, a 15km skate race, a 15km classic race and a 15km tour. Bill Warburton from the Bend Endurance Academy served as the Tour de Meissner Race Director.

Despite the low snowpack Warburton said, "Overall, the course turned out fantastic. People posted really fast times and everyone seemed to really like the course."



DONATION FORM:

I, _____, would like to make a tax deductible donation to the Bend Endurance Academy in the amount of: \$ _____

Please tear off this portion of the page and enclose it with your donation to the address on the back.

Sponsors



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PHYSICAL THERAPY



Thanks to **Focus Physical Therapy** for our new training tees. We will be visible and safe this summer.



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 at 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.



Thank you!



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