

LERT Newsletter

July 2019

LERT Families (EMSC & SMBA),

We hope everyone is having a relaxing summer and enjoying time with family, summer camps and vacations. LERT is hard at work with planning for next season, along with highly successful SMBA mountain bike camps, rides in Nederland and races! We encourage everyone to scroll through and read the various updates below, which will cover everything from important "save the dates", fundraisers/events, SMBA camps, EMSC/Eldora initiatives and alpine staffing. Additional updates will be sent from the office pertaining to **Early Bird EMSC registration, which opens August 1st!**



SMBA News

SMBA camps and Team session #2 are officially underway. SMBA camps and Team programs offer a variety of options for different levels, along with days to choose from (4-day options, anytime). *Every* LERT athlete should sign up for at least one camp, as this is an excellent opportunity to improve fitness, balance, aerobic, and build a solid base for Fall Dryland training.

Freeride/Freestyle Team News

I hope that everyone is getting there fix of hot summer days in a pool, on a bike, in the mountains, or with a bowl of ice cream! I know that some of you are still hitting the slopes with the everlasting snow we got this past season or at Woodward camp honing your skills!

EMSC News

EMSC continues to provide outstanding opportunities for athletes of all levels and is most recently coming off a highly successful Mammoth Ski Camp. We are pleased to announce the recent addition of Joonas Rasanen to our coaching staff, who will be leading the U16 program for the 2019 season. In addition to coach Joonas, EMSC will

SMBA Racing Opportunities

We have a couple of race opportunities coming the next few weeks as well. There are fun evenings of racing at Valmont Bike Park as well as bigger trips where we camp out for the race weekend. Check out the offerings and information below.

Wednesday Night CU Short Track Series

Every Wednesday, CU Cycling host short track racing at Valmont Bike Park. One of the great things about these races, **they are free to juniors!** We have a couple of super star coaches who take any interested SMBA riders over to the race, help them get registered, check out the course, and cheer them on! These coaches meet riders at 3:45pm at the SMBA Office and ride over to Valmont Bike Park with them. The riders should be planned to be picked up at Valmont or have a ride home waiver signed to be able to ride home from Valmont.

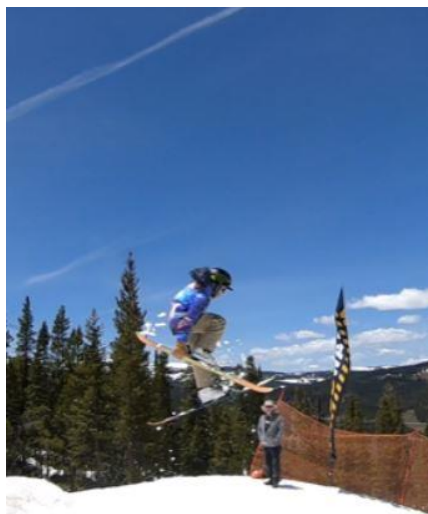


Revolution Enduro Series

We are planning on attending a couple of the upcoming Revolution Enduro races. We have a group headed up to the Revolution Enduro in Steamboat Springs, July 20 & 21. For more information on the race, please visit: [Revolution Enduro at Steamboat Springs](#). We are also planning on attending the Revolution Enduro in Eagle, August 3. For more information on the race, please visit [Revolution Enduro at Eagle](#).

Skills Intensives

Trestle Bike Park is open, and the riding is great! That means our Skills Intensive trips are off and running.



We are full speed ahead panning our next season running on the momentum from a successful last season! There are some exciting things in the mix including a new program we will be launching for the first time, The All Mountain DEVO Program. This program combines the fundamentals of ski racing, big mountain, skier-cross, and terrain park training. This program was established to develop athletes into confident all mountain riders. This is an excellent program for athletes who are looking to continue to ski at a high level but would like to explore and expand on their skills before committing to a specialized discipline.

Every season proves to be more and more successful for the Freeride/Freestyle Team and it will be nothing short of this for the 2019/2020 season! We will have world-class coaching in all disciplines from some familiar faces, as well as, bringing in some new ones!

We will continue to explore different resorts to get new terrain under our feet including those where competitions will be held, and our early season dry land training will be back into full swing in September.

For Questions please contact:
Lex Bennett
Freeride/Freestyle Program
Director
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also have the leadership of Mary Rachel Hostetter with our programs for next season. The combination of Joonas, MR, along with returning and incoming staff, will once again provide amazing opportunities for athletes to reach their goals with excellent staff support. Additional staff updates will be sent to membership as we roll into Fall Dryland Training. Coach Joonas and MR will work into summer email updates as well.

Jr Race

EMSC Jr Race families and athletes hope your summer is off to a great start!! Spring has flown by and it was great to meet up with families to discuss programming for the upcoming 2019-20 season. If you are still wanting to schedule a meeting with me it's not too late. Feel free to email or call me to arrange a meeting.

This month we will be finalizing some new programming options for our athletes to include: 2 Devo All Mountain options which expose athletes to both ski racing and freestyle along with 2 Sunday Jr Race plus Lights on Chute options. More info and pricing to come as we ready ourselves to **Open Registration 8/1/19.**



Looking forward I hope all athletes have been active this summer with plenty of camps and sports to build their athletic base. With that said I invite families to look at our Summer and Fall SMBA programming which gives athletes great crossover training for skiing all while having FUN on a mountain bike!! Click the link for more info:
<https://smba.lertprograms.com/>
For Questions please contact:

Our next trip is this Friday, July 12. This is a great way to focus on skills and get multiple repetitions on the same terrain to really help with developing those skills! There is still room in the remaining 2 skills intensive days Registration for the Skills Intensives are for each day individually. **Skills intensives are offered the following days:**

Friday, July 12 & Friday, July 19

Fall Registration and Early Bird Price Deadlines

While summer is still in full swing, our fall programming is just around the corner. We have a great line-up of offerings in the fall, 1-day rides in both Boulder and Nederland, 2-day options in both Boulder and Nederland, and weekend options in Boulder.

Early Bird Pricing for all fall programs ends July 31. For more information, or to sign-up Check out the links below:

To register for Boulder Summer Team:

<https://smba.lertprograms.com/products/smba-teams/>

To register for Nederland Fall Team:
<https://smba.lertprograms.com/products/nederland-team/>

For Questions please contact:
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SMBA Program Director
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303-999-8937



FUNDRAISING NEWS

Fundraising and sponsorship are critical elements to the overall success of LERT, further providing support for programming, coaching, equipment, operations, training, consistent fees. Lex Bennett, along with her LERT Board Committee are working through sponsorships, renewals, and planning for key events. Active member participation provides the necessary support to help events reach their targeted goals. **Looking ahead, LERT is actively looking for a Sample Sale space to conduct this Fall's event.** Please contact Lex directly if you have anyone who may have access to an approx. 30K sq. foot space!

We are also planning our Colder in Boulder Season Kick-off Party and Silent Auction for October. Any donations of items for the silent auction or as door prizes are welcome and greatly appreciated!

Capital Campaign Projects

Each season EMSC has continued to demonstrate improvement in the areas of coaching, training and lane designations, along with extending Lights on Chute night training to pre-season along with added weeknights. This season, LERT is conducting an aggressive campaign to further upgrade the existing lighting systems within the CHUTE arena, as well as ADD training to Bonanza. Eldora's support for the added training lanes is tremendous, in which the mountain has provided further support by extending the Bonanza training arena upwards, to Summer Road, effectively providing an additional GS lane for both Lights on Chute, and weekend training. This is once again an example of the commitment and teamwork on behalf of Eldora and LERT staff, to further

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Communication / Admin News / Membership

This summer, LERT has been actively working through registration platforms, along with necessary updates to our communication models, website and more. **As communication / lists are often tied into our registration systems, if members elect to "opt out" of club news (example: fundraisers), 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 to ensure you are receiving the most up to date, recent information from our organization and staff. Membership Committee Update (Click here)

Save the Date

Please take a moment to mark your calendars with key events coming up this Fall. We are actively planning through fundraisers, member orientations, alpine fit/equipment days and more!

August 1 - EMSC Registration Opens

August 19 - Alpine Dryland Starts - Information to follow

September 20 - EMSC Club Picnic 5:00 PM-8:00 PM

September 21 - Progrech Dryland Starts

September 21 - Eldora Service Day – 9:00 AM-12:00 PM & Tin Shed Nederland 1:00 Pm-4:00 PM

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.

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provide increased, productive and effective training sessions. Funding for such projects will require additional support from our membership, Alumni, partners and sponsors in the community. **Our collective goal is to effectively light both CHUTE and Bonanza, to provide a world class training arena that provides athletes the opportunity to train after school, during the week.**

Stay Fit!

Summer dryland is available. We encourage **ALL** athletes to attend! Contact Connie at The Alpine Training Center.

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.

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

It's that easy!



Lake Eldora Race Team Association

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