



April 2017 Newsletter # 475



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www.winddrinkers.org

Rob Maher

President's Column

April 2017

I sometimes have the opportunity to travel around the country for business reasons and to visit friends and family, and I usually try to bring along my running garb and shoes. Most of the time I am visiting locations at a lower elevation close (or at) sea level, so getting used to thick, humid air is part of the fun!

Nowadays it is so easy to do an internet search to find potential running routes and running events when traveling to an unfamiliar city. I am particularly fond of communities that have a philosophy of creating "linear parks," and I have written about this philosophy in some prior columns for the newsletter.

This got me thinking about what a visitor to Bozeman might find if using Google to search for "running routes in Bozeman MT." And sure enough, there are many hits on web sites sponsored by the Bozeman Running Company, by services like "mapmyrun," and various articles from Outside Bozeman and other local media outlets. If a visitor is adventuresome and doesn't mind driving to a trailhead, the options around the Gallatin Valley are pretty awesome.

But what if a visitor arrives at the airport and takes a shuttle van to, say, the Hilton Garden Inn on 19th or the Grantree Inn on 7th? What are the opportunities to lace up the shoes and run right from the hotel? Unfortunately, the corridor along I-90 doesn't include a greenway or trail system that connects nicely into the more scenic parts of the Bozeman area. The city has provided some sidewalk trails part of the way along 19th, and there are some bike lanes and sidewalks along Oak, but nothing that provides a good gateway into our local running culture.

I am continuing to work on ways to encourage trail interconnections within Bozeman. It's not something that requires huge expenditures, but it's also not something that will happen without public input to guide our priorities for spending tax dollars on recreation, and for our priorities in establishing community standards for new development.

We are working on an informal fun run, currently scheduled for April 29, that will point out the strengths and weaknesses of our current trail system. The "Bozeman 360," as in 360 degrees, is a route that will circle the city using mostly off-street trails and sidewalks. Some parts of town, such as the south central area of Sundance Springs and the east area through Highland Glen, have very good trail options, while other areas, such as the aforementioned corridor along I-90 in the north, are not conducive to running routes.

What more do you think BSWD can and should do to promote trail interconnections in the Bozeman area? The BSWD officers would be delighted to hear from anyone who has requests or suggestions. We are a volunteer group, so please don't hesitate to share your thoughts and to get involved.

I'd like to say thank you to all BSWD members for making our community a great place to have running be a part of everyone's lifestyle. Forever quoting one of our founders, the late Frank Newman, "It is not important *how fast* one runs, but *that* one runs."

NEWSLETTER OF
THE BIG SKY WIND
DRINKERS, A RUN-
NING CLUB FOR ALL
AGES AND
ABILITIES IN
BOZEMAN, MT



The Wind Drinker

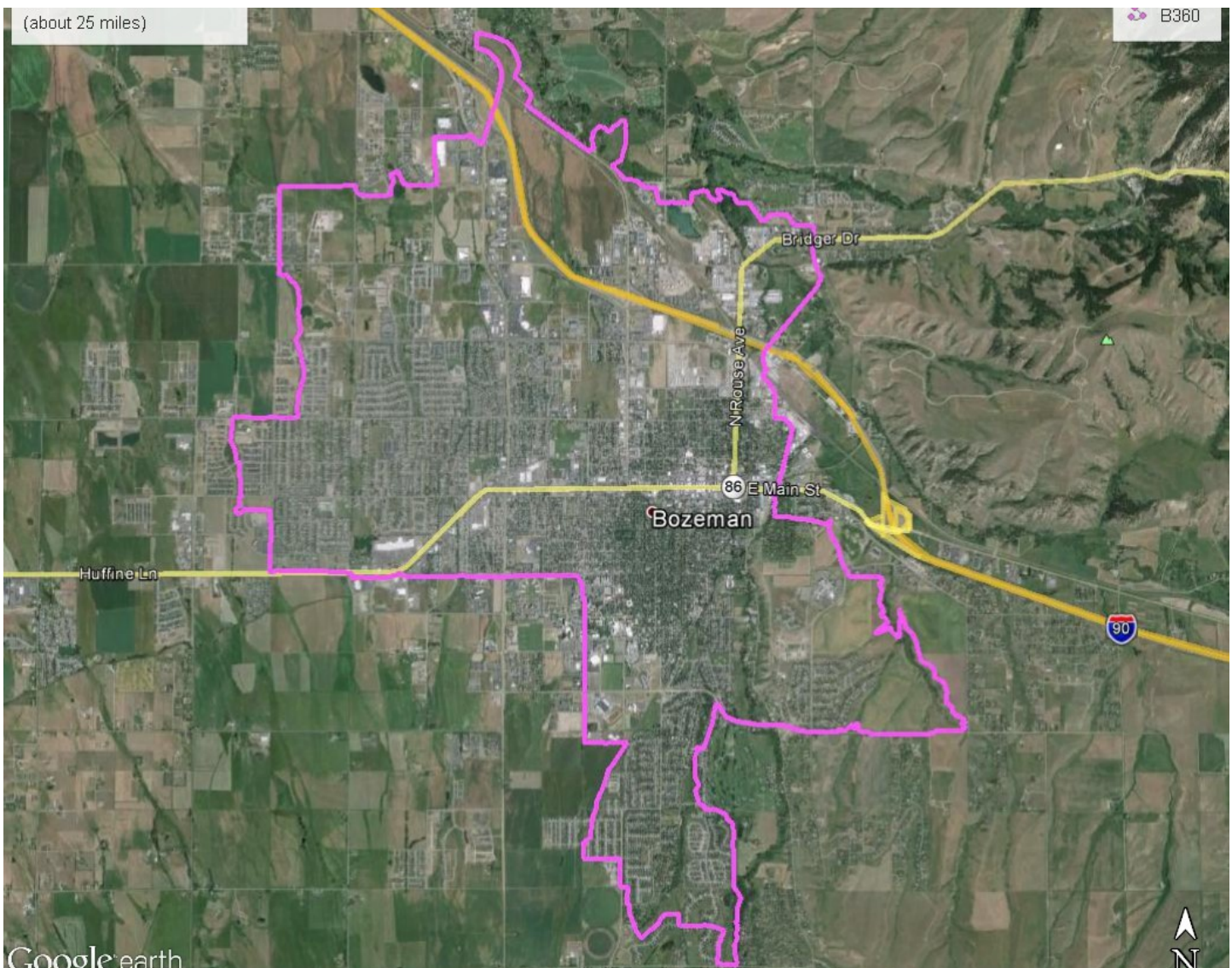
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Working with the Gallatin Valley Land Trust, BSWD is formulating a route tentatively called "Bozeman 360." on April 29. The idea is to define a loop route more or less all the way around the city (360 degrees) using existing off-street trails as much as possible. The route is approximately 26 miles long. The current plan is to have an information site located near the MSU stadium (11th and Kagy), and then anyone interested can walk/run/bike all or part of the designated route. The event will be essentially unsupported, but the hope is that it will raise awareness of the trails and pedestrian recreational opportunities available around our city. We are open to tweaks and modifications to this course but here is a short description of the current Bozeman 360 route:

Counter-clockwise starting at MSU stadium:

- South on trails past Morning Star and Sacajawea schools.
- East through Sundance Springs to Tuckerman Park.
- North on Sourdough Trail to Kagy.
- East on Kagy all the way to Highland and Painted Hills.
- North through Highland Glen, over to Lindley Park.
- Continue through Lindley to Library, then north on Broadway to the climbing rock near the depot.
- North onto Story Spur, and continue around west to East Gallatin Park and Cherry River access.
- Frontage Road and Reeves to 19th Av, then south to Target (WARNING: ALONG THE BUSY FRONTAGE ROAD.)
- West on neighborhood trails to CJ middle school.
- South on neighborhood trails to Durston.
- West to Meadowlark school, then south through Flanders Mill and Ferguson to Huffine.
- East on Huffine sidewalk trail to College Street and on east to 11th Av.
- South on 11th back to the stadium.

Stay up to date on this event by checking out www.winddrinkers.org and our Facebook page.





Dear Wind Drinkers,

The longer, warmer days have arrived. The time of winter discipline, of running in darkness with a body covered in layers, will now pay off as we head joyfully into the sun-drenched mountains. Yes, there are dangers during spring. We may lose a shoe in deep mud, have to face down a hungry bear, or even share the trails with drunken bicyclists. For me, the biggest danger is over-spending.

Last year, in my tenth year as a back-of-the pack runner, I committed to only running races I had never run before. I did not have to leave Bozeman to enjoy new adventures. Even when I did travel, there were still plenty of races nearby. I found myself running around Chico, Anaconda, Billings, Butte, and Livingston, discovering journeys that were practically under my nose for years. I was overjoyed at the plethora of opportunities within 90 minutes of driving.

This year, due to a variety of circumstances that resulted in a temporary but necessary curb in my spending, I will refrain from registering for races this summer. I will selectively pick one (okay, maybe two) until my financial situation feels a bit better.

These little, year-long experiments always teach me something. Already, at the very start of race season, I have found myself feeling both longing (The 10K in Pony! How can I miss that?) and relief with the “only one (okay, maybe two) race” plan. I have devised strategies to assist friends in their training, to cheer as they face

their longest-ever event, to drive them to start lines and pick them up after dramatic finishes. I believe, in the depths of my spirit, that service is the key to a happy life. I work, daily, to find those openings to assist my beloved community in ways I enjoy.

The same lessons present themselves over and over again. By nature, I think of myself as a victim. This is very clear when I listen to my pre-coffee, pre-morning run, tired thoughts. “My teeth suck. I will be broke forever. I can’t register for that fun race in Helena or Pony or Bozeman. I will be alone and miserable until sweet, sweet death takes me!”

Then, the 2017 research began. I didn’t register for a race that called to me. I ran long with a friend instead. She was training for her first marathon. We ran for miles on rural roads. We saw mountain blue birds, we called each other “bad ass”, and I felt my running had a purpose. This time, I wasn’t training for my own finish time. Instead, I dug deep to support a friend in her scary, exciting adventure. I felt strong and happy. Already, the grand experiment of 2017 was paying off. My high class problem seemed to have a simple, delightful solution. If I can’t afford to register for races this season, then I can afford to support my friends and loved ones with time and encouragement in achieving their running goals.

Thank you, Dear Wind Drinkers, for helping me to enjoy the ever-unfolding facets of the running experience. This lifestyle challenges my innate self-pity and reminds me that we are all strong, as long as we get out the door and cheer each other, and ourselves, to the end of every beautiful day. Call me if you need a ride to a trailhead. I will be happy to do what I can for your running bliss.

Your devoted cheerleader,

Dee

The annual BSWD Spring Meeting and Kick-off Potluck is scheduled for Wednesday, April 26, 2017, at the Lindley Center (1102 E. Curtiss). The Potluck starts at 6:00PM, followed by a brief business meeting with announcements, updates on the Wind Drinkers' summer schedule of fun runs and races, distribution of winter fun run participation awards, and then a special presentation by Casey Jermyn, head cross country coach at Bozeman High, and owner of the Bozeman Running Company, describing last fall's national championship season for the Bozeman Hawks! Please plan to join in the fun. There is always plenty of food and drink.

The summer fun run season starts the following Wednesday, May 3, 2017, 6:30PM, at the Regional Park (W. Oak and N. Yellowstone)!



Discounts for Big Sky Wind Drinkers members

The race director, Sam Korsmoe, of the Greater Yellowstone Adventure Series is offering club members a 10% discount to all their races, including the Madison Marathon held on July 22. The Madison Marathon is one of six races in the series:

22nd Annual Madison River Run	June 3
6th Annual Madison Duathlon	July 9
10th Annual Madison Marathon	July 22
3rd Annual Big Sky Marathon	July 23
6th Annual Madison Triathlon	August 6
The Inaugural Tour de Gravelly	August 26

Check out www.themadisonmarathon.com or www.events.com for online signup. The discount code for club members is: BSWD2017GYAS

RACE CALENDAR

April

- 7 **Bozeman Without Borders 5K** charity run at Pete's Hill. Assembly time at 5:00 pm. Run starts at 6:00 pm. Awards follow at Pints with a Purpose (Zocalo Cafe) . To benefit projects at the Khwisero region of Kenya <https://runsignup.com> For info: Carolyn.egervary@gmail.com
- 15 **Bruce's Big Butte Challenge Fun Run.** Butte. 1 Mile, 5 and 11K courses to benefit Big Brothers Big Sisters of Butte-Silver Bow. No race day changes. Info www.bbbsbutte.org www.butteexchangeclub.org or buttespisandmoanrunners.com. Race day registration at MT Tech HPER Building Lobby, 1301 W Park St Butte
- 22 **Back From Bridger Run.** All distances start at the Bridger Bowl Parking Lot. Distances of about 3, 7, 10, 12 and 17 miles. Choose your distance so that you finish by 12:30 when the courses close. No headphones and no organized shuttle back to the start. Pre-registration not required. www.winddrinkers.org
- 26 **BSWD Summer Fun Run Kickoff Potluck.** 6:00 pm. Bring a dish to share. Special speaker, Casey Jermyn, Head Cross Country Coach at Bozeman High and owner of Bozeman Running Company. No formal run is planned.
- 29 **BSWD 360 Run:** 26 Miles or pick your distance. Course will showcase the super GVL Trail System in our area. Watch the web site for further details www.winddrinkers.org) for details. This run is unsupported.



May

- 3 **BSWD Fun Runs begin at Regional Park** 6:30 PM. W Oak & N Yellowstone Ave
- 10 **BSWD Fun Run at Highland Glen** 6:30 PM. W Oak & Ellis
- 17 **Southside Trail – Run & Potluck.** 6:30 PM Buchl Home at 15 E. Fieldview Circle Bring a dish to share.
- 20 **Baldy Blitz.** Baldy Blitz. Run from the M Parking Lot to Baldy and back. 9:00 am start at the M Lot regardless of rain, mud, sunshine, snow, wind, blizzard, grapple, fog or alien attacks. Unsupported so come prepared with your own snacks and appropriate drinks to honor a run of this stature. \$5.00 entry fee. www.winddrinkers.org/trailhead/races/blady-blitz-trail-run/
- 24 **BSWD Fun Run at Triple Tree** 6:30 PM. Sourdough Rd
- 27 **Frank Newman Marathon** or Marathon Relay in memory of the founder of BSWD. Starts on Bridger Canyon Road at 8:00 am and ends at Sacajawea Park in Livingston followed by a Picnic. **Volunteers needed.**
- 31 **BSWD Fun Run: East Gallatin Pond Rec Area.** 6:30 pm

June

- 3 **22nd Annual Madison River Run.** Ennis. 5K run to start off the racing season. www.themadisonmarathon.com 15 – 17 Montana Senior Olympics Summer Games for those 50 years of age and older. 5 Year Age Brackets. 5 & 10K Road Races, Track & Field Events, Cycling, Racewalk and much more Call 406-586-5543 or email kayjn3@gmail.com for information

RACE CALENDAR—CON'D

JUNE

- 15 – 17 Montana Senior Olympics Summer Games for those 50 years of age and older. 5 Year Age brackets. Competition in 5 & 10K Road Races plus Track & Field. Medals awarded in five year age groups. www.montanaseniorolympics.org. 406-586-5543 Games are being held in Polson, Ronan and Pablo.
- 17 **38th Annual Heart & Sole 5K Billings** Designated The RRCA Western Region Championship. Save the date. More info soon.
- 17 **Old Gabe Trail Run.** Details to follow. runski@bresnan.net for info
- 24 **Wulfman's Continental Divide Trail Run.** Starting at Pipestone Pass outside of Butte. Info to follow. ButtesPissandMoanRunners.com

JULY

- 15 **Devil's Backbone Trail Run.** Info to follow. Email; runski@bresnan.net
- 22 **10th Annual Madison Marathon.** Ennis. Save the date

AUGUST

- 5 **BSWD Sweet Pea Run.** Save the date
- 12 **Ed Anacker Ridge Run.** Wind Drinker Classic!!

SEPTEMBER

- 16 **Wolf Creek Wrangle.** Eaton's Ranch located 20 minutes outside of Sheridan, Wyoming 5&10K Run/Hike and a half marathon. Registration starts at 8:00am. All races begin at 9:00am with a time limit of 5 hours. BBQ Lunch to follow. Proceeds benefit Habitat for Humanity of the Eastern Big horns. Register the day of the event or online at www.itsyourrace.com(Wolf Creek Wrangle).

Texas A&M-Kingsville Running Study

Hello,



My name is Ross Fiegenger and I am a student assistant at Texas A&M University-Kingsville. I am helping a professor conduct a study on runners of any experience level as they are training for a run of any distance - *1 mile all the way up to an ultra.*

Would you be interested in helping us? You need to be within the first 25% of your training cycle for the event, over 18, and provide a valid email address to participate. It is a simple series of four surveys, one at the beginning of training, one half way, one $\frac{3}{4}$, and one post event; each only take about 5 minutes to complete and can be done on any device connected to the internet.



The study will help provide an in depth look at changes in a runner's feelings of confidence and preparedness over the course of a training cycle.

Here is the initial link:



https://tamukhk.co1.qualtrics.com/SE/?SID=SV_6rKamUIIB3IJM5D

If you need any additional information please let me know. Thank you for your time and I look forward to hearing from you,

Ross Fiegenger
ross.fiegenger@students.tamuk.edu



**DISCOUNTS FOR MEMBERS ARE AVAILABLE
AT MANY LOCAL BUSINESSES INCLUDING;**

Bozeman Running Co.,

Gallatin Alpine Sports

Bob Wards

Schnees

Roundhouse

Universal Athletics

Bozeman Hot Springs

Excel Physical Therapy

Wholistic Running

Rootstock Acupuncture

Signs of the Mountains

Clinical Massage Concepts

See www.winddrinkers.org for updates and more information.



**“FITNESS CANNOT BE BORROWED, BOUGHT OR
BESTOWED; LIKE HONOR, IT MUST BE EARNED.”**

THE WIND DRINKER

Published monthly by the Big Sky Wind Drinkers, a non profit organization devoted to the promotion of physical fitness. Membership is obtained by sending dues to BSWD, PO Box 1766, Bozeman, MT 59771-1766. Memberships are \$15 per year starting in April, or \$10 after October 31.

Benefits of membership are receiving this newsletter, getting discounts listed on last page, and opportunity to vote at annual meeting (and of course all fun runs). Submissions to newsletter

must be in by 25th of month to

aikidonerd@yahoo.com

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For recent updates on what's happening with the BSWD, get on the web; www.winddrinkers.org

Race Directors, please submit your calendar information by the 25th of the month to Kay Newman. Please include contact information, date, and distances. Please do not send an attachment with huge flowery descriptions; just the simple facts. Race Calendar: Always check www.runmt.com for race updates and more details.