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2008 Buddy Werner Team Announced

The 2008 Buddy Werner Team has been announced following the Slalom portion of the Phil Holocek Memorial event at Mt. Shasta. Due to heavy snow fall, the final qualifier was cancelled and the team was determined by a compilation of six

total runs, four Slalom and two Giant Slalom. Tough competition in both the women's and men's field made for an exciting event and strong representation of MARA's finest 9 through twelve year olds.

Battling sickness, weather and fierce

competition, all qualified athletes and alternates deserve our recognition and best wishes as they travel to Stevens Pass, Feb. 29-March 2, to challenge the Division's finest.

Well done and good luck to all!

Overall Rankings - Women

1	LUKES, Nahanni	512	
2	NORTON, Nikita	460	
3	FLOCKOI, Kailey Jo	380	
4	GANIM, Megan	352	
5	MCKELVEY, Kelsey	280	
6	ROSE, Anna	219	
7	TERRY-SHINDELMAN, Maya	188	
8	HOUCK, Rylee	173	Alt 1
9	ASTOR, Shay	97	Alt 2
10	ODION, Emily	90	Alt 3

Overall Rankings After One Event

1	PRESSMAN, Reece	540	
2	GANIM, Chase	540	
3	PENA, Austin	345	
4	SPEAR, Parker	310	
5	SANTIBANEZ, Max	220	
6	Hoyt, Nathan	207	
7	OWINGS, Cole	206	
8	BERNARD, Brandon	176	Alt 1
9	HECHT, Noa	90	Alt 2
10	CASWELL, Chad	89	Alt 3

Juniors - On a Roll!

2007/2008 is proving to be a very successful season for MARA's elite Juniors.

Across the board, the team has shown consistency and some truly spectacular performances. At the most recent North West Cup; two team members reached the podium, Molly MacGraw placing third in the Slalom and Michael

Bansmer completed a sweep winning both Slalom and Giant Slalom events. WOW!

Other notable accomplishments include placing three men in the top thirty of the JIII Qualifier Slalom at Ski Bowl; Charlie Legg 18, Dylan Fisher 20, and Alec Bishop 29. Our first year JIII women

continue to show consistent skiing. Charlie Legg continues to impress having finished no worse than 26th and as high as 14th in Junior Olympic Qualifier action.

The season moves on this month with North West Cup and JO qualifier events at Mission Ridge and Crystal Mountain. **GO TEAM!**



"Anna Rose ready to race at the 2008 Shakespeare Cup. Anna placed 2nd in the Slalom and 3rd in the GS earning her first trip to Buddy Werner's."

Mighty Might's...2008 Phil Holocek Memorial *by Demian Hunt*

Those of you who attended last year's Phil Holocek Memorial at Mt. Shasta will recall the warm, sunny, spring-like weather, and brown, slushy snow with bare ground exposed on the trail margins. The weather for this year's edition couldn't have been more contrasting as overzealous snow gods were more than generous in making up for their absence last year. Beginning early Saturday morning, about two feet of light fluff descended on the mighty mountain in 24 hours, forcing race organizers to move the Slalom a day ahead, then leading to the cancellation of Sunday's Giant Slalom in a classic example of way too much of a good thing. Of course, everyone who stayed for the powder skiing that day was grinning from ear to ear!

Though the weekend racing was cut short, there was no shortage of drama and excitement as we renewed our rivalry with

the Mt. Shasta Ski Team. Congratulations to MARA Alumni and MSEF skier Jake Johnson for being the fastest racer on the hill for the day, and for winning the first run outright by 4-tenths in the process! Including Jake, and grouping boys and girls together, MARA placed five racers in the top ten, and twelve in the top twenty fastest combined times for the day. These results become more impressive considering the fact that out of those twelve racers, six were J4's and two were J5's! Chase Ganim was the third fastest on the hill as a J5, securing a tie with Reece Pressman for our boys' number one seed in the upcoming Buddy Werner Championships in March. On the girls' side, J4 racer Nahanni Lukes claimed the top seed as she took her racing to another level by posting the 7th best overall time!

Other memorable highlights include Bryce Rollins beating all other J6 racers by over 16 seconds! Though race officials had him listed as a J5, he was still the 6th fastest boy in that group! J3 racer Derek Reynolds also forged his birth certificate and made the podium as the third fastest J2 boy! You bet he's keeping that medal! Honorable mention goes to J5 ripper, Anna Rose, for the best finish-line explosion on the day! There was a ton of powder at the finish to contend with, and we were still digging her out as the next racer came through! (Kailey Flockoi came in a close second with her amazing powder-puff pirouette!) It was a great day of racing, and great job to all the racers who braved the elements and made us coaches proud! These and other young rising stars in the MARA ranks are poised to dominate local competitions for years to come! Keep up the good work!

Find and Sell Your Gear in the MARA Classifieds *by Mike Hoyt*



"Warm smiles amidst frosty conditions at the 2008 Shakespeare Cup."

During the Buddy Werner years, ages 9-12, you can expect your child to grow an average of six inches. Remember, that's average. They could grow less, but they could grow even more! What does that mean for a ski parent? The boots that you bought to grow into the following year at age nine have been grown right out of. The Giant Slalom skis now fit like Slalom skis. The leg of the racing suit might fit their arm now.

Skiing equipment is expensive and as our kids grow, so do their equipment needs. Fortunately, they grow

through it so fast and their light weight puts so little stress on it, that buying used is often a good idea.

That brings me to the subject of this article, where do you buy (and then subsequently sell) used ski gear and clothes. The most logical option is from ourselves, other MARA families. We now have the perfect mechanism to facilitate that, the Equipment for Sale section of the MARA web page.

I check the Equipment for Sale page occasionally. It's been pretty quiet lately. Maybe it's because very few people use it. I

know many of you have stuff in your garage that other MARA parents are looking for, boots, skis, poles, pants, coats, gloves, race suits. Post it on the MARA web page. I also know there are many of you who are looking for specific things. Post a "Wanted to Buy" message. It will be slow at first, but you might be able to sell something and offset some of the cost of next year's gear. Better yet, you might find next year's gear. Best of all, when that becomes the known outlet for used local ski gear; future MARA parents' lives will be a little easier.

MARA Dates to Remember

- 📅 **February 23-24** Mark Keiser Cup - Registration due: February 20, 2008
- 📅 **February 23** 2nd Annual MARA Spaghetti Feed
- 📅 **Feb. 20, 21, & 27** – Extend Buddy Werner training – Contact Coach Rector for details
- 📅 **March 15-16** Peter Lorincz Cup – Willamette Pass, OR *see race calendar for details*

In Praise of Junior Ski Racing *by Richard C. Kun, Courtesy of Cyndi Norton Part I of II*

My alpine ski racing children, Alex and Dominique, started USSA racing when they were 6 and 5 years old, respectively. That was 14 years ago and now it looks like they are ending their careers, moving on to college and adulthood. It's been an absorbing, intense, fabulously rewarding experience for them, and for me and my wife, Jennifer – a true family adventure!

Now that it's ending for us I am compelled to share with all who are immersed in this great sport some observations about why I think racing has been such a large part of our lives. Most of them will be familiar to us veterans, but I don't recall any place where I've seen them written down. Perhaps it's time to do so...

I can't think of any sport – individual or team – that has the unique combination of challenges posed by ski racing. Every sport has some of ski racing's elements, but none has all of them. Here's a list, in no order of priority:

1. Length of Season – Serious, committed racers must train from fall through spring, about 8 months, and compete from November through mid April – 5 months. A long grueling season, and that doesn't count summer camps and workouts.
2. Weather – Stormy, often brutal weather is common both in competition and training. High wind, freezing temperatures, blowing snow, miserable cold rain, fog – all of it. Not just once in a while, but regularly, an integral part of it.
3. Danger – Injuries are all too common. Overcoming fear of physical harm is a big factor for many of the athletes, even at the highest levels, and for good reason. Speeds 50 to 70 miles an hour, 80 foot big air jumps and the constant battering against the gates with arms, thighs, shoulders, hands and faces. True courage is manifest constantly.
4. The Vagaries of Time – Races only last from about 40 to 90 seconds. Weeks and months of preparation are tested in a few heartbeats. Success or failure comes within tenths or hundredths of a second. One small error and – bang – you're out of the race completely. In an instant, the trip, the training, the costs are out the window. Few other sports – no team sports – are so demanding of a few seconds of explosive, highly skilled athleticism, upon which so much depends and where the results are determined by fractions of a second.
5. Luck – Ski racing is filled with outcomes decided by events beyond the competitor's control. The luck of the draw on courses that either improve or deteriorate, or on equipment failure such as pre-releasing, or an uphill gust of wind – all this must be taken in stride. The racing community has a perfect, stoic, live-with-it phrase for it: "That's ski racing".

So why do they race? Why go through all this? The simple, quick answer is that meeting all these challenges is precisely the attraction. Ski racers know, or somehow recognize that overcoming or at least dealing with all these obstacles is what makes it all worthwhile. I have often wondered why athletes who have no real chance of winning or even placing in the top half of a race stick with the sport, especially in their teen years when so many other interests and options are competing for their time. I'm starting to see, after my involvement in all these years, that a critical underlying reason for most of them is the "way of life" inherent in ski racing – a lot of which is *meeting the challenges*.

Richard Kun raced as a junior in the 1950's, was a NASTAR pacesetter in the 1970's and competed in local league races into his 40's. He is Program Director for the Snow Summit Junior Race Team and is CEO of Snow Summit Ski Corporation. Look Part II of Richard's letter in the March newsletter.

Sports Nutrition Series

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Fat contains more than twice the amount of energy as carbohydrate. A single gram contains nine calories making it a valuable source of fuel for longer duration activities. While fat **cannot** supply energy quickly enough for very intense activity, it can be used by the body to power lower intensity exercise such as jogging and walking.

Fat also provides insulation and protection to vital organs such as the heart, lungs and liver and transports vitamins throughout the body.

Not all dietary fat is the same. Like carbohydrate, fat can be broken down into several different groups:

Saturated Fats

Saturated fats are found in foods such as red meat, egg yolks, cheese, butter, milk and commercially prepared cakes, pies and cookies. The typical western diet consists of almost 40% total fat. Of this, 15% is made up of saturated fats, which is considered a major cause of coronary heart disease, diabetes and other degenerative illnesses. No more than 10% of the diet should come from saturated fats.

Unsaturated Fats

Unsaturated fats come in the form of monounsaturated fats and polyunsaturated fats. Monounsaturated fats can actually lower the risk of coronary heart disease and are found in foods like olive oil, canola oil, avocados, almonds and pecans. Polyunsaturated fats, found in sunflower oil, safflower oil and corn oil are not thought to contribute to heart disease but don't offer the same protection as monounsaturated fats.

Essential Fatty Acids

Essential fatty acids are a class of polyunsaturated fats that have received a lot of attention in the media recently. They are thought to be cardio-protective and may help prevent a range of other illnesses. There are three types of essential fatty acids - Omega 3, Omega 6 and Omega 9. Omega 3 and Omega 6 must be consumed while the body can produce some Omega 9 on its own. Essential fatty acids are required for healthy cardiovascular, reproductive, immune, and nervous systems. Found in foods like walnuts, pumpkin seeds, Brazil nuts, sesame seeds, avocados, some dark leafy green vegetables and oily fish, the typical Western diet is often deficient of essential fatty acids.

Cholesterol

Despite its bad press, cholesterol is actually

essential for many important bodily functions. There are essentially two types of cholesterol - low-density lipoprotein (LDL) and high-density lipoprotein (HDL). LDL is known as the "bad" cholesterol because it carries and then deposits cholesterol at the artery walls. HDL on the other hand, is known as "good" cholesterol because it acts as a scavenger removing cholesterol from artery walls and transporting it to the liver to be excreted.

Although some foods like cream, butter, ice cream, egg yolks, shellfish and red meats contain cholesterol, it's a high intake of saturated fat that causes the body to synthesize too much cholesterol. The maximum amount of dietary cholesterol recommended each day is 300mg.

That concludes part 2 of this sports nutrition series. Part 3 covers protein and how much the scientific literature says athletes really need. We'll also combine these first three days into a sample eating plan with the right balance of protein, fat and carbohydrate.

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