



# LERT Newsletter

June 2020

## LERT Families (EMSC & SMBA),

June is here, camps are officially up and running, and there is even talk about ski camps at Mt Hood! We are happy to see the many EMSC/SMBA families participating in our summer programming opportunities, from SMBA mountain bike camps, to the ongoing dryland condition sessions! The summer SMBA camps are providing a wonderful component of mountain biking in Nederland and Boulder, of which many of the EMSC athletes are continuing to make this part of their summer “training plan”. Despite the snow, and cold temperatures in the mountains this week, riders continue to tackle technical singletrack trails in Nederland, with the snowcapped peaks in the background. Ski Team, and SMBA Team riders are enjoying the opportunity to actively “social distance” on the trails, while further building strength, balance, confidence, and the foundations for future athletic success.



### EMSC News

LERT is carefully monitoring all elements related to the future operation for EMSC and Fall programming during this complex time. We are working in accordance with the CDC mandated state guidelines for camp operations, along with weekly leadership meetings and discussion with Eldora Resort, the City of Boulder, Boulder County, and the Forest Service.

LERT coaches continue to demonstrate incredible dedication, coaching and

### Freeride/Freestyle Team News

*All hands-on deck!*

It has been a bit of a different summer for us all and just a different world we now live in! It is nice that some things are getting back to a somewhat normal state. But as we all know some things will be changed forever. One of the biggest things is the way we gather.

### SMBA News

Single Track Mountain Bike Adventures (SMBA) is underway. We have been amongst the first summer programs in the state to start operations with new protocols in place. Athletes and coaches have been doing a fantastic job starting the day with a health screening, keeping social distance, and wearing their masks upon breaks and when distance is difficult to maintain. In fact, our groups have received compliments on the trail. We look

passion for helping athletes strive to master newly acquired skills. The passion of our staff to work with athletes is clearly one of LERT's strongest traits, where we continue to shine and inspire athletes in all areas. Despite the various challenges related to the programming restrictions and modifications, our staff has professionally picked up the slack to provide the ongoing tradition of valued coaching, instruction, and connection with athletes and community.

Several key fundraisers will provide interactive opportunities for membership to engage in fun fitness challenges that highlight the LERT philosophy for health, conditioning, and SPEED, with the quality trails in our backyard of Boulder. Contributions to the club, along with valued donations will directly go to support LERT programming, operations, and scholarships to help young athletes excel in the mountains, from mountain bike camps, to skiing, snowboarding, and more.

As we progress through June, we look forward to seeing the many familiar faces and families through our summer camps. The quality of our membership, athletes, parents, and dedicated staff continue to resonate throughout the community. The SMBA camps further demonstrate the sense of community among our EMSC/SMBA membership, which comprises the LERT philosophy, mission, and values for athlete success. The progression for long term athlete development is a process that is cultivated through a myriad of quality activities, challenges, personal growth opportunities, and mentorship. We greatly value the opportunity to work with incredible LERT athletes, and encourage everyone to connect through our outdoor activities, future events, and amazing organization.

Happy Trails!



We are limited to smaller groups, smaller gatherings, many social events, such as, concerts, sporting events, and even some restaurants and bars are still shut down. We are limited to small gatherings with family and close loved ones and when there are more organized gatherings we are stricken by a set of new rules and guidelines to follow. Masks, hand sanitizer, 6 feet of distance, are just some of the guidelines that have become the new norm. We are all adjusting to these new measures and making changes in our lives both professionally and personally.

Here at LERT we have ALL HANDS-ON DECK! All the staff, including, our program directors, office managers, our coaches, and even our athletes and families are adjusting and putting in the work to help us continue to offer our programs through EMSC and SMBA! EMSC coaches, such as, Eric Vogel is lending a hand by transporting SMBA coaches to and from trailheads so that SMBA camps run smoothly. Rachel Celesta and Trish Klomhaus have not only been holding it together behind the scenes but jumping in to help with coach's transportation and SMBA organization. MR and Joonas have been lending their expertise well beyond the ski slopes with a helping hand in our planning and execution of fundraising events, consistent communication, and engagement with their EMSC athletes with weekly dryland sessions to jumping in with SMBA efforts. Even I have had the privilege to jump in and coach some SMBA camps and it has been utterly amazing connecting with these young riders.

Even through social distancing and the challenges we have all been facing in our world it is clear that we can still come together and make the adjustments and sacrifices needed. We adapt and unite for our community, for our young riders. Parents, coaches, staff, we all come

forward to keeping it up throughout the summer. LERT strives to be leaders of excellence in sport and life.

Several slight adjustments have been made to SMBA programming to maintain priorities of health and safety. The times for Session 1 Team were adjusted to prevent burn out on the trail and Camp pick up times have been staggered to prevent large groups from gathering at the office or trails. We appreciate everyone's flexibility and patience throughout the summer as we try to hold the safest and best programming possible. Planning is in the works for how Session 2 Team will be taking place.

Email is our primary method of communication for SMBA. Be sure to check your email regularly for any updates, changes, or cancellations that may take place throughout the summer. Please reach out if you would like to add or switch an email address or if communications do not seem to be coming through.

Below is a list of equipment and recommendations to ensure the most successful days on the trail. Please be sure that your **child's bike is in good working condition**. Local shops provide safety checks for a nominal fee.

#### Cycling equipment:

- **Mountain bike with at least 12 gears (24 inch wheel is recommended)**
- Comfortable shorts(no running shorts)
- Short sleeve shirt or bike jersey(no tank tops)
- cycling gloves
- helmet
- sturdy shoes
- sunglasses

**Pack or hydration pack to carry the following:** All items should fit in the hydration pack or backpack

- Rain jacket
- Two water bottles and/or a hydration pack (i.e. Camelback)
- Spare tube and/or a patch kit (check the tube size and valve type)
- Sunscreen

## Core

Happy Summer everyone! We are getting ready to wrap up our EMSC Zoom workout series in the next week or so and move into a summer program that athletes will complete themselves (you can do it!!!). We can't stress enough how important this time is for building strength and fitness- it's the most essential part of your skill base for skiing and the more you put in now, the easier it will be this fall and winter. We are really looking forward to getting on snow at Mount Hood with Olin Lacasse in July and cannot wait to see everyone out there- quite a few athletes have already signed up! Summer skiing is a great opportunity to take a step back, yet forward, so that we can relax and work on the fundamentals that we need to be fast ski racers. If you are interested in joining us for summer training- make sure to reach out to Joonas and MR soon- spots are filling up fast. As always, remember to smile and stay healthy!

Love always,  
MR + Joonas

[@LERTprograms1975](#)

## Communication / Admin News / Membership

### Do you have outgrown or unused gear?



Facebook Marketplace

Join our new Facebook Marketplace Group - [LERT Gear Exchange](#) to buy, sell, and trade ski, snowboard, and bike equipment within our community.

We hope your outgrown and lightly used equipment can end up in the hands of someone who can use it!

together for these young athletes. We want them to understand the importance of nature and share with these young riders what we all love so much, sports and the great outdoors. Having smaller groups has even been a huge benefit for these athletes as they get more one-on-one attention from our proficient coaches. With smaller groups rides can be longer and packed full of skill base lessons, fun activities, and real bonding; all while staying safe and social distancing.

A big thanks to all who lend a hand to make these camps and our club successful even in the hardest of times! It takes a small village!



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](mailto:lex@lertprograms.com)  
720-364-3641

## Jr Race

Parents, Athletes, and Coaches, Hope everyone is getting out exploring hikes and biking right in their backyard (Colorado that is). Hiking is Mother Nature's obstacle course whether on two feet or pedaling. Both activities lend themselves to our sport of ski racing by exercising the body and brain. Cardio and strength on the climb up! Agility, balance and focus for the downhill! And while out and about in Mother Nature's playground keep an eye out for that trace of human activity known

- Sack lunch and snacks

**Nutritious Items that hold up on the trail include:** bagels, nut butters, jerky, apples, oranges, energy bars, dried fruit, nuts, string cheese, hummus, pretzels, cold pizza, burritos, carrots, celery, radishes, sugar snap peas, sliced bell peppers, sprouts in sandwiches, hard boiled eggs

**Please avoid:** Most dairy products i.e. yogurt, milk, soft cheese, fragile fruit (i.e. bananas, strawberries, grapes), sodas, mayonnaise, and high sugar snacks. We recommend that your child eat a hearty breakfast.

[femmer@lertprograms.com](mailto:femmer@lertprograms.com)



## Beyond the Slopes – Celebrate these Monthly Wins!

We have seen some amazing designs submitted for the first ever LERT T-shirt Design Contest! This contest is for our upcoming Corona Climb Challenge and submissions have been made by some of our own talented athletes!

We have slimmed down the entries to the top 3 and we are asking you to vote on your favorite.

<https://www.surveymonkey.com/r/Z8HD723>

Hurry and vote limited time!



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 for a chance to be honored in our next newsletter!

[info@lertprograms.com](mailto:info@lertprograms.com)

This is a group created by LERT Programs for members of our community (EMSC - Eldora Mountain Ski and Snowboard Club and SMBA - Single Track Mountain Bike Adventures) to exchange, sell, and buy gear for Mountain Biking, Skiing, and Snowboarding.

Please read and respect ALL posted rules:

- Please limit posts to items specific for skiing, snowboarding, biking.
- It is your responsibility to set up the purchase of items and exchange of funds.
- Please mark the item as "sold" and once the transaction is complete, please delete your ad once your item is no longer available.
- Post price, condition, sizes, and necessary details of the item. Please use your own photo as the main photo. Stock photos can be used in addition.
- Please exercise good communication with whomever you conduct business with.
- LERT is not responsible for any part of the transactions.

**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](mailto:info@lertprograms.com)



Check out our NEW EMSC branded dryland gear produced by SYNC Performance! 10% of all sales comes back to the club!

**Access:** <https://syncperformancecustom.com/>

EMSC is listed in the USSA Clubs dropdown at the top of the page

**Password:** 'emsc2020'

as Trash!! Challenge your family and friends while on a hike or a bike to see who can find the most Trash with the prize being what you might find in Mother Nature right off the beaten path. Or maybe an ice-cold beverage or milkshake post activity.

**Summer Ski Camps:** If you have questions about what is open and where to go please feel free to reach out. One camp that will be happening this summer is Olin Lacasse which features some familiar faces from EMSC namely Teagan Olin(U19), Joonas(U16) and Mary Rachel(U14). Camp space for July is limited so act fast.

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

Cheers,  
Eric Vogel

## **FUNDRAISING NEWS**

### **SANITAS CORONA CLIMB!**

Registration is now open for our current fundraiser, The Sanitas Corona Climb Challenge. Sign up now to get your swag bag and your chance to win some great prizes!



EMSC and SMBA rely heavily on the kind donations and sponsorships from our community. In tough times where we must make difficult decisions to cancel and postpone important programs and fundraising events, we ask that you please make a donation.

**THANK YOU!**

## **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.

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

**It's that easy!**



We also have 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!



### **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)



Now we have INSTAGRAM!



**Please follow us!**

[@lertprograms](https://www.instagram.com/lertprograms)

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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](mailto:lex@lertprograms.com)  
(720) 364-3641



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