



January 2017 Newsletter # 472



Renew your BSWD membership at:
www.winddrinkers.org

Hello everyone--

Mr. Blank was co-founder of the Big Sky Wind Drinkers running club. He and the late Frank Newman signed a pledge on a napkin in 1973 initiating the idea of a club devoted to the principle:

"Although physical fitness is the aim, it is recognized that individuals will differ in their prowess and adroitness as runners. Therefore, it is not important how fast one runs but that one runs."

Rest In Peace, Mr. Blank.

Alvin Andrew Blank "Andy", of Longmont, died December 13, 2016 at Longmont United Hospital. He was born in Placerville, California to Francis Harrison and Josephine (Miller) Blank. Following his high school graduation from Placerville High School, he went on to graduate with a bachelor's degree from the University of Montana, Missoula. That education led him into administration at Montana State University, the University of Northern Colorado, and finally the University of Houston, retiring in 2012. Andy served in the United States Navy and was a POW in the Korean war. Andy loved the outdoors, nature and wildlife and was an avid bird watcher. He was a fly fisherman who tied his own flies. Andy loved movies, wrote short stories and poetry and tended to his bonsai. He was a voracious reader, particularly of philosophy, and held hundreds of books in his personal library. He loved art, theater and music, particularly the protest songs of the 60's. He will be remembered as a practical joker. As a leader Andy wanted others to be successful, and he worked hard to help people build their self-confidence and self-worth. Andy was an amazingly successful person despite the hardships that he had to endure, and found happiness and positivity throughout his life. Andy was the co-founder, along with Frank Newman, of the Big Sky Wind Drinkers running club in Bozeman, Montana. He was a marathon runner who had a run held in his honor. In 1966 Andy married Karen Tomsik. They later divorced. He happily shared the past thirty years of his life with his life partner and wife, Merna Jacobsen. Survivors include his wife Merna Jacobsen; his son Jason Charles Blank and his wife Lisa Marie; his daughter Kristine Marie Andersen and her husband Rene; and his sister Donna Pryor and her husband Robert; along with several nieces and nephews. Preceding Andy in death were his parents, his first wife and his sister Connie Rogers. Andy was easily recognized because he always wore bright shirts and ties. The family requests that you honor his memory by wearing bright colors to his service. A Celebration of Andy's life will be held at 2:00 pm on Saturday, January 21, 2017 at the Howe Mortuary Chapel. A reception will follow the services.

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



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The Wind Drinker

Share condolences at www.howemortuary.com - See more at: <http://www.legacy.com/obituaries/timescall/obituary.aspx?n=alvin-andrew-blank-andy&pid=183118637&#sthash.KTpfULed.dpuf>

Andy was a great leader and amazing story teller. He will be greatly missed!

~Brandon Brewton Houston, TX

My love and condolences go out to Andy's family.

Andy was such a generous, gracious and loving person with the biggest heart of anyone I have ever known. There surely must have been a ripple in the fabric of world on the day he passed.

I was honored to have been a small part of his life...he was a bigger than life part of mine. I was his "movie" buddy while he was at UNC. My children, Matt and Sara, thought he was the coolest dude they knew. We were all better because of Andy. Andy, you were much loved! Candy Gibbons (Langford).

~Candy Gibbons Englewood, CO

My deepest sympathy to the family. I truly loved working with Andy in the Division of Student Affairs at the University of Houston.

~Juanita Jackson Houston, TX

I have fond memories of Andy from my days as an RA on 9th floor Roskie Hall at MSU in Bozeman, more than 40 years ago. Run well Andy.

~Jurgen Weiel

There are few people in this world who have influenced my life like Andy . He was a true leader in every sense and I often think of him and ask myself "wonder what Andy would do in a case like this". He taught me how to fish, drink, have fun, and respect my fellow man. I wish I'd have known more about his past , but Andy was private about that and kept his past to himself. I worked for him for four years in the dormitories at the University of Montana in Missoula,, 1964 to 1968. I am saddened to that he is gone , but I know he will live on on the memories of the thousands of people that he touched in his time here.

~Ray Glasrud



Dear Wind Drinkers,

If you haven't already seen the clip, I highly recommend watching the TED talk, "I am not your inspiration, thank you very much". The video is under ten minutes long and could cause a shift in perspective. The basic premise is that by objectifying people with disabilities in order to use them as inspiration, we are doing a disservice to both them and ourselves.

The themes in this video came to the forefront of my mind recently when I discovered a spider in my bathroom. On one side of her body, she has the typical four legs. On the other side, she moves about using only one leg. I have watched her descend down a ten foot web of her own making, I have seen her climb an entire wall from bottom to top, and I have watched her eat food that was half her size, all with only 63% of the typical number of spider legs. I was inspired. I thought of her as "a total bad ass". I begged my husband to spare her life. I took her photo to show my officemate. She became another creature in my home that I cared about and rooted for. I called her "Little Monster" early on, as the photo I took of her inspired fear and repulsion in anyone who was brave enough to bear witness to the amazing feats of my new housemate. Eventually, she became "L", and then "Elle". We had much in common: we both had names that were one letter, we both spent lots of time eating, and we both knew that multiple animals in our home would kill her, given the opportunity.

When I remembered the TED Talk about objectifying people with disabilities, I felt guilty. Then a friend, who I know to be supportive of people with disabilities, suggested that I call my spider-buddy "Quint". I wanted to explain to him that she is more than her number of legs. First and foremost, she is a spider. Even her photo inspires creeped-out fear in humans a million times her size. She has endured for months in a home with two cats who would like to crunch her tasty exoskeleton. She is a super-hero!

I also thought about the year that I ran the Ridge Run dehydrated starting at mile 11. My head hurt, I couldn't see the beauty around me, and by mile 15, I wanted to simply be done. That had never happened before. During that year's event, I spent some time with two men who were battling cancer. They stayed positive. They were grateful to be alive. They seemed to be on another planet. Objectifying them as inspiration proved fruitless. Yes, they kept an optimistic attitude, even in the face of a killer disease causing harm to their bodies... But their spirits somehow seemed different and tougher than mine. They were in a world of sunshine, enjoying the day, while I was pondering the cost of a helicopter rescue. They took off and completed the race.

About five miles before my own finish, I came upon a man participating in the Ridge Run who was struggling with his prosthesis, which was not fitted properly to his leg for such an adventure. He was crabby and obviously not having fun. He was in pain. I stopped for a moment to ask him what inspired him to sign up for the Ridge Run. He responded, "I don't remember. It seems like a pretty bad idea right now." His honesty was refreshing. Not quite like a cold drink of water, as I was dehydrated in the middle of a very hot Ridge Run, but pretty darned close.



I remembered being thrilled to get in to the Ridge Run earlier that spring, loving the training, and feeling like other Ridge Runs had been joyfully life-altering. In that moment, however, I stood with a fellow human who was dealing with the reality of how much farther there was to go. Together, we both faced the desperate necessity of taking the next six miles “one step at a time” until we crossed the finish line. He was my inspiration not because he was over-coming a disability but because he was willing to tell the hard truth: I trained for this. I paid for this. I regret starting this. I have no idea how I will finish this. We were comrades in chosen hardship. I wished I could inspire him. Instead, I continued forward step by step, and trudged on towards the watermelon I hoped would be at the finish line.

Dear Wind Drinkers, thank you for providing an environment where we all, regardless of body shape or ability, have the common experience of being outside, pushing the limits of our bodies, and expanding the parameters of our minds.

Your devoted running buddy and defender of spiders,

Dee



Fun Run Results for December 2016

Jingle Jog - 12/10/16 - The weather cooperated with cloudy skies and not too cold temperatures so 31 participants enjoyed a run followed by the cookie pot luck. Thanks to Jenna Fallaw for setting up the courses and to Jim Nallick and Gary Hellenga for timing. Times are as follows:

1.2 Miles: Sierra Holleman 13:39;

Tobias Holleman 15:26; Tracy Dougher 17:16; Asher Rogers 18:47; Don Rogers 18:48; Sam Bass 19:58; Tommy Bass 19:59; Mia, Jack & Jay Dudas 25:15; Bob Wade 37:35; Kay Newman 37:37.

3.4 Miles: Andrew Holleman 30:07; Pam McCutheon 35:23; Leonard Baluski 43:23; Claire Rembert 49:03; Melissa Casper 49:04; Susan MacCall 49:32; Molly Ward 49:34; Mary Hoagland 55:26; Lana Aderholdt 55:28; Lucy Rutzen 1:01:31; Karen Rutzen 1:01:34; Lindsay Dean 1:01:35.

4.6 Miles: Scott Flatlip 32:43; Rob Maher 34:00; Ana Brown 41:19; Bob Eichenberger 41:40; Tom Moore 41:44; Bonnie Eichenberger 49:54; Gail Cary 49:55.

RACE CALENDAR

January

- 7 **Fat Ass.** Burn off those calories you put on over the holidays. Save the date and start the New Year with a run at the Headwaters State Park located outside of Three Forks. Run a 50K (or whatever your selected distance) 5K at a time on a road or trail course. If it is below zero in Bozeman at 7am, the run will be held on 1/14/17. Course officially closes at 3:00 pm. www.windrinkers.org

February

- 11 **BSWD Froze Nose** at MSU (corner of S 11th and Grant) 9:00 am start. 3 courses of about 1, 3 and 5 miles. Your finish time at this event determines your starting time at next months Handicapped run.
- 11 **Love ‘em or Leave ‘em 5K.** Bozeman. Starting at the Filling Station on N. Rouse. Course includes the East Gallatin Recreation Area. Individual or couples division in honor of Valentines Day starting at 9:00 am. Fun at the finish with music at The Filler. <http://loveorleave.weebly.com>
- 18 **Wulfman’s Frigid Digger Run** Butte. 7.3 Mile Run or 3 Mile Run/Walk. Starts behind MT Tech at 10:00am. Race Day Registration 8:30-9:45. Info or registration at www.Buttesspissandmoanrunners.com

March

- 4 **BSWD Handicapped Run** Starting times for those who did not participate in the Froze Nose last month will be 9:15 for the 5 Mile course, 9:30 for the 3 Mile course and 9:45 for the 1 Mile course. See if you can improve your time. Starts at the corner of S 11th and Grant.
- 11 **AOH St Pat’s Race.** Anaconda. 117 E Park. 3 & 6 Mile courses. Bus to the starting lines at 10:30 am and start at 11:00 am

April

- 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.windrinkers.org

May

- 20 **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.

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
- 17 **38th Annual Heart & Sole 5K.** Billings Is designated The RRCA Western Region Championship Save the date. More info to follow.
- 24 **Wulfman’s Continental Divide Trail Run.** Starting at Pipestone Pass outside of Butte. Info to follow. Www.ButtesspissandMoanRunners.com

July

- 22 **10th Annual Madison Marathon.** Ennis Save the date

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

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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

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OFFICERS FOR 2016

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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.