



# November 2016 Newsletter # 470



Renew your BSWD membership at:  
[www.winddrinkers.org](http://www.winddrinkers.org)

**UTMB and Me:** Runners are goal-oriented folks. We sign up for a race and begin training with a laser-like focus that borders on the obsessive. The race motivates us. Drives us forward. Challenges us. Occasionally, it inspires others as well. The funny thing is, through all of the long runs, mile repeats, fartleks, painful roller sessions, and ice baths we find pleasure. Often, we look back and realize that the best part of the race was preparing for it. The support we receive from friends and family binds us and makes us physically stronger, mentally tougher, and even spiritually connected.

I say all of this because I have become inspired. I am planning an obsessive training regimen. I am prepared for the hard miles and soar muscles. And, I need your support. One of the best ways to ensure that you stick to your plan and reach your goals is to be accountable to others. Say it out loud. Include your community in the process. Make sure friends and family know what you are up to and ask that they call you out and keep you on track. I am asking you to do that for me.

I intend to run the Ultra Trail Du Mont Blanc. This is a 170KM (105 miles) trail race that climbs over 30,000ft. You start and finish in Chamonix, France and travel through Italy and Switzerland along with 2,000+ international runners.

To get in you have to accumulate points in regional qualifying races over a 1-2 year period. Then, having completed multiple ultramarathon races, you are entered into a lottery along with 6,000+ other crazies for the chance to participate in this sufferfest with a view. I can't wait!

It is going to be a tremendous challenge and I will need all of the help I can get. Perhaps there are other runners in town with their eye on this prize as well. If so, let me know. Even if you don't have an interest in flying across the world to run up and down hills I hope that you will join me in my preparations to toe the line at UTMB. I already know that the journey will be greater than the race and I look forward to sharing it with you.

By James Childre



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



<b>Inside this Issue:</b>
UTMB and Me page 1
Middle Age Medita- tions: Page 2
Race Calendar: page 3
Fun Run Results: pages 4
BSWD info/discounts Page 5-6

# The Wind Drinker

## Middle Age Meditations

By Dee Metrick

Middle age has brought a number of subtle shifts into my life: I need reader glasses, time seems to move dramatically faster, and, most importantly, I find myself drifting towards unexplored places during my runs.

This seeking out of new experiences and routes has left me inquisitive even when not running. Suddenly, images produced by the Hubble telescope are worth pondering as I consume my morning coffee. They stick in my brain as I run wandering routes during sunrise, picking my course based on clouds that look like nebulae.

Once again, as my curiosity peaked about what could be found around the next unexplored corner, my greed for miles led me to injury. For a few weeks in August and all of September, I was unable to run. The usual side effects resulted: anxious mind, insomnia, elevated resting pulse. I felt irritable and ill. With a bit of hesitation, I decided to step up my meditation practice. Instead of running, I would sit. Motionlessness would become my super-power. My mind would be free to wander the universe, without gravity or anxiety to pull my thoughts back towards to-do lists and self-deprecation.

On Mondays, Tuesdays, and Thursdays I have three people who will meet me in the wee hours of the morning for outdoor adventures within Bozeman's city limits. Two of those people are significantly faster than I am. Just being with them once a week makes me stronger. During my injury, I contacted a friend who went from seemingly loopy to calm and serene. I asked her if she meditated. She replied, "Every day." I asked her how long she could sit silently with an empty mind and she explained that her mind is not empty the entire time, but she does let thoughts wander by. Also, she could sit for an hour. That seemed excessive. She suggested we start with fifteen minutes. I proposed Wednesday mornings at my typical run time. She agreed.

During my healing, we met for many weeks in a row. We sat silently side by side. I listened to my breath. I let a cramp come and go in my foot without being dramatic or expressive in any way. I learned every time we sat together. I visualized Hubble images and then emptied my mind again. I felt anxiety and let that move through even on more quickly than my foot-cramp. My mind grew stronger. The silent, still minutes moved by faster. I left my Wednesday meditation feeling inspired and calm.

My running buddies are some of the most important people in my life. They are there, week after week, year after year. They witness multi-year work projects and relationships. They walk with me when my running enthusiasm leads to a need to slow down for a bit. Over the years, we consistently enjoyed the changing seasons, sunrises, and movement of time together. After every run, I leave them feeling more confident, strong, and loved.

Anyone who has even the smallest bit of experience with a regular running routine knows that cross-training is required for long-term health. I would like to suggest meditation as another form of cross-training. My meditation buddy has been as inspiring and helpful in personal growth as those who meet at 6am with headlamps and Garmin's. I hope this Wednesday routine will stick as strongly as my running partners. Perhaps in the near future, 15 minutes of meditation will seem as adorable as my joy over my first uninterrupted mile of running. I can only hope that someday, when a neurotic, injured, compulsive over-runner asks me about my meditation practice, I can respond with, "Everyday. For an hour."

Thank you, dear Wind Drinkers, for helping me to stay curious and joyful in my life, expanding my horizons through races, running buddies, and even injury. May your adventures continue to expand your life experiences and alternative ideas of cross-training.



## **RACE CALENDAR**

### **October**

**29 Montana Cup** Bozeman. Cross country course starting at the softball fields near Highland Blvd with regional city teams. Women start at 12:00 pm followed by the men at 1:00 pm. Official team jersey required. Cost is \$12 per person until October 15. [runsignup.com](http://runsignup.com)

**29 Run for your Life.** Bozeman. RunSignUp.com. 5 & 10K courses. To fight suicide in the Gallatin Valley. Starting at Bobcat Stadium on W Kagy Dr. 10K at 10:00 and 5K at 10:15 Contact: info@bozemanhelpcenter.org.

**30 BSWD Halloween Costume Fun Run** with a new starting time of 2:00 pm at the corner of S 11<sup>th</sup> and Grant on the MSU Campus. Distances of approximately 1, 3 & 5 Miles

### **November**

**5 Jim Banks Turkey Trot.** Another BSWD Tradition with turkeys awarded to those who finish closest to their predicted finish time. Starts at 9:00 am at the Foothills Fellowship Church on Centennial Drive. Distances of 1.3, 2.7 and 4.4 Miles. See the website at [winddrinkers.org](http://winddrinkers.org).

**11 Veterans Day Run.** Butte sponsored by the American Legion. Race day registration at Stodden Park with starting time at 11:11 am. Distances of 2.5 and 5.2 Miles Info at [Buttespissandmoanrunners.com](http://Buttespissandmoanrunners.com).

**19 Bon Appetite BSWD Fun Run.** 9:00 am start at the Elks Parking Lot (205 Haggerty Lane). Run your personal course finishing in about 30 minutes. The group will then go to a No Host Breakfast at a selected restaurant. Call 586-5543 for info.

**24 Huffing for Stuffing.** Benefits the Gallatin Valley Food Bank. Start at Museum of the Rockies. [www.huffingforstuffing.com](http://www.huffingforstuffing.com)

### **December**

**3 BSWD Jingle Jog** starting at 9:00 am. Location to be announced. Get ready for Christmas by participating!! [www.winddrinkers.org](http://www.winddrinkers.org).

### **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](http://www.windrinkers.org)

### **February**

**11 BSWD Froze Nose** at MSU (corner of S 11<sup>th</sup> 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.

### **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 11<sup>th</sup> 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.winddrinkers.org](http://www.winddrinkers.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 22<sup>nd</sup> Annual Madison River Run.** Ennis. 5K run to start off the racing season. [www.themadisonmarathon.com](http://www.themadisonmarathon.com)



## Fun Run Results for October 2016

**Back to Bridger** - 10/15/16 - The traditional Back to Bridger Run was held on the road to Bridger Bowl on a bright sunny day with snow covered mountain tops in the distance. The VPs did a great job setting up and timing the courses. Thanks to Bob Eichenberger, Gary Hellenga and Leeanne Roulson for their hard work. Times are as follows: **17.5 Miles:** Rob Maher 2:34:36. **10 Miles:** Rick Cooper 1:39:26; Kathleen Shankwitz 1:44:36. **7 Miles:** Charles Eichenberger 55:02; Neal Rainey 59:15; Rachel Ruggles 1:11:33; Lynn Hellenga had no time recorded. **3 Miles:** Teresa Galli 31:45; Leonard Baluski 35:00; Randy Oostema 38:07; Leon Shearman 49:24; Jean MacInnes 50:11; Kay Newman 55:51.



Don't forget to dress up in your favorite costume and join us for the **BSWD Halloween Costume Fun Run** with a new starting time of 2:00 pm at the corner of S 11<sup>th</sup> and Grant on the MSU Campus. Distances of approximately 1, 3 & 5 Miles



## 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  
Website: [www.winddrinkers.org](http://www.winddrinkers.org)

### OFFICERS FOR 2016

**Prez:** Rob Maher [rcmaher@hotmail.com](mailto:rcmaher@hotmail.com)

**Vice Presidents:** Whitney Adams, Craig Hildreth, Tracy & Frank Dougher, Bob Eichenberger, Jenna Fallaw, Carrie Gaffney, Leanne Roulson  
Membership: Darryl Baker, 582-5410

Treasurer: Jacki McGuire

Results, Calendar: Kay Newman  
[kayjn3@gmail.com](mailto:kayjn3@gmail.com)

Secretary: Kathy Brown

Equipment Mgr: Leigh Holleman  
[leighholleman@msn.com](mailto:leighholleman@msn.com)

Publisher: Tom Hayes

Newsletter Editor: James Childre  
406-224-0244 or [james@redpointmontana.com](mailto:james@redpointmontana.com)

For recent updates on what's happening with the BSWD, get on the web; [www.winddrinkers.org](http://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](http://www.runmt.com) for race updates and more details.

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](http://www.winddrinkers.org) for updates and more information.



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