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Winter Slides On!

Every season, like every ski trail, has transition. We've crested a rise and are in position to accelerate toward the finish of another great ski year. Where we are is the result of effort and energy put forth to this point and the reward is in the joy we feel while we participate. As in all runs, it's the time when we are sliding and the people we experience it with that matters most and deserves the most reflection.

MARA, too, is like as skier racing toward goals and success. If this season were a race, we would be looking strong. Much work is going into strengthening our fundamentals: fundraising, coaching, competition, and community and the efforts show! Already, we have seen an increase of energy and results in fundraising through a diversification of activities and expansion of shared responsibilities. Our staff continues to grow in size and experience and works together to provide the best winter sports experience in the State of Jefferson. MARA races continue to impress local and regional athletes with our organization and competitiveness. And, we continue to grow opportunities to share each other's time and enjoyment. What a great club.

Our race is not over and it is important to focus through the finish. Ahead we have a flush (Mark Keiser Cup) a hair-pin (Buddy Werner Championships) and a delay (Sloan Family Race). Beyond that, we start to eye additional events such as our spring fundraiser and further out, our auction.

We move forward like competitors, with an eye to the future, our heart in the present and mindful of what the past has taught us.



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Upcoming Events

Feb.	14-16	JO Qualifiers	SG/GS/SL	Mt Hood/Ski Bowl, OR
Feb.	21-22	Keiser Cup & Spaghetti Feed!!!	GS/SL	Mt. Ashland, OR
Feb.	28-01	Peter Lorenz Cup	GS/SL	Willamette Pass, OR
Mar.	13-15	Buddy Warner Ch.	GS/SL	Mt. Spokane, WA
Mar.	21	Sloan Cup	GS	Mt. Ashland, OR



Maddie Hunkele loves MARA!

Juniors Athletes Shine at First JO Qualifier

MARA was well represented at the most recent Junior Olympic Qualifier, January 9-11. Thirteen and fourteen year olds from around the Pacific Northwest gathered at Mt. Spokane to test their skills and seek entry to the most exclusive JIII competition in the west. Coach Stuart Warren accompanied Logan McKelvey, Maddie Chaves, and Megan Ganim on the

trip north and was pleased with the results.

Over the weekend, our MARA athletes consistently finished in the top thirty, with Logan finishing in 24th in one GS and 29th in the Slalom. Maddie Chaves nailed down over-all results of 18th and 17th in GS and tied for 7th in the Slalom. Megan Ganim rounded out the action with a 19th

over-all finish in one GS run. Great skiing from the first year Juniors!

For qualification purposes, every run counts as an individual event. Current rankings show our athletes in the hunt for coveted quota spots. Racing continues February 14-16 at Ski Bowl on Mt. Hood. Good luck racers!

Racer Fuel

BANANA PEARBERRY SMOOTHIE

1 medium banana

1 cup pear nectar (Goya brand is very good)

1 tablespoon seedless raspberry jam (use Polaner all-fruit if possible)

6 ice cubes or . . . 1 cup of ice

Place all ingredients into a blender. Blend on high speed until all of the ice has blended and the consistency is smooth, about 2 minutes.

What a weekend... Shakespeare Cup 2009

Congratulations to all athletes and volunteers who participated in last weekend's Shakespeare Cup. Over 100 racers

tested themselves Saturday in near perfect conditions of hard snow and good visibility followed by another fantastic turnout for the Sunday Slalom. MARA athletes skied wonderfully as did the many participants we hosted from

Willamette Pass and Mt. Shasta. Visiting racers were thrilled by the challenge of our small hill and we thank them for heightening the intensity of our race days. Thanks to all who made this event possible and to our club sponsors.

2009 Phil Holecek Memorial by Damien Hunt

After last year's final day of the Phil Holecek Race was cancelled due to too much snow, this year's edition was threatened to be cancelled from the lack of snow. However, the good folks at the Mt. Shasta Ski Team decided that the show must go on! They moved the race hill to "North Saddle" off the Douglas chair, where the sun had less of an effect on the snow depth, and sacrificed just enough skis to the gods that they smiled on us with about a foot of fresh snow in the days leading up to the event. It added up to a great weekend of racing at Mt. Shasta! MARA athletes enjoyed great success over the weekend, representing Mt. Ashland with numerous trips to the podium at the end of each day! On Saturday's GS, the MARA girls dominated the field. Jersey Girl, Anna Rose won the J5 girls bracket easily by over three seconds with the twelfth fastest combined time of the day! Meanwhile, Maddie Hunkele quietly skied to a strong third to take home the bronze. The J4 girls were even more dominant and swept the podium for their age group! Nahanni Lukes won gold with the fifth fastest combined time of the day, and Kailey Jo Flockoi, nipping at Nahanni's heels, grabbed the silver with the days sixth fastest time, just 15 hundredths behind! Close behind, Kelsey McKelvey

put in a strong effort to round out the top three and take home the bronze.

The girls were a tough act to follow on this day, but the boys skied strong and held their own despite missing two of their top teammates. Bryce Rollins was the second fastest J5 boy earning the silver, and Nate Whitley just missed the podium coming in fourth. Griffin Hokanson, Cristian Flores-Alatorre and Conley Thom were close behind. The J4 squad finished out of the medals but skied well nonetheless with five athletes grouped closely together in fifth through tenth place, including Cole Owings, Nathan Hoyt, Max Santibañez, Parker Spear and AJ Flores-Alatorre. Cole Owings and Nathan Hoyt were both in the top 20 overall for the day. Finally, MARA's lone J3 representative, Joel Caswell, cracked the top 25 for the day to take home the bronze for his division. Sunday's Slalom was even more successful considering the boys stepped it up a notch! Bryce Rollins added fuel to the rivalry with his Mt. Shasta buddy, Jared, by edging him out for the gold this time, while Nate Whitley made it to the podium for the bronze this time, with Griffin Hokansen close behind in fourth. There was drama in the J4 bracket as Cole Owings turned in the

fourth fastest combined time for the day, but missed the gold by just one hundredth of a second! (Ski racing is all about the hundies!) Also stepping it up was Parker Spear who turned in the sixth fastest combined time to take home the bronze. Last, and certainly not least, Joel Caswell wrapped up his second bronze in as many days in the J3 division.

The girls skied well, but would have fared even better in the results if not for a couple last-gate-before-the-finish-line gaffes by the J5's who were poised to repeat the previous days performance until that point! (Like they say, Ya' snooze, ya' lose!") Anyway, with that in the rear view mirror, the J4 girls picked up their teammates by repeating their performance from Saturday. Nahanni won the second run outright beating a number of high school athletes, not to mention ALL of the boys! She posted the second fastest combined time for the day to take home her second gold of the weekend. Meanwhile, Kelsey asserted herself in the first run to post the fifth fastest overall time of the day unseating Kailey for the silver. Kailey solidified the weekend sweep with the seventh fastest time to earn the bronze! Emily Odion put in a solid performance to take sixth.

Overall, it was a great weekend of ski racing. The Mt. Shasta crew put on a great event despite adverse snow conditions, and MARA athletes shined!

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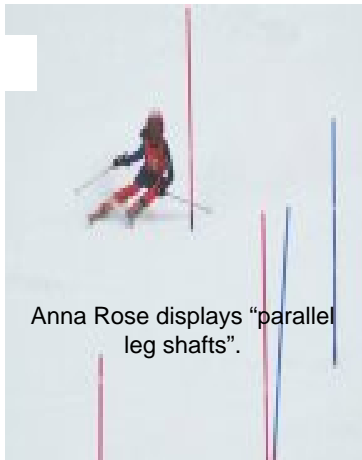
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Peter Lorenz Cup at Willamette Pass

For those families wanting to add a race to the winter calendar, Willamette Pass is presenting the Peter Lorenz Cup, Feb. 28-Mar. 1. Willamette Pass is a justifiable day trip from the Rogue Valley which makes it available for one or two days of racing. Please express your family's interest to participate in this event to Coach Rector so MARA can appropriately staff this event.

Information and registration for this event can be found on the MARA website or directly at: www.warpracing.com.

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