

February 2016 Newsletter # 461



THE WIND DRINKER IS A
NEWSLETTER FOR RUNNERS OF
ALL ABILITIES

Renew your BSWD membership this month at:
www.winddrinkers.org

From the Prez

By Rob Maher

My family and I live in the Painted Hills neighborhood, which is a mile or so east of the intersection of Kagy Blvd. and Highland Blvd. When we moved to the neighborhood in 2002 we were delighted to find the eponymously-named Painted Hills Trail, as well as the Highland Ridge trail that connects over around the Holly-Cherry neighborhood and up to the top of Peets Hill. The Gallatin Valley Land Trust (GVLT) enables these and many, many other trail corridors around the area—and that's why BSWD tries to support GVLT whenever we can. I encourage everyone to join GVLT and to support the great work that they do.

As many of you know, in 2013 GVLT arranged to place a new trail system just north of my neighborhood across Kagy in the Highland Glen Nature Preserve. The Highland Glen area is privately owned by Bozeman Deaconess Health Services, but through the good work of GVLT, public access is allowed on the excellent single-track trail system. The Bridger Ski Foundation (BSF) provides snow grooming in the winter for cross country skiing members, but in the other seasons the trails are open for foot traffic and cyclists. During the summer the area is also the temporary home for cattle grazing on the leased

The Mature Runner

By David Summerfield

The Mature Runner Control Center
Yes, last month I did obsess over this whole business of being someone else's simulation. I kept reading other articles, and probably went out on several limbs....but none of them broke under my weight, so I'm still there and still writing away, whether or not I'm in someone else's (obviously boring) video game. Here's the fruit of one more month of my "research". By the way – I assume everyone reading this is doing the same (doing their own research), I'm self-centered enough to believe if I'm fascinated by a subject, well....anyone reading this must also be. The Winddrinker is not set-up as a "blog" – so I don't get any feedback. Perhaps it would be more realistic if I did!! So, I've started putting all my articles (all of 2015 so far) onto Stacy and my website called "passagesandpathways.com". Click on "David's Blog", which will take you to all the articles, and anyone can open up discussions....that is if anyone wants to comment...(ah, the test to see if anyone really reads these....)

So, (progressing onto <http://limelightdaily.com/10-reasons-life-may-be-a-computer-simulation>) this past month I started with the fact that

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

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range land, so dogs need to be leashed and gates need to be closed. More on that later.

While the availability of the Highland Glen area is a great addition to the community trail system, we have also seen some curtailment of trail connections elsewhere in my neighborhood. For perhaps 20 years the south end of the Painted Hills Trail officially ended at a fence line where the adjacent landowners had not provided an easement. Upon reaching that dead end, trail users started following the fence line west from the end of the trail, up the steep sandy slope of the draw, through a vacant residential lot, and over to Painted Hills Road. So many people used the connection over the years (including our BSWD summer fun runs!) that the fence line path eventually became more or less a standard part of the trail system. Then last year the vacant lot was purchased and a new home was built there, preventing what had been the traditional fence line access. Now the Painted Hills Trail truly dead ends once again.

GVLTA reports that they have been in contact with the adjacent land owners, including several potential access points at Cobalt Ct. and the area of large acreages for sale south of the Painted Hills neighborhood, but so far none of the owners has been interested in offering even a narrow single-track easement. I'm hopeful these talks will continue—especially if there can be a way to connect the Painted Hills trail with the Triple Tree neighborhood trails, either at Trooper Trail or the existing neighborhood trail accessing Triple Tree Road just west of North High Ridge Road.

Despite these examples of landowner closures and refusal for trail easements, at least the foresight of the original Painted Hills subdivision included trail corridors and open space in the natural gullies and drainages straddled by the land suitable for home construction—and we are all thankful for that accommodation. Today, new subdivisions around Bozeman generally incorporate “linear parks” into the neighborhood design, and developers recognize that the value of the land lost to trail systems is more than made up in the long-term value of this amenity to the neighborhood and the adjacent property values.

Perhaps the most significant local example of landowner accommodation of recreation is the Story Hills area northeast of Bozeman. The private cattle

“Moore’s Law” states that the computer’s processing power will double every 2 years....which means that in 50 years, the computer will be a million times more powerful than it is today. And it is already powerful enough to do some amazing things (see the various simulated video games available – I haven’t tried them, just watched my grandson play them). Another theory out there is the concept of the “post-human” – evolved beings who create simulations including self-aware beings, making the simulations so real, no one can possibly know they are in one. Of course it is easy to take the next step and consider that with the human race facing extinction, these “post-humans” would want to run a real world simulation to find out what went wrong and try to fix it (assuming by then that time is no longer a limiting factor). That did it for me. My head wanted to explode. Once I quieted down, I felt this surge of energy inside, and realized the need to quickly control this whole subject before I threw up my arms in exasperation and yell out “OK, you simulators you! So I’m a ‘simulant’, so what? I’ll play your game so long as you leave me alone and give me the things I want.....like perfect snow conditions to ski to Mystic Lake and back, for starters!”



It should be noted that these are the ruminations of a “mature runner” – meaning a runner who really can’t run like he used to, but still has to go out and experience the same highs and freedoms in some other way. And if he can’t, he won’t take “no” for an answer, and just redouble his efforts to create a situation that will duplicate it as closely as possible. No one is going to tell me what I can and can’t do! And this thinking led me to John Lilly of all people. Again, look him up. (As usual, I started with Wikipedia.) He was a supreme searcher. His parents were

company that owns much of the land has traditionally allowed recreational use of the area by runners and cyclists. Unfortunately, this magnanimous gesture by the landowner has been met with a number of problems caused by inconsiderate individuals who create unauthorized cycling trails or who let their dogs run loose and harass the grazing cattle. These few thoughtless individuals are in a position to force the cattle company to eliminate public access because of the hassle and the damage to their property. Let's not allow this to happen! Please be considerate of the usage rules on all of our land—whether publically or privately owned—and encourage your friends and families likewise. Thank you!

RACE CALENDAR

February

6 BSWD Annual Froze Nose Run starting at 9:00 am at the Corner of S 11th & Grant. Distances of 1, 3 & 5 Mile courses. Your time at this run will determine your handicap for the annual BSWD Handicapped Run in March.

20 Wulfman's Frigid Digger Run. Butte. 3 or 7.3 miles. Applications and information at buttepiissandmoanrunners.com. Race day registration at MT Tech HPER Building from 8:30 – 9:45. Run at 10:00 am.

27 Montana Senior Olympic Nordic Ski Races for those 45 years of age and older at Bohart Ranch in Bozeman. 5 & 10K Classic races at 10:00 am followed by 5 & 10K Freestyle races at 1:00 pm. Medals awarded in 5 year age groups. 6:00 pm no host pizza party at McKenzie River Pizza. Info: 406-586-5543 or kayjn3@gmail.com

March

5 Handicapped Run. Annual BSWD Traditional Fun Run with your starting time determined mathematically according to your finish time at the Handicapped Run. If you did not run the handicapped run your start will be at 9:15 for the 5 mile distance 9:30 for the 3 miles and 9:45 for the 1 mile. Start at S11 and Grant Street intersection on the MSU Campus

12 Run to the Pub. Bozeman. 10K or ½ Marathon. Voted the #2 best half marathon in the country by Runners World. Run, walk, jog or crawl to the finish. Possibly win a trip to Dublin, Ireland in a drawing & compete in the Dublin Marathon. Registration is open. Entrant numbers capped at 2800 for the 10K and 1200 for the ½ so don't be late. Sponsored by Pub 317 with

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wealthy enough, so he wanted to learn everything possible about everything, going to the best schools. He followed his intuition from profession to profession. He ended up in medical research, focusing on the brain, altered states, and talking to dolphins. His whole life seemed to lead to one final conclusion, which is very disturbing, but fascinating – even if only to hint at an aspect of reality. Bear with me here. Again, I'm interested in controlling my environment before something more sinister controls me, okay? (It should be noted that he did use 'psychoactive drugs' to come up with the following): he predicted a dramatic conflict between the 2 forms of intelligence (the man-made computer generated "solid state intelligence" and our own little now-looking-fairly-puny brain. He believed in the existence of "hierarchical , cosmic entities" who (which?) control the big picture. (this would correspond to the giant simulators sitting in front of their giant warehouse of a computer governing the progress of their creations) He called them the "Cosmic Coincidence Control Center". This in turn oversees a Galactic Coincidence Control Center, which in turn (you guessed it) oversees the Solar System Control Unit (from a center down to a unit!), which of course oversees the Earth C.C. Office. Where do we humans fit in? Well, for those of us willing to play along (as if we're given an option), we become controlled coincidence workers, and we're expected to use our best intelligence in this glorious service to the overseers. He doesn't mince words. The human is an obvious experiment, and is given a chance to perform well (using intelligence) in order to meet the challenges thrown at him by "upstairs" entities. It is rather intriguing. Here we are, humming along being human, and periodically we're thrown cataclysmic events to put us to the test. Why? The human's "mission on planet Earth is to discover/create that which we do to control the long-term coincidences patterns." Who is the "we" you might ask? I guess it's the ECCO (Earth Coincidence Control Office). When you complete your mission on Earth, you are no longer required to remain here. I wonder if said human would be offered a job in "management" - which in my view would smack of said graduated

proceeds donated to local non profits. See the web site at run.to.the.pub.com

12 St Pat's Race. Anaconda. Participants at staging area (Locker Room 117 E Park) at 10:30 for transportation to the starting line at 11:00 am. 3 miles walk/run and 6 miles run.

Bring a donation for the Anaconda Food Bank. Register at RunSignUp.com

April

16 Back from Bridger Run. Run 17.5, 12.5, 10, 7 or 3 miles. Choose a distance you can finish by 12:30 when the course closes. No dogs, ear phones or shuttle provided. Start at Bridger Bowl Parking lot at 9:00am.

20 BSWD Kick Off Pot Luck at the Lindley Center. Bring a dish to share and get ready for the Summer Fun Runs. No organized runs. Potluck starts at 6:00 pm.

May

7 Don't Fence Me In. Helena. 30K at 7:30, 12K at 10:00, 5K at 10:30, Non competitive dog walk at 10:45. All starts and finishes near Anchor Park. This is a fund raiser for the Prickly Pear Land Trust. "May we all have trails to run 4 ever" Contact Martin Miller at 459-6296 or pmiller93@yahoo.com. On line registration soon at

www.pricklypearlt.org Note: The course change on the 30K route is shown on the website.

28 Frank Newman Spring Marathon, ½ marathon and Marathon Relay. The run is in honor of the founder of BSWD. The marathon starts at 8:00 am on Bridger Canyon Road. The half marathon starts on Bozeman Hill on the Frontage Road at 9:30. You can preregister (see www.Winddrinkers.org) or register at the start at 7:30 am. The finish is at Sacajawea Park in Livingston where you can enjoy a picnic lunch. Cost is \$3.00 per runner and each guest. This is a low key event yet miles are marked and there are 3 water stops.

RACE RESULTS

Fat Ass Run - The annual Fat Ass Run was held at Headwaters State Park in Three Forks on 1/2/16 with cold temperatures but fortunately no wind. Thirty nine brave individuals ran the road and/or trail courses. Thanks to the organizers who were Darryl Baker, Craig Hildreth and Leanne Roulson. They did a great job. Results are as follows: **50 K:** Sara Sayre 5:17:00; Cale Hofferber 5:18:00; Alycia Vankirk 5:59:39. **35K:**

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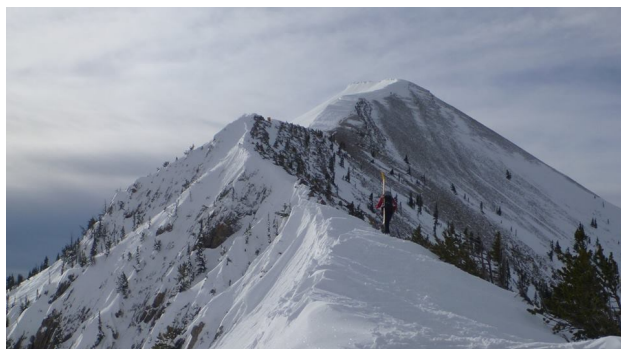
human being given a chance at getting even for what he had to go through.



I certainly hope to get over this fascination with what might be controlling the human experiment. I look outside, and see a glorious blue sky, and perfect snow conditions, and my body yelling at me to get away from the computer screen, put on your skis, and get going!

- David Summerfield

Photos by Darryl Baker:



(Continued from page 4) **Results...**

Jake Milligan 2:12:18. **30 K:** Stephen Kerr 2:57:14; Terry Leist 3:14:06; James Jong 3:17:05; Blair Speed 3:58:00; Fran Zelenitz 4:31:00. **25 K:** Rob Maher 2:11:25; Tom Walsh 2:20:50; Eric Martin 3:03:00; Charles Steele 4:31:47. **20K:** Tim Griffiths 2:15:13; Darryl Baker 2:30:00; Steve McGuire 3:05:00. **15K:** Tom Moore 1:40:30; Ben LaFrance 1:40:30; Greg Benjamin 1:41:00; Natasha Fraker 1:48:00; Lori Johnson 1:48:00; Bridget Benjamin 2:00:00; Melissa Griffiths 2:00:00; Leonard Baluski 2:04:00; Susan Sullivan 2:20:00; Jacki McGuire 2:52:50; Julie Robinson 3:45:00. **10K:** Jen MacFarland 1:04:50; Kasay Fallang 1:25:00. **5K:** Gail Cary 34:15:00; Pam McCutcheon 35:00:00; Heather S. Tucker 35:49:00; Kristin Steadman 35:49:00; Don Rogers 36:47:00; Leon Shearman 55:20:00; Bob Wade 60:00:00; Craig Hildreth 60:01:00; Steve Walker 60:01:00; Kay Newman 65:00:00.

Stopping by Tracks on a Snowy Evening

By Rob Maher

(with apologies to Robert Frost)

Whose tracks these are I think I know.
Her house is in the village though;
She will not see me stopping here
To watch her prints fill up with snow.

My little pup must think it queer
To stop without a doghouse near
Between the drifts of frozen flake
The darkest evening of the year.

He gives his collar tags a shake
To ask if there is some mistake.
His jingle jogs my thoughts to creep
Of beating heart and weary ache.

This glen is lovely, dark, and deep,
But I have training goals to keep,
And miles to log before I sleep,
And miles to log before I sleep.

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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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.

DISCOUNTS FOR MEMBERS:

Bozeman Running Co., \$15 credit in store for every \$150 spent, Casey 587-1135

Rootstock Acupuncture, \$30 off Intake and 15% off thereafter, Angie Kociolek, 209-2570.

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

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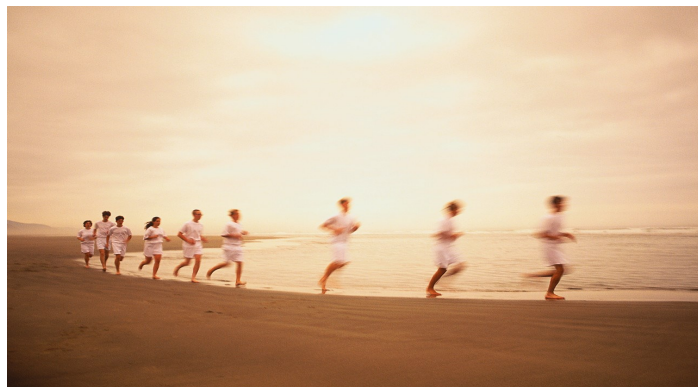
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Four Zero Six Shirt Screening, Pete Sveen, 10% off, 600-5753

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

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



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