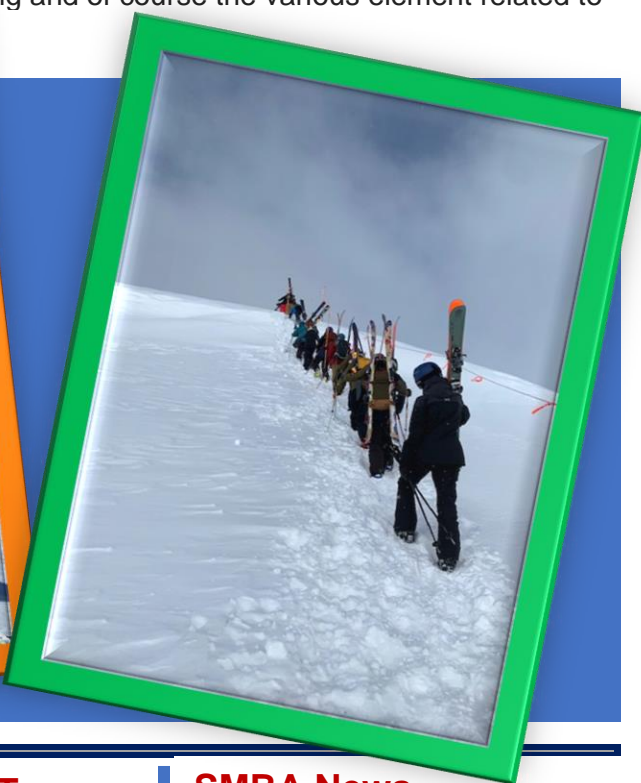


LERT Newsletter

April 2021

LERT Families (EMSC & SMBA),

Now that April is upon us, it is time to reflect on what an amazing success our season has been throughout the various programs. I would like to recognize our outstanding coaches for their leadership throughout the season, navigating moving schedules, race series, home training and of course the various element related to health and safety of our athletes.



EMSC News

The athletes throughout the program demonstrated excellent focus, determination, and development, with many taking their skiing and riding to the next level. Many program modifications from weekday Core Alpine / USASA / Big Mountain, were successfully managed due to the hard work of our staff. The EMSC Jr Race program continues to reach new levels, having conducted a strong series of "home" races, Skills Quest development (top scores), and staff development. Our Big Mountain/Freestyle/USASA Carve programs continue to showcase top EMSC talent, results and performances, both regionally and

Freeride/Freestyle Team News

It has been an exhilarating and productive season of skiing and snowboarding! The added challenges Covid presented only showcased the dedication each one of our athletes have for the love of sport. Their perseverance along with their work ethic has made this an incredible season of progression and results. The contributions the EMSC athletes have made and continue to make to the winter sports industry is par to none and we are proud of each and every one of them!

This season, of course, could not

SMBA News

We're excited to be back in the saddle for 2021!

SMBA Spring Session kicked off on March 28th with our first Sunday team ride. The record snowfall with our recent spring storms resulted in many muddy trail closures, but our dedicated coaches and spring teams have still been able to get out for some fun base mile rides and find a couple of open trails. The SMBA Epic team and Girls' team kicked off their season by working on some early season base miles with a 27-mile tour around Boulder and Gunbarrel! Our Race team athletes started the

nationally.

Finally, I would like to recognize the amazing support from Eldora, beginning with parking reservations, to permitting training throughout the season, hosting “home” events, and creating opportunities across our programs to further grow and develop the best athletes possible. The Eldora management, staff and key departments (Patrol, Lifts, Parking, Marketing/Race, Mtn. Operations, etc.), combined, contribute to the continued momentum with our organization – be sure to share a big THANK YOU, the next time you see staff at the mountain for the collective support with EMSC.

April also designates the start of our spring mountain bike program, Singletrack Mountain Bike Adventures (SMBA), from which many “winter” athletes are now shifting gears and jumping on the bikes for a great summer ahead. Summer camp schedules (SMBA), along with the traditional May / Summer Ski Camps will be posted and sent along to members – please feel free to reach out to our staff/office with any questions.

In closing, I would like to personally recognize and thank Trish Klomhaus and Rachel Celesta, for their tireless coordination of all programs and business administration at the office, communications, and the added complexities of Covid parameters. This, combined with the outstanding dedication of our Board of Directors and contributions of key committees (Safety Committee, Fundraising / Development), LERT is positioned for a strong future ahead.

-Matt Tomasko

Jr Race

Parents, Athletes, and Coaches,

April is here and sadly we are coming to the end of the 20/21 “Safer at Home” Jr Race Season. What a JOY it has been to pull off this season with all of you!! The progress the athletes have made is Excellent and in some cases better than prior seasons. I feel incredibly grateful to be doing this job and would like to send a **BIG THANK**

have gone off with little to no hiccups without the support of the athlete’s parents, so please on behalf of all EMSC staff, please accept this big gesture of gratitude!

It also would not be possible without the amazing support and partnership we have with Eldora and all the staff there! They have managed to get us parking, lane space, and extra days of training all while continuing their sheer friendliness day in and day out on the mountain. It is thanks to them that everything kept running smoothly. Thank you to all who have made this season possible!

Most importantly though, a HUGE thank you needs to go out to the dedicated coaches of EMSC, thank you! There have been long days in adverse weather, many miles on the road getting to and from training and competitions, and then the added challenges of safety and health, but you have shown up and given the athletes an amazing season of programming! We have seen some of the best progression and teamwork from the athletes and this is all due to the commitment of the EMSC coaches. They have gone above and beyond to offer exceptional coaching in the sport, but also in life. Way to go!

Alos, a big shout out to Bodie Fox on our Devo Snowboard team who has put down some impressive results this season, coming in on the top of the podium in big mountain numerous times kanding him a top 3 standing overall in the Rocky Mountain region! Nice work!

-Lex Bennett

Please reach out with questions and always read your emails!

lex@lertprograms.com

Core

Hey Core Families!

What a season it has been so far for our core group! We've finished up the U-16 Rocky Central Championships and the U-14 Rocky Division Championships, while the U-19's

season focusing on some technical skills on the recently re-opened Bitterbrush trail, and our Spring Sunday team groups did a little of both. One group checked out the new bike path route to 4-mile canyon as well as the trail conditions on Benjamin Link trail while the other group found some dry single-track on the Foothills trails in North Boulder.

Sunny days and warmer weather s are in the forecast, and we're looking forward to more of our favorite trails opening up for more spring rides in the next few days! Stay tuned for our next update; we're sure to have a fun adventure or two before the next newsletter!

We're super excited to get out on our bikes for the spring session, but we're also super excited to announce our First Annual SMBA Bike Swap this year! Please join us on **April 24th** at Valmont Bike Park for the SMBA Bike Swap. If you have lightly used bikes or bike parts to sell, or if you are looking to purchase a bike or bike parts, Valmont is the place to be on the 24th!

Here's to dry trails, sunny spring weather, and awesome SMBA adventures in 2021!



We're looking forward to a fantastic mountain bike season with our SMBA athletes!

-Heather Williams

Please reach out with questions
Heather@lertprograms.com

YOU to:

- The Jr Race Families for supporting this program.
- Matt Tomasko for being a great leader and boss.
- Jr Race Coaches who worked hard to create a great experience for the athletes.
- Everyone at Eldora for making us feel safe and welcome at the mountain.
- Chris at Steamboat Sticker for providing and creating all our awards for the "Safer at Home" event series.
- Trish and Rachel without their incredible work behind the scenes we would not have a program.
- My wife Christine who supports me doing what I love.

Final Events:

- **4/3 & 4/4 Safer at Home Parallel SL**
- **4/10 & 4/11 Slush Cup**

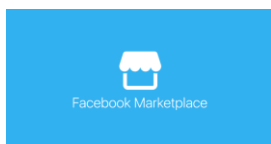
Spring: Once our season closes on 4/11 I will begin the process of talking with all of you to get feedback on the season, chart out next/future season/s for your athletes and celebrating what we have accomplished this season. Look for an email the week of 4/15 to schedule up a phone, Zoom or socially distanced beverage meeting with me.

Once again, thank you all for making the 2020/21 Jr Race Season a success!!

Please reach out to me with any questions eric@lertprograms.com or feel free to shoot me a call 720-308-1427.

Cheers,
Eric Vogel

Do you have outgrown or unused gear?



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

have been racing throughout Rocky, in addition to Minnesota. The U-16's performed incredibly well heading into Champs towards the beginning of March and had some solid results at the SYNC Champs in Vail last week. Our U-14 crew had four girls and six boys attend Championships in Vail, March 8-11, including Camden Holmes, Elle Magaldi, Victoria Krol, Azure Martinek, Nicolas Norris, Finnegan McTigue, James Lawson, Finn Mutuc, Wilson Metcalf, and Charlie Dumont. Each age group still has some racing to be done and we're looking forward to the end of a great 2020-2021 season! We'll start preparing for our 2021-2022 season with our May Camps on May 1-3 and 8-9 and are hopeful about an EMSC Summer camp in early to mid-June. Continue kicking butt and remember to smile!

- MR + Joonas

5-Day Mini-Skills Based Camp – ROUND 2

We have been having a blast with these young riders! They have been bringing the energy every week to the mountain and jumping in on the drills, stubbies, and in the park! We had a great day see them rip through the stubbies on the polma and every single one of them learned to slide a box 90 in the park! We hope these kids are the future of EMSC as they are showing some serious progression!

Give Back!

A great big thank you to all who have donated this season! A special thanks to John Holmes for his amazing support on and off the mountain!



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

Beyond the Slopes – Celebrate our Coaches!

This month we would like to honor, our very own, **Krissy Irwin** - EMSC Assistant Coach U14

Krissy Irwin grew up in Calgary, skiing in Banff Lake Louise, Alberta, and Fernie, British Columbia. She raced out of Banff's Mount Norquay. In high school, she started coaching the Bow Valley Quickies, youth league ski racing.

Irwin competed in synchronized swimming at Ohio State University, where she earned a degree in Psychology. During her time as a Buckeye, the team won two national championships, in 2012 and 2015. "While those successes were very rewarding, I loved being a part of something bigger than myself," Irwin says. "I began looking to pay forward everything I'd been given as a student-athlete." Throughout high school and college, she coached both competitive and synchronized swimming.

Since graduating in 2017, Irwin has been coaching ski racing and teaching skiing at Lee Canyon, Nevada. She completed her USSA Coaching Level 100 and has also earned a Personal Training Certification through the National Academy of Sports Medicine (NASM). She serves as a Team Training coach at Chuze Fitness in South Denver; she's been working on her NASM Performance Enhancement Specialization for strength & conditioning, and she recently began substitute teaching in Jefferson County. "With all my jobs and side-hustles, I hope to one day go to graduate school for Education, Child Psychology, or Sports Psychology," Irwin says.

The 2020-21 season is Irwin's third with EMSC. She has worked with U10s, U12s and U14s. In her spare time, Irwin volunteers at Red Rocks Church in Denver, hikes 14ers, goes camping, and explores the Centennial state.

"I hope to instill in my athletes the

Communication / Admin News / Membership

Volunteers and Work Credits

Thanks to all our amazing volunteers who have helped make the 20/21 EMSC Season a success! We will be sending a Work Credit balance at the end of April prior to charging unearned credits on May 1st, 2021.

There are still opportunities to earn work credits and help out the LERT Community:

[Bike Swap - Saturday, April 24th](#)

[JR Race Trainings and Parallel SL](#)

[Freeride & Devo BBQ](#)

Bike Swap - April 24th

Need a bigger mountain bike? Have a road bike that has been outgrown? Our upcoming Bike Swap is a great opportunity to buy and sell bikes and cycling equipment.

This event aims to keep unused or outgrown equipment in our community and out on the trails, while supporting our 501(c)3 nonprofit. Start going through your garage and registering equipment to sell!

Find more info:

<https://smba.lertprograms.com/smba-bike-swap-april-24th-2021/>

account. Use your 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!

It is always a wonderful time to share photos, stories, and other positive posts! Please help us grow our social!

[@LERTprograms1975](#)

Now we have INSTAGRAM!

Please follow us!

[@lertprograms](#)

value of hard work, passion, determination, perseverance, grit, and love of sport. I'd also like to better the athletics culture and fitness industry by passing on the knowledge, values, and life experience sport has given me." —Krissy Irwin

Please submit candidates for the LERT Monthly win here:
info@lertprograms.com

Save the Date

Please take a moment to mark your calendars with key events coming up.

April 3 & 4 – Jr Race Parallel SL Safer at Home Event

April 5 – Last day of 5-Day Mini Skills-Based Camp

April 10 – Freeride/Freestyle and Devo All-Mountain End-of-Season Party! Volunteers sign up [HERE](#)

April 10 & 11 – Jr Race Slush Cup

April 24 – LERT Fundraiser – Bike Swap –Volunteer sign up [HERE](#)

Unfortunately, we will not be having a banquet this season due to COVID19.

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



Lake Eldora Race Team Association

Mailing Address:

1750-1 30th Ste. #431

Boulder, CO 80301

info@lertprograms.com

(303) 447-8014

Physical Address:

194 Taft Dr.

Boulder, CO 80301

<https://lertprograms.com/>