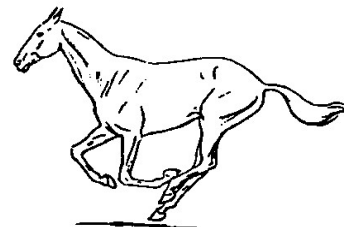




# May 2013 Newsletter # 428



THE WIND DRINKER IS A  
NEWSLETTER FOR RUNNERS OF  
ALL ABILITIES

Renew your BSWD membership this month at:  
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Please go green and save the club money by  
opting to receive your newsletter via email.

# The Wind Drinker

## The President's Corner

By Bob Wade

The Big Sky Wind Drinkers has a very close relationship with the Gallatin Valley Land Trust. (GVLТ) The GVLТ has helped build most of the trails in and around Bozeman. The BSWD holds many of our Fun Runs and formal races all or partially on these trails. And many runners use the trails for their daily runs.

To pay back the GVLТ for all the trails, part of the proceeds from the Ridge Run are donated to the GVLТ. Many BSWD members are also members of GVLТ. In June there are two events sponsored by GVLТ.

June 1 is National Trails Day. Volunteers are needed to build a new trail on hospital land and to spread gravel on the trails in Lindley Park. Volunteers should be at the Lindley center at 9:00 AM. You need to be dressed to work and gloves are an advantage. There will be rakes and shovels available but feel free to bring your own. Lunch will be served at noon. See you there.

At 1:00 on Trails Day Riley's bridge will be dedicated. This is a new bridge on the Sourdough Trail that replaces an older, less safe bridge. To cross the old bridge required a 90° turn at each end of the bridge. This was not good for cyclists. The new bridge will make the trail bridge transition better.

## The Mature Runner

By David Summerfield

You Run Boston – You Mature Fast!!

Having run 4 “Bostons” many years ago, and having attended Boston University in the ‘60’s – in the heart of downtown Boston – the bombings at the finish line really struck home. There’s been so much TV coverage, so much “press” saturating our senses, I couldn’t see how to add one more word. Then I heard this essay read by its author, Robin Young, on her “Here And Now” program (NPR) on April 16th. For me, it caught the true spirit of Boston and made me cry and smile all at the same time. I asked Robin for permission to reproduce this essay for you – but she never wrote back. So, here it is in quotations, and I trust my temerity in doing this will be allowed – all in the spirit of “Boston”. Once you’re a Boston Marathon veteran, you’ve joined a big family. Thank-you Robin!

“So, what to make of this? You know it’s almost embarrassing how great Patriots’ Day is here in Massachusetts. You want historical reenactments? Ours start at the crack of dawn with the ringing of the Old Belfry bell next to Battle Green in Lexington, where earnest citizens, dressed as either the

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



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On June 21 the GVLТ sponsors the Longest Day Of Trails. This is a membership drive for GVLТ. The Gallatin Valley Bike Club leads people on bike rides along trails in Bozeman. The rides start at the Ale Works. There are rides taking off once an hour from dawn to dusk. More details will be available soon. GVLТ has several projects they are working on that BSWD members will be happy about. They are going to add 1.8 miles of trail to the Triple Tree Trail. This trail will replace and extend the steep part of the trail going to the bench. This will make this trail more runnable.

They have also negotiated an agreement with the hospital to create a two-mile single-track trail on the eastern most part of the hospital land. This area has had a groomed cross-country ski trail for several winters. Now it will be a great place to run in the summer. Both of these projects will be started as soon as spring (non snowing spring) arrives in Bozeman. Finally the GVLТ will use a City Park Improvement Grant to complete the trail around Bozeman Pond and resurface the existing trail. This might be a great place for a BSWD Fun run and Potluck. When you are on trails in Bozeman, ask yourself "Who made this trail?" The answer is most likely the GVLТ.

#### **FOR IMMEDIATE RELEASE**

Turi Hetherington  
Molte Yoga Retreats  
406.581.3636  
info@molteyogaretreats.com  
<http://www.molteyogaretreats.com>

The newly launched holistic health business Molte Yoga Retreats is teaming up with legendary ultra runner Nikki Kimball July 19-21 for a mother-daughter weekend of yoga, running, fun, and female bonding to benefit the Gallatin Valley Chapter of Girls on the Run (GOTR). Taking place at the scenic Homestake Lodge, on the Continental Divide near Butte, Montana, the retreat features two nights of lodging, yoga for all levels, running workshops, outdoor games, a life coaching workshop, a mother-daughter 5K fun run, camp fires and more. GOTR is a transformational learning program for girls 8 to 13 years old, designed to teach life skills through dynamic, conversation-based lessons and running games. The goal of the program is to unleash confidence through accomplishment while

*See page 3*

Lexington Minutemen Company or His Majesty's Tenth Regiment of Foot, go at it in a reenactment of Battle of Lexington, 5:45 a.m. April 19, 1774."

"I lived in Lexington a million years ago and was thrown out of bed by the cannon booms! Yesterday when I saw the explosions, I thought for a split second of the musket smoke shrouding the Lexington Green. At about the same time, thousands more runners begin boarding buses for the drive out to Hopkinton for the start of the Marathon. But they've been here all weekend, as much a sign of spring as crocuses and yellow slickers. I saw them at the Sox game on Sunday – they stood out. No offense Red Sox fans, they obviously hadn't been sitting around watching baseball games, they were in such great shape. There was another Red Sox game yesterday, the only one in major league baseball played in the morning, out of respect for the Marathon. Fenway Park is just a stone's throw from the finish line so the two events tend to blend. In fact, one of my favorite memories involves both."

"I was a young director working the game for the old TV-38, when word came that the local favorite, Billy Rodgers was coming down Comm. Ave, and was going to win the Boston Marathon. I dropped my cables and started running to the old Eliot Lounge On Comm. Ave, which bartender Tommy Leonard had turned into a favorite watering hole for runners, including his best friend Billy. And as I ran I heard this clicking noise. Right behind me, Red Sox pitcher Bill Lee was in full uniform, glove in hand, cleats clacking, running to cheer his pal Billy on – which we did, screaming our heads off as he rounded the corner to the finish line."

"Yesterday when I saw the explosions, I thought for a split second of the musket smoke shrouding the Lexington Green. Who could have imagined that runners and their supporters would suddenly seem as brave? Two grown sons from the Norden family of Wakefield, Mass. each lost a leg. An eight-year-old was killed, and his seven-year-old sister lost a leg. This morning I talked to a friend, Dr. Ron Medzon, an emergency physician at Boston Medical Center's emergency room. He said a young woman begged him to save her leg. 'I'm a world class dancer,' she said. He had to tell her, it may be too far gone."

*(Continued on page 3, Mature.....)*

establishing a lifetime appreciation of health and fitness. Proceeds from Camp Kimball will go to support the growth and development of a new GOTR Chapter in the Gallatin Valley, offering scholarships to girls who otherwise could not be a part of the program.

As a life long student of endurance sports, Kimball is a natural fit for running this GOTR benefit through Molte Yoga Retreats. Kimball began her professional careers in both physical therapy and ultra running in 1999 and studied the mechanics of running and treatment of running injuries, co-creating “The Running Clinic,” a multidisciplinary monthly consultation service for local running athletes. Living in Bozeman, Montana since 2004, her career highlights include membership on 14 US National Teams, three time winner of both North American and USA Track and Field Association’s Ultra runner of the Year awards, several National Championship titles and a World Cup team gold medal in 100km road racing. Most recently, she set the female Fastest Known Time on Vermont’s Long Trail, while raising money for Girls on the Run.

Molte Yoga Retreats was conceived by Turi Hetherington, a yoga instructor, ski instructor, and former Executive Director of the non-profit Professional Ski Instructors of America and American Association of Snowboard Instructors – Northern Rocky Mountain division (PSIA-AASI NRM), who also strongly believes in the GOTR mission. After 20 years of living, working and playing in Montana, Hetherington discovered that her most energizing, empowering, and inspiring experiences came from her yoga practice and time spent and time spent outdoors. Incorporating her experience in business management, hospitality and sports instruction with this passion for mountain living, Molte is her way of sharing this discovery with other busy women who seek more balance and life energy.

Camp Kimball is only one of Molte’s many workshops and retreats. Others can be customized to suit any group and skill level, and they consist of any combination of meditative yoga sessions, Chi Running or Hiking, trail running, nutrition discussions and sharing the experiences around a table with other women, dining on fresh, local cuisine. Overnight retreats include cabin-style accommodations as well.

To learn more about the upcoming Camp Kimball and other Molte Yoga Retreats, check out

(Continued on page 4)

“Then he said something marvelous. I asked him how he was feeling. Was there a sense of something being ‘over’ in Boston? He said no. ‘I’m angry. I’m angry at the temerity of someone who would do this. But you know what? If they wanted to kill a lot of people? They picked the wrong marathon. They picked the wrong city. We must have saved 20 people today just at our hospital. There are five others.’ I don’t know if they will decide to run again next year. But if they do, they will be, to me, as heroic as those farmers years ago in Lexington. And we who live here? Pledge to be there as well. Screaming our heads off. As Dr. Medzon said earlier: Whoever did this, they picked the wrong Marathon. They picked the wrong city.”

- Robin

Young (copied by David Summerfield)

### **Dear Wind Drinkers,**

Generally, there are two reasons why we run: love of the sport or compulsion. This time of year the early sun, the hints of green that start in the valley and move upward, and those brief moments of warm sun draw me out of my house and onto the trails and roads. This is a season of running for the joy that comes so easily.

Winter, for me, is a season of resolve. We wake up in the dark, we go out into the cold, and our tenacity leads us to our pleasure. In January of 2012, Sherry Arnold rose early for a run, put her shoes on, left her home, was kidnapped, assaulted, and murdered. Before the officers unearthed her body in another state, they found her running shoe on the side of the road. Sherry’s death, and especially that single sneaker, haunted me for many months. I could not run without thinking of her. I could not start my day without sending love and healing to her family. The idea that I might someday run again feeling blissfully safe seemed ludicrous. Still, I pushed myself out the door because of my true faith in the healing power of running. This conviction goes deep, and continues to strengthen over time.

(Continued on page 4)

As was to be expected, when dark winter days lengthened into long, bright summer days, my fear of sick men and violence faded. Putting on my shoes and bouncing towards the sunrise began to feel safe again. I counted my blessings and said a patriotic thank you to all of the people through time and today who created a land where I, as a Bozeman resident woman in middle age, could leave my home alone, head out on a rural route in running shorts and feel safe.

My first 18 years of upbringing were in urban NY. The notion of “getting back on that horse” or “back into the saddle” did not make sense to me. But after 8 years as a runner, the idea of simply putting on my shoes and getting out the door immediately inspired a sense of calm. This is my sort of faith.

Within the last few weeks, the running community faced the terrors of the Boston marathon. We thought of our loved ones who wait at the finish line with food, cameras, and unconditional love, with no reason to be there besides a love of running or runners. How many of my family members (especially my most wonderful man-hunk) and friends have been waiting on a sidewalk or at the end of a trail while I set aside the pain of dark toenails and approached bliss through exhaustion? The thought that they may be harmed in those moments never occurred to me before the explosions at the Boston marathon. With the return of fear after a rare running horror, I plan to put on my shoes and head out the door, joining an anticipated 50,000 people for my first ever Bloomsday experience next week. I will meet my sister there. We will have friends on the sidelines. The fact that the men who set off those bombs in Boston have been identified and stopped from future violence is comforting to me but I am still nervous. There is nothing to calm my fears but, as we say in NY, to get back on that subway and ride the train.

With feet that move in the face of distress, your devoted editor,

Dee

www.molteyogaretreats.com or contact Turi Hetherington at (406) 581-3636.

### **Flaggers Needed**

We need Flaggers for the Bozeman Triathlon, Sunday, June 23, 2013. The Triathlon is early this year, but we hope you will save the date and help us out. We are planning to get enough flaggers so that your time commitment will be from 2-3 hours max.

Contact:

Brenda Hagel: 406 581 1418 or

Bhegel56@gmail.com

Wendy Gerez: 406 586 1417 or

Wendygerez@gmail.com

### **RIDGE RUN OPPORTUNITY – NEED HELP**

For anyone who loves the Ridge Run and wants to be more involved with the behind-the-scenes goings on, here is a way for you to be in the thick of it. It's pretty fun!

For the past 13 years or so, I have taken care of registration of the Bridger Ridge Run. I am now moving on to other life missions. We've had our challenges, but by this time we have it pretty streamlined and ready for the next person to take it on. Maybe that's you! You'll need computer skills, love of the race, and a willingness to help.

Here are some of the duties:

- setting up RaceMontana.com with current dates, prices, or whatever changes from the previous year (pretty simple once I show you)

- downloading the lottery registrants from RaceMontana.com, distributing to the Selection Committee in usable format (also not too big a deal)

- organizing the final selections of the lottery and notifying by email: 1. chosen, 2. not selected and 3. freebies like past winners or ten-timers using Mail Chimp (this takes a bit of time - half a day or so)

- downloading race registrations from RaceMontana.com, keeping track of drops, and submitting to whomever needs the list, i.e. Casey Jermyn as timer, David Summerfield as race director.

- Figuring out who is in which wave - you can get help from David Summerfield, or Darryl Baker or someone

who knows the runners. Part of it is factual time estimates that the runners give you, and part of it is using your own judgment. If a flatlander Florida marathoner says he'll do a 3 hour race, chances are it will be more like 6 hours!

- emailing Ridge Runners with any reminders, and who is in which wave, before the race, again using Mail Chimp, plus answering questions regarding registration.

- You may get emails after the race, and would forward those to David, or answer if it's something simple.

There are, of course, more details. You would "intern" with me this year, and then take it over fully next year. It's a fun way to see who is running, read the entertaining paragraphs, and help the club. It is two bigger bunches of time; one around the lottery and registration (May 12 – 18, and May 26 – June 1) and then again right before the race in August.

Think about it! Step on up! Let me know what questions you have. Thanks for considering it! Email Celia Bertoia at [bertoiacelia@gmail.com](mailto:bertoiacelia@gmail.com).

## **Results**

The **Back from Bridger Run** was held on April 20 under cloudy skies with snow showers. A great group showed up to prove that they could withstand the elements. **17 Miles:** Mark Raymand & Tomas Dumbrovsky 2:17:14; Jenna Fallaw 2:28:01; Michelle Fienneken 2:28:06; Teri Tritz 2:29:37; Bruce Heppner 2:36:31; Randy Chambilen 2:36:31; Rick Dendinger 2:43:50; Kasey Young 2:49:53; Vanessa Burton & Brigit Noon 2:51:26; Kevin Davis 2:56:10; Alyssa Davis 2:56:11; Dee Metrick 2:56:12. **10 Miles:** Mitch (effin effer) Steckmest 1:04:28; Rob Maher 1:07:02; Julie Zickovich 1:25:47; Laurence Sampson 1:25:51; Julie Hergert 1:38:09; Amanda Henry 1:38:10; Scott Bischke 1:46:22. **7 Miles:** Madelyn Covey 50:06; Dan Heimbigner 54:55; Mike England 56:51; Chris McCarthy 57:03; Kurt Buchl 58:44; Craig Hildreth 58:48; Erika Matsuda 59:17; Darryl Baker 59:46; Mimi Matsuda 59:59; Jade Clarkson 1:04:50; Elizabeth Clarkson 1:04:51; Anita Moore/Nall 1:06:09; Brook Ceane 1:17:23; Susan Sullivan 1:17:51; Leon Shearman 1:29:00; Jacki McGuire 1:37:52. Ester Schwier super-fast. **3 Miles:** Eli Clarkson 26:02; Kevin Cody 27:51; Sherri Renck 27:53; Leonard Baluski 28:19; Andrew Holleman 30:49; Leigh Holleman

30:50; Katie Gibson 31:01; Mary Welch 38:40; Jean MacInnes 42:10; Bob Wade 44:00; Kay Newman 55:00. Thanks to Frank Stock, Vice President and organizer for this run. Also appreciation to his helpers who were John Aitchison, Terry Cunningham, and Andy Garza. Special bibs were worn by participants in honor of those affected by the recent bombing at the Boston Marathon.

## **RUN CALENDAR**

### **May**

**BSWD Weekly Fun Runs will be starting. Everyone is welcome!**

**1 BSWD FUN RUNS BEGIN.** 6:30 PM. Regional Park on Oak St.

**5 37th Annual Bloomsday Run.** Spokane  
12K. [www.bloomsdayrun.org](http://www.bloomsdayrun.org)

**8 BSWD Fun Run.** Historic Preservation. 6:30 pm. Tamarack & Front St

**11 Don't Fence Me In Trail Runs.** Helena Start times 7:30 for 30K, 10:00 for 12K and 10:30 for 5K. A non-competitive 5K dog walk will start at 10:45. Start/finish area near Anchor Park. A fund raiser for the Prickly Pear Land Trust to preserve open space in the area. Register online at <http://www.pricklypearlt.org/> Contact Martin Miller 406-459-6296 or [mpmiller93@yahoo.com](mailto:mpmiller93@yahoo.com)

**11 32nd Annual Montana Women's Run in Billings.** Walk/Run 5 or 2 Miles [www.womensrun.org](http://www.womensrun.org)

**12 Mothers Day 5K.** Bozeman To celebrate mothers. Starts and finishes at The Ridge (4181 Fallon). To register visit [www.racemontana.com](http://www.racemontana.com). For more information see [www.havenmt.org](http://www.havenmt.org) or call 586-7689

**15 BSWD Triple Tree on Sourdough Rd.** 6:30 pm

**18 Baldy Blitz.** Bozeman. Run to the top of Baldy Mountain and back. Free fun time. 9:00 am at the M parking lot. [www.winddrinkers.org](http://www.winddrinkers.org).

**18 2nd Annual K9 9K and Dog Festival.** 5/5 miles or 1 mile run/walk. Finish in Bogert Park. [w.racemontana.com](http://w.racemontana.com) to register.

**22 Bozeman Creek off of Nash Rd.** BSWD Traditional no watches. Dogs allowed (leashes required)

**25 Frank Newman Spring Relay and Marathon.** 26.2 Miles starting at 8:00am on Bridger Canyon Road. ½ Marathon starts a little later at the top of Bozeman Pass. Finish at Sacajawea Park in Livingston. Picnic follows Solo runners or teams can participate. [www.winddrinkers.org](http://www.winddrinkers.org).

**29 BSWD Fun Run at Cherry River** on N.7th 6:30 pm

### **June**

**8 40th Annual Governors Cup.** Helena. Marathon on new course, ½ marathon, 10 & 5K Runs.

www.governorscupmt.com.

**8 Pete's Hill Hustle.** Bozeman 5K at 9:00 am. Toddler Sprint at 10:00 & 1K Kids Run at 10:30. Plus an obstacle course. Race day registration at 7:00. Register at [racemontana.org](http://racemontana.org) Info at 522-9087.

**15 34th Annual Heart and Sole Run.** Billings. 5 & 10K and 2 mile runs at 8:30 am. Finish in Dehler Park. For info call 254-7426 or [www.heartandsolerace.org](http://www.heartandsolerace.org)

**15 Prison Break at Deer Lodge.** 3, 5 & 10K at 8:00 am. Registration at 7:00 am. 846-1191 or [candicelee74@yahoo.com](mailto:candicelee74@yahoo.com)

**16 Thrive Girls on the Run 5K for Fathers Day.** Belgrade. Run/Walk 9am. Start at River Rock Community Center 2240 N River Rock Road.

[www.allthrive.org/programs/girls-for-a-change/girls-on-the-run/5K/](http://www.allthrive.org/programs/girls-for-a-change/girls-on-the-run/5K/)

**20 Montana Senior Olympics 5K Run** for those 50 and older. Great Falls 6:00 pm [montanaseniiorolympics.org](http://montanaseniiorolympics.org)

**21 Montana Senior Olympics 10K Run for those 50 and older.** Great Falls [montanaseniorolympics.org](http://montanaseniorolympics.org)

**22 Montana Senior Olympics Track & Field Events for those 50 and older** Great Falls.

[www.montanaseniorolympics.org](http://www.montanaseniorolympics.org)

**22 Wulfman's Continental Divide Trail 14K.** Butte. Limited to 240 entrants [www.buttespissandmoanrunners.com](http://www.buttespissandmoanrunners.com) No race day registration

## July

**4 Rodeo Run.** Livingston 5 & 10K Courses along the Yellowstone River at 8:40 am. 1 Mile free Kids Run at 8:15am Proceeds benefits Landons Lookout (a non profit teen center) To encourage wellness, those under 16 can enter for \$10. Others \$20 with t shirt. Enter online or print entry form at [landonlookout.com](http://landonlookout.com) Mail registrations to 110 E Lewis St in Livingston 59047

**4 Reach's 6th Run for Independence.** Bozeman. A benefit for Reach which serves adults with disabilities. Walk/Run either 1K, 5K or 10K on the East Gallatin Trail system. Starts and finishes at the Reach Work Center -322 Gallatin Park Dr. Limited to 500 entrants. 8:00 am start. Info: Dee at 587-1271 or [dee@reachinc.org](mailto:dee@reachinc.org) [www.reachinc.org](http://www.reachinc.org)

**6 2nd Annual Bangtail Divide Run.** 38K point to point from Stone Creek Trailhead to Brackett Creek Trailhead. Limited to 150 participants

[www.racemontana.com/search/event.aspx?id=18549](http://www.racemontana.com/search/event.aspx?id=18549)

**27 Headwaters Run.** Three Forks: 5,&10K plus Half Marathon. The course is run on the Headwaters Trail System. Proceeds are to build more trails. \$18 pre-registration by July 5th. \$22 thereafter and on race day. Visit <http://www.threeforksmontana.us/>. Click on city government then city forms.





## 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](mailto:aikidonerd@yahoo.com)

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

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Membership: Darryl Baker, 582-5410

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Results, Calendar: Kay Newman 586-5543

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Newsletter Editor: Dee Metrick

570-5852 or [aikidonerd@yahoo.com](mailto:aikidonerd@yahoo.com)



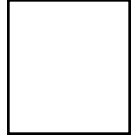
Find email addresses at [www.winddrinkers.org](http://www.winddrinkers.org)

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.



BIG SKY WIND DRINKERS  
PO BOX 1766  
BOZEMAN, MT 59771-1766  
www.winddrinkers.org



RETURN SERVICE REQUESTED

## DISCOUNTS FOR MEMBERS:

**Randy's Tech Service**, 10% off for Wind Drinkers, Randy 580-1147

**Bob Ward & Sons**, 10% off on shoes. See Elissa. 586-4381

**Therapeutic Massage Works**, Ann Sorenson, 15% off, 522-9015

**Pro-Light Gear**, 421 W Griffin, Brad, 20% discount, 582-0508

**Gallatin Alpine Sports**, Tom Owen, Big Sky, 10% 995-2313

**Roundhouse**, Larry Merkel, 10% off all footwear, 587-1258

**Schnees Boots and Shoes**, 10% off athletic footwear, 587-0981

**Universal Athletics**, 10% off all shoes and gear, 587-1220,

**Advanced Training Project**, Steve Conant, 10% off, 581-5545

**Clinical Massage Concepts**, Paul Sergerston, \$45, 581-6242

**Homestake Lodge**, Chris Axelson, 10% off tkts & gear, 585-8052

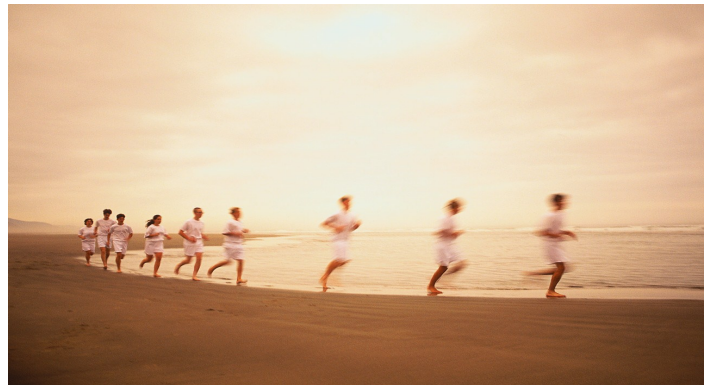
**Four Zero Six** Shirt Screening, Pete Sveen, 10% off, 600-5753

**Bozeman Running Compay**. Casey Jermyn, 10% off, 587-1135

**Wholistic Running**, Damian Stoy, 507-972-9720, \$30 off workshop or private lesson

**Molte Yoga Retreats**, Turi Hetherington, 581-3636, \$25 off workshops and \$100 off retreats

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.”**