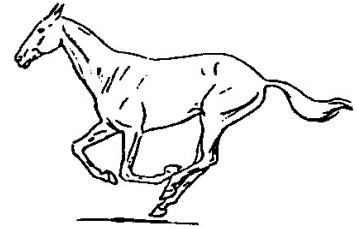




April 2014 Newsletter # 439



THE WIND DRINKER IS A
NEWSLETTER FOR RUNNERS OF
ALL ABILITIES

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

The Wind Drinker

Old Timer's Corner

By Bob Wade

About this time of year many runners are tired of snow, slush and mud on the trails. They are anxious for spring. March 20, 2014 at 10:57 AM Mountain Daylight Saving time was the vernal equinox. So it is officially --spring. Runners who have been waiting for the trails and roadways to dry out for outdoor running look at the calendar and then look outside. These runners are confused. The calendar says spring but there is still snow all over. The ski resorts are all open and having good skiing.

When does spring start in Bozeman? That is a hard question to answer. This year BSWD's first run of the "spring" was the Handicapped run on March 22nd. This was two days into "spring". But there was snow on the ground and Yak Trak's were in order.

The back From Bridger is the next "spring" run on April 19th. Last year it was spring in town but there were four inches of snow at Bridger Bowl and it was cold. We mountain dwellers have learned that the calendar does not determine the season as much as the elevation does.

Will it be spring on May 17 when BSWD sponsors the infamous Baldy Blitz? Past Blitz's indicate there is a small chance of spring at the start at the "M" trail head. After all it is only

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The Mature Runner

By David Summerfield

Is Olga The Most Mature Of Us All?

This is a story about Olga Kotelko. We all need to learn about, learn from, study, and put into practice the essence of her life. Please read the book yourself – "What Makes Olga Run" (or, "The Mystery of the 90-Something Track Star and What She Can Teach Us About Living Longer, Happier Lives") by Bruce Grierson. It was written up in the Parade section of the last Sunday paper in 2013. The book was published on January 14, 2014. Of course it will mean different things to each individual, but here is what made my heart beat faster, my will be more determined, my mind nod in agreement, and my body say "yes, I'm doing this too – and I can be more 'Olga-like right now'!"

Both Bruce (the writer) and Olga (the studly 95-year old) live in Vancouver, BC. Bruce interviewed and traveled with Olga over several years, to chronicle her life and glean how it was she could do what she was doing. Simply put, Olga has garnered at least 26 world records for her various age-groups. The wonder is that she is continuing to run faster, throw farther, and jump farther as she "ages". As

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



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about 5000' above sea level. However it is almost always still winter at the top of 8800' Baldy Peak. Mount Baldy is notorious for having winter storms on the day of the Baldy Blitz.

Perhaps spring finally arrives in Bozeman by Memorial Day. But don't count on it. The Frank Newman Relay is on Memorial Day Weekend. Spring weather is more likely than not for this event. However there is always a possibility of rain or blowing snow over the Bozeman Pass.

You're not even safe in June. The Old Gabe 50 K has had the course altered by deep snow in the Bostwick's. It appears you can be sure it's spring by the Fourth of July but it may not be summer yet!
-Bob Wade

A NOTE FROM DARYL ABOUT MEMBERSHIP

A few years back we decided to offer our BSWD Newsletter on line. We encouraged the e-mail version, but gave members a choice to get it either way. The hardcopy newsletter meant a lot of work for a few volunteers and last month it was reported that the cost to print and mail one copy is now at \$1.00. It also means keeping track of two lists. One for e-mail and one for hardcopy. As of this month we have about 250 members, which by the way is really awesome. All but about 40 get the newsletter by e-mail notification. And of those 40, about 15 are businesses. I know that it's great to have the newsletter sitting on the kitchen table. It is there ready to read at any time. At the same time, now days I am quite sure that most everyone has moved into the electronic age, has an e-mail address, and uses it.

Currently, I believe the BSWD Club is in a transition. There is strong support to have our newsletter offered electronically only. Not offering a hardcopy newsletter will mean that you will need to provide an e-mail address with your registration. But this way though you will also get my run reminders and other pertinent information. Be assured I am VERY particular about what I send out. I do not send out spam and your e-mail address will not be sent to anyone else.

We are looking for feedback, ideas, and offers to help

(Continued on page 3)

David Epstein noted (author of "The Sports Gene") in referring to Olga "... We are left with the empowering knowledge that, to a startling degree, aging itself is a choice." Has anyone ever told you that? Huh! Try telling it to someone else, and see what comments YOU get back!!

I can't help but see the connection between Olga and Ole Bjoendalen from last month's article. True, Olga is over 50 years older than the oldest gold medal winner at the Sochi Olympics. But catch these similarities. Olga grew up out on the Saskatchewan prairie between Vonda and Smuts (a few 100 people between them). Her Ukrainian parents, Wasyl Shawaga and Anna Bayda, are described as taciturn, stoic, "never complaining about anything ever". She was nestled in between 10 siblings. They all worked hard, as a natural way of life. They read literary classics around the woodstove. They all had a 2 ½ mile trek on foot to school. She baked a dozen loaves of bread twice a week. She butchered the chickens, she hand washed and ironed the clothes. But, she only remembers a good, nurturing childhood. She became a one-room schoolhouse teacher (grades 1-10). Then, at a dance she met and married a traveling insurance salesman (eeeeek, you know how that went). She had to flee in the middle of the night with 8-year-old Nadine and pregnant with Lynda. She made her way to Vancouver where a sister was living. She confided she had never known anyone who had done what she did... "As far as I knew, I was the first single mom in the history of the world". Fast forward to age 77, 15 years after retiring from teaching elementary school. She was restless, and (playing on a local Slo-Pitch baseball team) was tired of running into other women chasing fly balls in the outfield. That was too dangerous. Track and Field seemed a lot safer!

Olga has been studied, prodded, poked, cut open, dissected, analyzed, been subjected to 100's of tests to determine how she is different from everyone else on the planet. She never seems to be bothered by the intrusion, so long as it could help someone else be able to live better, healthier lives themselves. Grierson revealed the 2 statements Olga said the most in his years of being with her: 1) "What have I got to lose?" and 2) It it's meant to be it'll happen." Doesn't that just make you smile inside? When pressed about her various habits that are most

with our great club. And we are always looking for ways to make the club better and the newsletter better and more interesting. Articles of interest may include health, running tips, interesting experiences etc can be submitted any time.

We haven't made the final vote to offer our newsletter only electronically, and I offer to you a chance to let us know what you think. This is your running club and while I know whatever the decision is won't be the choice of everyone, we will strive to be the best running club, giving back to this great community.

daryl baker
BSWD Membership

DEAR WIND DRINKERS

Dear Wind Drinkers,

Over a decade ago, a snowstorm saved my life. I tried to keep that in mind during the last days of February when the intensely cold weather made me grumble. This has been one of my biggest secrets and today, dear Wind Drinkers, I confess it to you.

Many years ago, before I knew how helpful a running life could be for my mental health, before I knew the manic powers of processed sugar, before I understood the positive influence of hanging out with people of integrity, before the thought sunk in that regular consumption of depressive substances might cause me to feel depressed, I made a detailed plan of my own demise.

At the time, I hiked every weekend, was dating a man who lived in Billings, and showed the world a face that did not match how I felt on the inside. The plan involved taking a Friday off of work, telling people I was going to see my boyfriend in Billings, hiking up to the Bridger Ridge, and jumping from what I had termed "suicide spot". It was June, the ridge was finally clear, and I was certain that nobody would even wonder about me until Monday when I didn't show up for work. How much joy and ecstasy I would have missed had it not snowed in Bozeman on a Friday in June. Over 14 inches fell in the valley. I have no idea how much accumulated in the mountains. What I do know is that I drove to the trailhead and knew I wouldn't physically be able to reach my destination. As I write this now, I am so sad for that woman all those years ago, who did not

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important to her, she came up with this list: she's accustomed to creating whatever she can imagine doing; she stretches daily – and usually in the middle of the night – for hours on end – pinching her toes, massaging what she can reach – to clear the energy meridians and to promote vitality; she avoids cold – drinks, drafts – to avoid compromising her immune system; simple diet – but basically she eats whatever she wants to eat and drink (lots of water) – and 4-5 meals a day (yes, being from the plains of Saskatchewan, she doesn't go for processed foods...). When asked how she "does it" (athletic prowess in her '90's) she simply said "enjoy life".

Okay. You've got to read this book. But at the end, Grierson lays down 9 "rules from the masters that promote vitality, longevity, and happiness: 1) Keep moving 2) Create routines 3) Be opportunistic ("spend your precious energy wisely) 4) Be a Mensch (be kind and nice) 5) Believe in something 6) Lighten up 7) Cultivate a sense of progress (move the yardsticks if you need to, adjust expectations, and improve on the new ones) 8) "Don't do it if you don't love it 9) Begin now!!

A subtle thought kept coming up about Olga. Her infamous husband drilled into her how worthless she was. She rebelled. She was the only one of 11 children who went to college and got a degree. She has a fire inside her that just won't get extinguished. She's not proving anything to anyone but herself she says. And she has fun doing it. That's good enough for me! There's also a great article online from the New York Times (google it...)

- David Summerfield



Photo: Olga long-jumping

feel anything like the person I am today. How oblivious I was to the love that was so plentiful around me. Since that day, I have had multiple spiritual experiences, fallen into my dream job, become a runner. I have also experienced the loss of two of my beloved friends to suicide. Karma perhaps... Or the laws of probability... Having to deal with the shock of two friends whose plans were successful, I am horrified at the thought of the pain I would have caused to the people I loved.

During my first Bridger Ridge Run, I passed suicide spot while I was with my twin sister. I thought to myself, "I would have missed this. I would have left my sister as half of a set of twin." For all of my joyful Bridger Ridge Runs, I had the thought, as I passed suicide spot, "I would have missed this. I would have given up on this life." The transition into a happy, sincere, middle-aged woman was not smooth, graceful, or easy. That snowy June day, I left suicide spot, went home, got drunk, and smoked my first cigarette after almost two years nicotine-free. I ate an entire carton of Ben and Jerry's fish food ice cream. I went to sleep feeling sick and sorry for myself. But I was alive, with no idea that I would fall in love at least two more times in my life, that I would be identified as a runner, both by myself and my friends, simply because I got out and ran.

Only during the Bridger Ridge Run in 2013 did I pass suicide spot without taking note. I was miserable last year: dehydrated, filled with self-pity, and amazed at the strength and courage of the two cancer survivors who tried to cheer me up as I plodded my way to the finish. That feeling of deep depression, of knowing I was irrational and could do nothing about it, had become so foreign, so uncomfortable, that I passed suicide spot with only the determination to get back to the people, places, and experiences that comfort me. There was no thought of ending my life, no thought of drowning my sorrows, no feeling that these terrible spiritual aches would never cease. There was no suicide spot.

Back during that lonely time, I considered myself bold. In my mind, I would take any risk, so careless that I would even throw my life away. Now I look back and see only fear and destruction. There was no nerve when it came to reaching out for help. There was no courage when it came to showing people my true self. These days, when I take risks, they are in the name of expanding my community. My bravery

comes in telling my own story and begging anyone who may be planning something harmful to themselves (and others, no matter how much of a burden you may feel you are), to call the suicide hotline (1-800-273-8255), to call a professional, a loved one... And the next time the weather is contrary to my desires, I will remember, this weather may save someone's life.

Dear Wind Drinkers, thank you for accepting me as I am, for being people of integrity who create the best kind of peer pressure.

Sincerely,
Dee

A CALL FOR VOLUNTEERS

Leslie Schmidt could use a few volunteers to help screen and review the BSWD's scholarship applications. If you are interested, contact her at lschmidt@montana.edu or call her in the evenings at 585-9755. A meeting will be scheduled shortly after the deadline.



Results

Handicapped Run. 3/22/14. The usual Handicapped Run turned out to be just a run as no one wanted to stand around in the cold waiting for their individual starting time. Thanks to Martin Rollefson for setting the courses and for timing along with Kathy Brown who also timed. It was a frigid job. Results are: **1.1 Mile:** Leon Shearman 15:13; Kiara Wilson 19:04; Asher Rogers 19:21; Don Rogers 19:22; Kay Newman 20:13; Bob Wade 20:14. **3.0 Miles:** Craig Hildreth 26:10; Daryl Baker 27:06; Celia Bertoia 30:54; Gail Cary 30:55; Julia Tesky 30:59; Denise Wiedenheft 31:02; Pam McCutchen 31:52; Ginny Arnold 31:53; Jacki McGuire 42:33. **5.4 Miles:** Kyle Klicker 35:21; Rob Maher 37:32; Leigh Holleman 42:22; Mike England 42:41; Lou Walters 42:48.



RUN CALENDAR

April

5 Mustang Family Gallop. Montana City 5K and 1 Mile Fun Run starting at the school. The 5K at 10:00 am follows Jackson Creek Trail. Benefits Montana City Trails & Trust. <http://mtcitytrails.com/gallop.html>.

6 Scheels Run for Ryan. Billings 5 & 10K. www.Scheels.com/runforryan

6 Mariah's Challenge. Butte. 5K Fun Run and Kids 1K at Copper Mountain Park www.mariahschallenge.com

12 Autism Awareness 5K. Deer Lodge at 10:00 am at Premier Family Practice, Information: Kiley@801-404-4034 or Spring at 406-560-6026

12 6th Annual Silver Bow Montessori Spring Fling Run. Butte. Register at 9:00 am. 5K shuttle leaves at 9:30. Run begins at 10:00. 1 Mile Fun Run for kids at 10:40. 494-1033 for info: www.silverbowmontessori.org

19 BSWD Annual Back from Bridger Run starting at Bridger Bowl at 9:00 am. Register at 8:30. Distances of 3, 7, 9.7, 12.5 and 17.5. Select a distance that you can finish by 12:30 as the course closes at that time. www.winddrinkers.org

19 Easter 5K Run. Columbus. Supporting Eagle Mount. Run starts at 9:30 am in Columbus and finishes at Itch-Ke-Pe-Park. Info at eggscramble420@gmail.com

19 5th Montana Warrior Run. Helena. 5 & 10K plus 1 mile for kids Option to run all 3 as a trifecta participant. Registration & chip pick up at 7:30 am. 10K starts at 8:45; 5K at 10:00; 1 Mile at 11:00. Register at www.racemontana.com

23 BSWD Summer Fun Run Kick Off Potluck at Lindley Center at 5:30 pm. Bring a dish to share. Speaker to be announced.

26 Early Bird Run. Helena. 5 Mile Run or 1.5 Mile Run/Walk at Helena Valley Regulatory Reservoir. Call Sam for info at 495-3715. Details and entry form at: www.montanadiscoveryfoundation.org/html/earlybirdrun.html

26 CPT Jeremiah Sipes Memorial Run. Belgrade. 9K Run at 9:15. 1 Mile family fun run/walk at 9:00 am. Questions at cptjsmr@gmail.com. On line registration at: <http://www.active.com/belgrade-mt/running/races/cpt-jeremiah-sipes-memorial-run-2014>

26 2nd Annual Headwaters Kiwanis "Fund" Run/Walks. Three Forks. 5K Run/Walk. 10K Run. headwaterskiwanis@gmail.com

27 Peaks To Prairie Adventure Race. Starts at the

Beartooth Pass and finishes at the Special K Ranch near Columbus. Run 9.3 Miles, Bike 49 Miles and Boat for 10 Miles. www.peakstoprairie.org or call 591-7002.

30 BSWD First Fun Run of the 2014 Season. 6:30 pm at the Regional Park

May

11 Mother's Day 5K sponsored by Haven. Bozeman. Begins (9:00 am) and ends at the Ridge Athletic Club on Ferguson Ave. Registration now open at racemontana.com. The relatively flat course can be enjoyed by both runners and walkers. A picnic lunch with family activities follows the run. Questions? Call Erica at 406-586-7689 or erica@havenmt.org.

17 Baldy Blitz. Bozeman. Starts at the M Parking lot at 9:00 am. Run up to the top of Baldy and back. Expect snowy trails.

17 Run for Recovery. Bozeman. 5K starting at the Commons @ Baxter & Love Lane (1794 Baxter Lane) and winding through Black Bull Community and Golf Course. Contact Stephanie@aliveagainliferecovery.org

24 BSWD Annual Frank Newman Spring Marathon and Relay. 26.2 Miles starting on Bridger Canyon Road at 8:00 am. Half marathon starts at the top of the Bozeman Pass on the Frontage road. The completion is at Sacajawea Park in Livingston with awards and a picnic. More information to follow. Entry fee is \$3.00 plus \$3.00 for guests who attend the picnic. Teams can be made up of 2 or 4 persons.

June

8 5th Annual Yellowtail Dam Race. Fort Smith 5K Run/Walk on paved roads starting at 8:30. 10K on paved and dirt/gravel roads along the Bighorn River and crosses Yellowtail Dam 8:30. Packet Pick-up from 7:00 -8:00 am. Contact Keri for directions: keri@bighornkingfisher.com. Entry at www.itsyourrace.com by 6/4/14. No dogs.

July

4 Reach Inc. Race for Independence. 1K, 5K, and 10K around the trails on the northeast side of Bozeman. Races begin at 8am at the Reach Inc. Work Center. All proceeds benefit adults with developmental disabilities served by Reach Inc. For more information, contact Dee at dee@reachinc.org or 406-587-1271. Registration information at www.reachinc.org.

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4 Liberty Dash. 5k, 10k and kid's run by the Yellowstone River. All proceeds benefit Landon's Lookout, Livingston's non-profit teen center. Kid's run starts at 8:15 AM, with the timed 5k, 5k walk, and 10k starting at 8:40 AM. All events will be in Sacajawea Park, Livingston. Register on-line at <http://www.landonslookout.com/latest-news/activities/rodeo-run-registration/>, or print and mail registration to Landon's Lookout, 110 E. Lewis, Livingston MT 59047.

August

2 Sweet Pea Runs. Bozeman. 10K starts at 7:15 am and the 5K starts at 7:25. Register online at racemontana.com. Early bird registration until July 1. For more information see www.winddrinkers.org.

30 Fun Run 11 for Charities. Red Lodge 5&10K Fun Run, 5K&2Miles Fun Walk. No entry fee. Donations encouraged, they will benefit 54 local charities. Email funrun@rlacf.org. Check out www.RedLodgeFunRun.org

October

11 9th Annual Raw Deal Run Community Fundraiser. McLeod. Located at the Raw Deal Ranch, 16 Miles south of Big Timber 3 Mile Run/Walk and 6 Mile Run along with a 1 Mile Cow Poke Lope (kids run). Winners receive prizes of locally produced meat. Enjoy a Halloween Costume Contest and free Chili Feed. Registration available in early June at www.sghw.org. Contact at 932-3090 or programs@sghw.org.



THE WIND DRINKER

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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

OFFICERS FOR 2014

Prez: Kyle McKenzie 599-2815, Kurt Buchl 587-0756

Vice Presidents: Tracy and Frank Dougher, Frank Stock, Tomas Dumbrovsky, Martin Rollefson
Membership: Darryl Baker, 582-5410

Treasurer: Jacki McGuire

Results, Calendar: Kay Newman
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Secretary: Shawna Oostema
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Newsletter Editor: Dee Metrick
570-5852 or aikidonerd@yahoo.com

Find email addresses at www.winddrinkers.org

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:

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

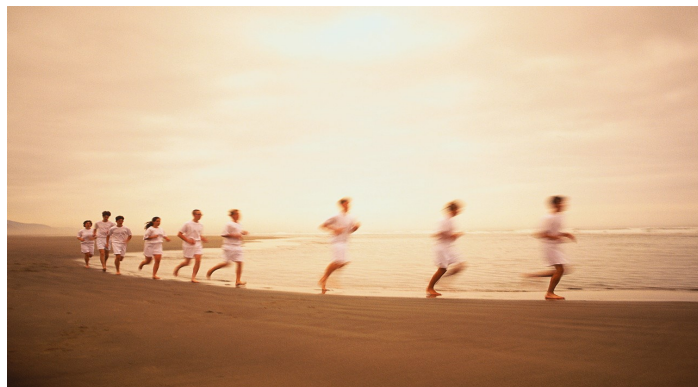
Four Zero Six Shirt Screening, Pete Sveen, 10% off, 600-5753

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 for updates and more information.



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