



LERT Newsletter

April 2020

LERT Families (EMSC & SMBA),

Wishing everyone well and hoping that you are all staying healthy during this time. We are optimistic that you are adjusting to the new norm and continue to remain productive with new routines at home. LERT has been adapting to the current situation and working hard with staff and board members to strategize for the future. We are doing our best to stay in touch with athlete groups and parents and encourage staying connected.



EMSC News

The month of April typically concludes with the Loveland Derby, along with several additional National level events across Colorado, including the Banquet and recognition of our club’s amazing athletes, volunteers and contributors. We will continue to update membership on the end of season Banquet, which has been postponed to a later date, and in the meantime look to have a fun and entertaining video to send along to families and members. We all certainly miss the routine of training, racing, spending time with teammates, great families and adventures in the mountains. EMSC is continuing to

Freeride/Freestyle Team News

Today marks the 42nd day that I have been home. Aside from the quick trip to the store for essentials I have not left my house except to run around the lake in my neighborhood in 42 days. It has been a long haul and I have gone through every emotion. I have been scared, confused, sad, angry, tired, bored, and so many more, but today, I want to share that there has been one emotion and feeling that has gotten me through this all and that emotion is inspiration!

SMBA News

Despite a snow filled April, warmer weather has returned, and we hope that families and riders are finding safe opportunities to get outside and stretch the lungs and legs. This is a great opportunity to build “saddle time,” sharpen technical skills (cornering, wheelies, track stands) and base miles for the upcoming season. We are cautiously optimistic to conduct a modified version of Summer SMBA on the trails and will be sending out weekly updates to the membership on camps. SMBA is carefully monitoring city, county, and state recommendations, in

communicate with athletes to keep the motivation high and positive momentum moving forward.

Continued planning and work with Eldora remains positive for the future with the focus on training lanes, lighting projects, partnership programming, and future strategic discussions. Eldora management and ownership (POWDR), together have demonstrated tremendous support of our program goals, athlete development, early training at the mountain, and ongoing weekend training lane allocations.

Our summer program, SMBA, is hopeful and optimistic for the opportunity to conduct weekly mountain bike camps. We are monitoring the daily updates while following state mandated protocols from city and county governments along with guidelines from the CDC. We will continue to send along updates to SMBA members, and when appropriate, hope families and young riders can get out on the bikes for some fresh air. This is a great time to continue to build technical skills of balance, cornering, track stands, bunny hops, wheelies and more, within the close and creative parameters of your house.

LERT volunteers and families continue to demonstrate amazing support, not only throughout the season, but during these challenging times. LERT is here to help athletes pursue their dreams and goals with snow sports, in which planning is underway to further provide avenues for equipment support, gear, and assistance with participation in our various programs. Our organization's mission has always focused on working with athletes and providing worthwhile opportunities that build skills and character for life.

We are continuing to monitor this dynamic situation, adapt to the future, and remain positive and optimistic. Our Board and Staff greatly appreciate the wonderful families and athletes with EMSC/SMBA programs and thank you for your ongoing support of our nonprofit organization as we navigate the future. Please feel free to reach out to our Office at any time with questions.

I have been inspired by the countless acts of kindness in my neighborhood, my city, and my state, not to mention around the country and worldwide. In my neighborhood, people have set up food banks for others in need so they too can feed themselves and their families. In my city, small business owners have not only continued paying their employees through these difficult times, but they have reopened their businesses as food service for the homeless. People have banded together to make sure that our elderly citizens are taken care of by offering to do their grocery store shopping. The Brighton Police Department started a prescription pick up for those who cannot get them themselves. These are just a few of the endless amount of gestures and these acts of kindness and humanity stretch far and wide through our beautiful state of Colorado and beyond.



We honor and celebrate all our healthcare workers that have been on the frontline risking their own health and lives in order to keep us all safe. They have been working tirelessly, for long hours, days that run into each other, and they have been doing this for weeks upon weeks. These are our everyday heroes who have taken their roles as nurses, doctors, janitors, EMT's, firemen, and police officers earnestly. Often with a shortage of personal protection equipment these, now commonplace saints, have shown up fearlessly to fight the invisible threat. They are a true inspiration!

Today we mark the 50th Earth Day in history. Earth Day is a modern environmental movement that is

accordance with the CDC, and is looking forward to the opportunity to hit the trails with our amazing SMBA riders.

Please feel free to contact our office at any time with questions or camp registration details or David Femmer at: femmer@lertprograms.com



Beyond the Slopes – Celebrate these Monthly Wins!

One of EMSC's skiers, is not only talented on the slopes, but off the slopes too! We would like to celebrate Molly Arthur this month for her outstanding accomplishment. Molly recently took first place for best overall science project at the 2020 Corden Pharma Regional Science Fair.



Read more in the Daily Camera article here:

<https://www.dailycamera.com/2020/04/19/bvsvd-students-win-first-second-place-best-of-show-awards-at-state-science-fair-as-coronavirus-forces-virtual-competitions/>

Every month we would like to start highlighting some of the great accomplishments and triumphs our athletes and community are having. Please feel free to email your highlight of the month to info@lertprograms for a chance to be honored in our next newsletter.

Core

Hey, all you cool cats and kittens!

We hope that everyone is staying healthy, safe, and sane out there, while also staying active and educated. Our coaching staff is hard at work tying up loose ends from the 2019-2020 ski season and creating plans for a riveting 2020-2021 ski season. As we all know, our season on snow was cut short, which is unfortunate as we were looking forward to having a great Spring season making improvements to our skiing. With that said, there are many other skills that we can improve on without snow. Without snow, we have gotten a head start on our dryland season and our core groups have been hard at work for nearly three weeks with instructions from their fearless leaders. The drylands have consisted of A LOT of burpees, pushups, Frankies, howdy-doodys, and core exercises that everyone can do in the comfort of their home. Not to mention, we've encouraged social distant rollerblading, biking, hiking, and motoring aka running. Starting Monday, April 13th, the EMSC COVID-19 dryland workouts will be found on the EMSC Facebook page and personalized WhatsApp groups.



Unfortunately, Summer skiing is on hold until at least early August and the option would only include Mount Hood, as Mammoth Mountain has suspended all operations until their 2020-2021 season opening day. The core staff is planning some fun virtual events including a tuning workshop series with Eric Vogel- therefore stay tuned! Please reach out with any questions, comments, or concerns, we're happy to help. Stay safe and sane and as Joonas Rasanen says, remember to smile!

Don't forget on 4/23 we have a chance to work out with mega skiing superstar Lindsey Vonn. Find the live workout here:

celebrated globally. Although, today will not be like Earth Day's in the past with social gatherings to plant trees, garden, or cleanup our parks, it will be a monumental day indeed. The confinement due to the Covid19 virus has created a pollution trend across the globe. Air quality and pollution has fallen by unprecedented levels. With all major cities on lockdown and travel restricted we are seeing cities with the world's worst air pollution reduce their deadly particulate matter by half and some places even more. We are seeing rivers run clear, skies turning from an everyday grey to a beautiful blue, mountains peak-ing through the pollution to show their immense greatness, and animals coming out of hiding and exploring areas of our planet they may never have before.

These things are inspiring, they are a reminder that through all challenges and adversity come change and that change is inspiring. No matter how dim an outlook or situation there will always be a silver lining and sometimes that just takes looking for the inspiring, encouraging, acts of strength and kindness within our community. If we take anything away from this virus and this crisis it should be that we are a global community interconnected as one humankind and that together we will overcome.

Please feel free to follow us and share your inspiring story on our Facebook page here:

@[LERTPrograms1975](#)

Please reach out with questions and always read your emails!
lex@lertprograms.com
720-364-3641

FUNDRAISING NEWS

EMSC and SMBA rely heavily on the kind donations and sponsorships from our community and businesses alike. In time

Supporting Our Partners!

Smith Optics, a worldwide leader in the design, production, and distribution of eyewear, as well as, one of our much-appreciated sponsors announced that they will join forces with Goggles for Docs. Goggles for Docs is a program that was started in just a few days by a group of volunteers to support local and national personal protective equipment shortages. Smith Optics has stepped up and committed to provide ski/snowboard goggles to healthcare workers across the US to help them in the battle of the Covid19 virus and the lack of personal protection equipment. The program sends new and used goggles to hospitals around the country to help outfit our frontline healthcare workers with eye protection.

SMITH

Goggles for Docs will continue its efforts with partners like Smith Optics to help our healthcare workers, but the entire program is run strictly by volunteers and they need help. If you would like to join the movement, you can find more information here:

<https://www.gogglesfordocs.com/>



GOGGLES FOR DOCS

Give Back!

Please also remember to connect your King Soopers account to our organization to continue the support! 5% of all your purchases go back to the club.

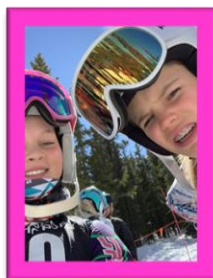
Click link below to Login or Create an account. Use KS card # or your alternate ID, usually your phone #. Once your account is created, go to Savings & Rewards, click on King Soopers Community Rewards.

[https://meditation-live.app.link/ACdVVu7DL5?%\\$referral_token=5ea07fe5e4789925cd536a35](https://meditation-live.app.link/ACdVVu7DL5?%$referral_token=5ea07fe5e4789925cd536a35)

Jr Race

Parents, Athletes, and Coaches, Hope everyone in our Jr Race family is adjusting to our new reality staying safe and healthy!!

April and moving forward: I have had the opportunity to talk with quite a few families and coaches generating great feedback and ideas to make our program even stronger for the future!! If you haven't chatted with me yet please get a meeting set at your convenience.



Athletes: Below are a couple of links from Skiracing.com one for mental health and one for physical health. In addition, I have been sending out workouts from Joonas and MR to keep athletes active. If you would like to receive these please contact me.

<https://www.skiracing.com/top-rotator/taylor-use-mental-imagery-to-replace-the-on-snow-training-during-covid-19>

<https://www.skiracing.com/top-rotator/stuck-at-home-stay-in-shape-with-these-race-specific-workouts-videos-included>

The more work you put in during the off season the more confidence you will have when stepping into those skis for the first-time next season.

Below is a link to an article on getting your equipment ready for hibernation during the off season.

<https://www.skiracing.com/top-rotator/backshop-how-to-put-your-skis-away-for-the-summer-2>

If you have questions about programming, or have feedback please go direct with me eric@lertprograms.com or feel free to shoot me a call 720-308-1427.

where we must make difficult decisions to cancel and postpone important program and fundraising events, we ask that you please make a donation. We want to make sure all our staff and world class coaches are getting paid through these very difficult times. We cannot do it without the support of our community!
THANK YOU!

Communication / Admin News / Membership

Outstanding Invoices and Work Credits

In the past couple of weeks, all EMSC families should have received an email with any outstanding payments (Team travel, LOC, or Van accounts) and the number of Work Credits each family has earned. Please take time to review the record and reach out with any questions. Thank you for prompt payments and following through with volunteer policies.

Remember - Work Credit Checks will be cashed mid-May. Once the check has gone through, we will be mailing refunds for the amount of credits earned throughout the season. Please keep an eye out for more information on how you can donate your remaining Work-Credit check.

Volunteers are a vital part of our organization and we are SO appreciative of the hard work and support members have contributed throughout the season - **Thank you!**

As communication / lists are often tied into our registration systems, if members elect to "opt out" of club news they will then no longer receive updates on behalf of LERT for either EMSC or SMBA programming.

Should you have questions, please contact our office directly:
info@lertprograms.com

In the search field enter our name, Lake Eldora Race Team Association or JX838 and click on enroll.

It's that easy!



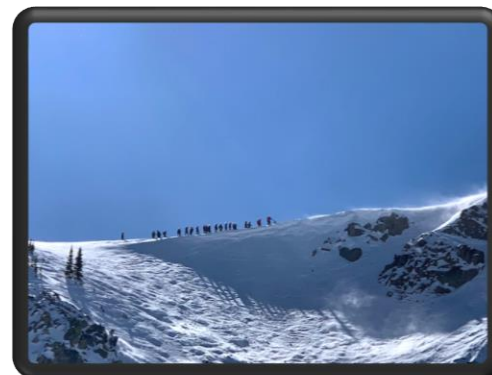
We are also introducing the reloadable \$5 Safeway card. Purchase a Safeway card from EMSC for \$5 that has \$5 loaded on it and then reload as needed. 5% of all your purchases go back to the club!

SAFEGWAY

Please follow us on Facebook

This is a wonderful time to share photos from the season, positive stories, and work out regimens from your stay at home.

[@LERTPrograms1975](https://www.facebook.com/LERTPrograms1975)



A **HUGE** thanks to all our sponsors new and old! We couldn't do it without your continued support and generous donation!

If you know a potential sponsor or would like to become one, please reach out to:
lex@lertprograms.com
(720) 364-3641



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