



April 2015 Newsletter # 451



THE WIND DRINKER IS A
NEWSLETTER FOR RUNNERS OF
ALL ABILITIES

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

The Wind Drinker

Dear Wind Drinkers

By Dee Metrick

Dear Wind Drinkers,

There is a friend of mine who struggles with November as much as I do. He calls that month “bleak November”. For me, there is no better description. The days are dark and cold, the last race of the season has been crossed off the calendar, and the outdoor places I most love for the previous three seasons have become impassable. Work days get intense and long, opportunities to run during daylight become few and far between, and the days of warmth and sunshine seem extremely far away.

For me, April is the opposite. April is hopeful. If I miss a run during daylight and 45 degree temps, there is no need to fret that I may have missed a window of opportunity that won't come again for months. If the snow blows into my face as I traverse the last few miles of a training adventure, I can giggle and wonder if these flakes are the last of the season. Shoveling snow from my sidewalk can wait, as the snow will melt. No hurry, no worry.

This is a season of opportunity, of hope for PRs, new friends, and early sightings of wildflowers. This is the season when last year's running tan is just faded enough that our pale legs get red on the first few outings in shorts. This is the time that I pull out my tent

(Continued on page 2)

The Mature Runner

By David Summerfield

Mature Running and Mature Creativity

From what I've read, (okay, I googled it...) those of us in the “second half of life”, or approaching it (and I can't decide exactly where I am – but I MUST be approaching it pretty soon, I think I found a grey hair...) – we often rearrange our priorities (stop working so much, perhaps be less involved in family, start doing what one really wants). And this opens up opportunities for more creative endeavors...like George Bush taking up painting portraits of world leaders (such as Putin), or Grandma Moses taking up painting at age 78 (yes, look her up – she's still an inspiration to me), or Laura Ingalls Wilder publishing “Little House on the Prairie” books starting at age 64. Unable to figure out how to create an article for this month's newsletter, I went for it and googled “I need inspiration for writing articles for runners” – hoping to finally stump Mr. Google. No way. The 1st web result was a gold mine. And that made me wonder about AI (artificial intelligence) – which is a hot topic among scientists. If this article I'm about to quote was already in a robot's “mind” (which it would be, right?) -

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



Inside this issue:

Dear Wind Drinkers	1-2
The Mature Runner	1-3
Calendar	2-4
Race Results	4
Other News	3-7

and bear spray... That my family is willing to visit because the temps will absolutely stay above zero. Training calendars get made in April, goals set. This is my last season to attempt to run a marathon in under four hours before my 40th birthday. That training plan is being made today. So far in this feat, I have remained uninjured, have continued to feel inspired, and am excited about my plans for the summer. We shall see how I feel when it's time to taper.

Dear Wind Drinkers, thank you for seeing me through those many dark, cold days. Thank you for giving me a reason to keep running and writing when my mind told me to stay in bed under an electric blanket. Thanks, most importantly, for being part of this wonderful community. I look forward to seeing you without headlamps and reflective clothing.

Your devoted editor,
Dee

RACE CALENDAR

April

9 Little Big Horn Run. Crow Agency. 10.4 mile Challenge at Little Bighorn Battlefield National Monument. 9:30 am start. Race day registration at 8:30am. 406-679-2304 kewlrunnings@yahoo.com

18 34TH Annual Back from Bridger Fun Run. Distances of 17.5, 12.5, 9.7, 7.0 and 3.0 offered. All start at Bridger Bowl at 9:00 am. Sign up at the Bridger Bowl parking lot starting at 8:30 am. Course closes at 12:30 so pick a distance you can finish by that time. No shuttle service provided and headphones not allowed. www.winddrinkers.org

22 BSWD Kick Off Potluck for the upcoming fun runs. The guest speaker will be Dr. Peder Anderson, overall winner of the 2014 Bridger Ridge Run. He will address topics of interest to all BSWD members such as health, training, conditioning, and injuries. Plus, he will share his personal Ridge Run experiences. Bring a dish to share.

26 Peaks to Prairies. Run, Bike & Paddle with the start near Red Lodge. More information to follow.

May

9 Don't Fence Me In Trail Runs. Helena. 30K at

then it would know what to do for an article in a nanosecond. Suddenly, I feel quite inferior! Back to creativity.

Haruki Murakami is a very creative writer. He's also a runner, and wrote a beautiful piece about how running has made him the writer he is. So, take note, dear runner. And, naturally, he came into his creative own later in life. He gave up a career as a successful jazz bar owner in Tokyo – and just wanted to be more creative. For Haruki, this creative process has become a sport, and he laid out a 3-step process. You 1st have to have talent. I wanted to quickly move on to #2, figuring this talent thing has been eluding me. His analogy helped – you can have the most phenomenal car in the world, but it won't run unless you put fuel into it. The fuel here is talent, and I intellectualized enough to figure I have plenty of fuel (how else can one get up day after day and put in the endless miles?). #2 is focus. Now, that's what I was waiting for. Most of us committed (asylum?) runners run/walk/ski/bike/etc. because of our need to focus for several hours a day – focus on something more interesting than earning a living, the daily grind, etc. And the stronger the focus, the more you can compensate for meager talent. Whew! #3 is endurance. Ah, I can already feel it, I'm destined to be a great writer J Haruki said “focus and endurance—are different from talent, since they can be acquired and sharpened through training. You'll naturally learn both concentration and endurance when you sit down every day at your desk and train yourself to focus on one point.”

So, dear endurance runner, you can approach any task at hand, and apply all those years of running/exercising and master whatever endeavor you wish. The next step for Haruki is to create a life that places “the highest priority on the sort of life that lets me focus on writing.” Watch out – now this is getting serious! It means taking the discipline you've developed over years and apply it to something creative, and that will require you to carve out the time every day (as you do for running) to hone a new skill. But you know how to do it already. As Jocelyn Glie wrote (she's the editor of this website “99u.com” I'm reading, which is called “Insights On Making Ideas Happen”): “To say YES to one thing, we always have to say NO to some others. Sometimes we forget we can only juggle so many things these days...” In daydreaming about my super-

7:30am, 12K at 10:00am, and 5K at 10:30am, plus non-competitive dog walk starting at 10:45am. Start/finish near Anchor Park. A fundraiser for Prickly Pear Land Trust. “May we all have trails to run forever.” Contact Martin Miller at 459-6296 or mpmiller93@yahoo.com. Register online at www.pricklypearlt.org.

9 Women’s Run. Billings. 2 & 5 Miles to promote health and fitness. <http://womensrun.org>.

10 HAVEN Mother’s Day 5K. Registration available at www.racemontana.com.

16 Baldy Blitz. Run to the top of Baldy and down. Starts at the M Parking Lot at 9:00am. No entry fee, however, for a \$5 donation to the South West Montana Climbers Coalition you receive a memento and inclusion in the Record Books. No preregistration.

23 Frank Newman Spring Marathon or Marathon Relay. Marathon starts at 9:00 am on Bridger Canyon Road ½ Marathon starts later at the Bozeman Hill on the Frontage Road. More information to follow

June

6 Jeremiah Sipes Memorial Run. Belgrade. 9K and 1 mile family run/walk. Lewis and Clark Park. Contact cptjsmj@gmail.com.

13 The Governors Cup. Helena. 26.2 miles, 13.1 miles, and 1.2 miles plus 5K and 10K distances. The marathon is USATF certified qualifier for the Boston Marathon. govcup@bcbsmt.com

18-20 30th Annual Montana Senior Olympics in Helena for ages 50 and older. 13 sports including 5K and 10K road races, race walk, and track and field events. Kayjn3@gmail.com. www.montanaseniorolympics.org or call 406-586-5543

20 Old Gabe Middle Cottonwood Trail out of Bozeman. One of the toughest 50K runs in the world. 6:00am start. Contact Tom Hayes at runski@bresnan.net.

July

4 Reach Inc. Race for Independence. 1K, 5K, and 10K mostly trail race to raise money for the people served by Reach Inc. For more information, visit www.reachinc.org, email dee@reachinc.org, or call 406-570-5852.

September

18 10th Annual Run at Work Day and the 4th Annual Run at School Day. Promoted by the RRCA. Start making plans now. Learn more at

(Continued on page 4)

competitive days of running (and actually it still happens every time I rehearse for a concert or opera, and finally get to step out on stage and actually do it), I really connected to this comment by Andy Stuart: “Practice is where you do the work, so when it comes time to perform, performance becomes play.” So, here I am playing at my computer, which Dee Metrick makes me do once every month (at least). And my historical fiction novel just sits in bits and pieces scattered around my hard drive, waiting for a more disciplined (all right, daily) practice. So, go for it. Stop waiting for it to just happen. I expect big, creative things from the Big Sky Wind Drinkers!! Oh, and I just have to quote Rainer Maria Rilke (long distance runners hone this to perfection): “What is necessary, after all, is only this: solitude. To walk inside yourself and meet no one for hours – that is what you must be able to attain.” “Always trust yourself and your own feeling... Allow your judgments their own silent, undisturbed development, which, like all progress, must come from deep within and cannot be forced or hastened.”

- David Summerfield

Partners Launch Trail Ambassador Program

As the population of our community has grown, trail use at Bozeman’s most popular trails has grown with it. Four trails-focused partners have been looking at this growth for years and have decided to take a proactive step at managing potential conflicts due to increased use on the community trails. The Gallatin Valley Land Trust, the US Forest Service, Friends of Hyalite, and the Bridger Ski Foundation are excited to launch the first season of the Trail Ambassador program. The partners have hired a part-time coordinator to manage volunteer Trail Ambassadors who will be stationed at busy trails and trailheads around the Main Street to the Mountains trail system and in Hyalite Canyon. During this first season, Trail Ambassadors are focusing on trails that are heavily used in the winter such as Sourdough Canyon, the M trail, Burke Park, Snowfill Recreation Area, Hyalite trail system, and Highland Glen Nature Preserve.

www.RRCA.org/programs

19 John Colter Run. Details to follow.

RACE RESULTS

Handicapped Run - 3/21/15 - The Handicapped Run was held on the MSU campus with a large group of participants who were attempting to improve their times from last month at the Froze Nose Run. Thanks to Bob Wade for calculating the handicaps. Also thanks to the timers who were Jonne & Leon Shearman and Emily Kimmler. The Doughers (Frank, Tracy and Sandy) organized the event. Thanks to them as well. The results show the actual time from today followed by the Froze Nose time in parentheses. **1.1 Mile:** Andrew Holleman 8:12; Kensey May 8:18(9:35); Delaney Bahn 8:20; Mary Martha Bahn 9:56; Randall Lynch 10:28; Sandy Dougher 12:55; Cindy Joann Oostema 13:17; Kiara Wilson 14:24(15:48); Asher Rogers 15:23; 16:31; Connie Cok 16:07(17:58); Don Rogers 16:25(17:30); Madison Oostema 20:12; Linda Skelton 23:04; Kim Hoberant 23:06; Dave Skelton 23:07; Shawna Oostema 23:40; Jake Oostema 23:42. **3.0 Miles:** Hannah May Fletcher 19:45 (21:09); Arman Hobererht 24:09; Bob Eichenberger 24:43(26:49); Daryl Baker 27:29 (27:19); Dawn Berger 27:43; Bonnie Eichenberger 27:57; Leonard Baluski 28:50(31:06); Gail Cary 29:36 (35:11); Mindy May 29:38 (31:05); Pam McCutcheon 32:14; Mia Dudas 32:17; Brenda Truman 32:56 (34:16); Amanda Thompson 33:02 (34:17); Tracy Dougher 34:25 (33:41); Kasey Falang 39:01(43:28). **5.4 Miles:** Tom Walsh 34:56 (36:43); Rob Maher 35:21(35:41); Kyle Klicker 35:50(36:00); Brian Berger 37:43; Scott Flatlip 39:48; Leigh Holleman 41:21; Craig Hildreth 43:09(43:54); Charles Smith 45:09 (40:11); Teresa Galli48:47; Randy Oostema 51:49; Vicki De Boer 55:38. Jack, Jay & John Dudas ran with no times recorded.

Dear Fellow Club Members,

Many of you know me as a long-time BSWD member, former Bozeman Classic Assistant Race Director, race T-shirt designer or Ridge Runner. I'd like to take this opportunity to (re-)introduce myself as the owner of a new downtown business, Rootstock Acupuncture, LLC. One of the things I'd like to do as I promote my business is to support organizations that mean a lot to me. BSWD is one of them.

(Continued on page 5)

Volunteer Trail Ambassadors assist trail users by handing out maps, sharing grooming reports for cross country skiing, and discussing trail conditions. They also help promote responsible trail use and etiquette by sharing dog poop bags, dog leashes, and trail etiquette cards. "More than anything these trail ambassadors will be a smiling face on our community trails, a reminder that an entire community of respectful trail users is what will keep our trails safe and enjoyable as our community continues to grow", says Kelly Pohl, Associate Director of GVLTL. The program promotes a sense of shared responsibility for our public trails. "All of these trail partners work to provide a high quality trail experience on some pretty busy trails around Bozeman. These volunteer ambassadors will help us and the community provide a positive experience", added Lisa Stoeffler, Bozeman District Ranger with the Custer Gallatin National Forest.

The partners are hoping that this program will help bring more awareness and visibility to the groups who contribute to the trails. The Gallatin Valley Land Trust and US Forest Service build and maintain trails, the Bridger Ski Foundation grooms trails for cross country skiing, and Friends of Hyalite plow the road in Hyalite Canyon for winter recreational use. A second season of this program is planned for the summer if the winter pilot program proves to be successful. The goal of the program is to ensure that all users on our trails have an enjoyable and safe experience to appreciate our beautiful outdoors.

For more information, Contact:

Kelly Pohl, Gallatin Valley Land Trust - 406-587-8404 ext. 3 kelly@gvlt.org or Jeremy Kunzman, Trail Ambassador Coordinator – 406-209-0304 jeremy@gvlt.org

EXCITING RUNNING FORUM

On Monday, May 4th, from 6-7pm at the Bozeman Public Library, Excel Physical Therapy is hosting "Bozeman's Running Experts Forum," an interactive, moderated panel discussion about all things running. Our panel consists of Nikki Kimball, UltraRunner;

I'm writing this to educate runners on the benefits of acupuncture and to let you know about my offers to BSWD members, including an extra special incentive to those who volunteer for a BSWD race or fun run. (These events could not happen without the help of volunteers. Volunteers rock and I want to personally show my gratitude!) I'm also offering a free service if there is enough interest... more on that later.

More and more athletes are turning to acupuncture to improve function and performance, reduce swelling and stiffness, and address underlying root problems that could contribute to a future injury. Acupuncture is both preventative and therapeutic which means you don't have to wait until you are injured to derive benefit. But if you do find yourself injured, don't wait. Acupuncture hastens the healing process and early treatment of acute injuries increases your chance of success for a quicker recovery. That's good for your training goals as well as your budget.

The World Health Organization reports that the therapeutic effect of acupuncture has been shown or proven - through controlled trials - to be an effective treatment for many conditions including strains and sprains; knee, back or neck pain; fibromyalgia; fasciitis; osteoarthritis; sciatica; post-surgery pain; and competition stress syndrome.

In their book *Between Heaven and Earth: A Guide to Chinese Medicine*, Harriet Beinfield and Efram Korngold state, "There are as many treatment approaches as there are individuals." (Rings similar to Dr. George Sheehan's famous quote about training, "We are each an experiment of one.") That's what makes my job so interesting and satisfying: Using the well-established framework of Chinese medicine to work with clients towards their personal goals for improved well being on all levels – physical, mental and/or emotional.

The simplest way to understand how acupuncture works is to think of it as gentle stimulation of the body's own intrinsic resources (blood flow, endorphins, neurotransmitters, etc.) toward self healing and homeostasis. With time, our bodies can often heal themselves. Acupuncture can give it a boost – which can make all the difference especially during training season.

Acupuncture is a standalone therapy, but it also works well as a complement to other modalities such as orthopedics, physical therapy, chiropractic, and massage. Self-declared "needlephobes" I've treated quickly realized acupuncture needles are so ultrathin as to not be scary after all. That

Jason Lunden, DPT, SCS, Sports Physical Therapist; Casey Jermyn, Boz. Running Company; and Damian Stoy, UltraRunner, Wholistic Running. Our Moderator is Megan Peach, DPT, OCS of Excel Physical Therapy. Questions from attendees are encouraged and the event is free and open to the public, plus door prizes. For more info, www.excelptmt.com/seminars (to be posted in the next week) or Megan at 406.556.0562 or megan@excelptmt.com.

Frank Newman Marathon and Relay

The 28th Frank Newman Marathon and Relay is just around the corner. The run will take place on May 23, 2015. This event has a Marathon, two different Half Marathons and a Marathon relay.

The Marathon, the Relay and Option 1 Half Marathon start on Bridger Canyon Drive at 8:00 AM. The start line is about 10 miles up Bridger Canyon Road. The Option 2 Half Marathon starts on the Frontage Road at the top of Bozeman Pass at 9:30.

The applications for the run are available on the Wind Drinker's web site. winddrinkers.org you can print them out and mail them in or you can bring them to the starting line.

If you aren't running the event we need about 6 volunteers to help with the race. If you can help let the race directors know.

The Frank Newman Race is a low-key local race put on for local runners with very little fan fare. The entry fee is just \$3.00. (The Boston Marathon entry fee is \$175 for US residents and \$225 for international runners.) What is provided for the \$3.00? The course has mile markers at every mile. There are 3 water stops on the course. Runners finish times are recorded quickly at the finish area. Runners who may take more than four and a half hours to finish are allowed to start early.

All runners are treated to lunch at the finish area. Ribbons are provided for category winners. Usually there is some memento of the run provided to each runner.

said, you can always forego the needles for acupressure and still derive benefit.

So, here is what I am offering my fellow Wind Drinkers for the remainder of 2015:

1. For all BSWD members: \$30 discount on a New Client Intake (includes treatment session); plus 15% discount on sessions thereafter.
2. For BSWD members who are or become Rootstock clients and who volunteer for the Baldy Blitz, Frank Newman, Old Gabe, Devil's Backbone, Sweet Pea, Bridger Ridge Run, John Colter or a fun run during the 2015 summer season: A free session = \$75 value; subject to scheduling availability during normal Rootstock business hours.
3. Periodic small group acupuncture therapy aimed at managing stress. While running itself is a great antidote to stress, sometimes we do not run due to injury or tapering. This is an opportunity to put calm mental focus on your running while receiving acupuncture with others with the same intention. This would be a free service. If you are interested in this concept, please email angie@rootstockacupuncture.com and we can set up times that work for folks.

Remember, you do not have to be injured or in pain to benefit from acupuncture. Periodic "tune ups" are a proactive way to maintain balance. If you are wondering if acupuncture might help you, as a runner or with another aspect of your life, I'd love to meet with you. Schedule an appointment or complimentary 20-minute consultation via rootstockacupuncture.com. (Please excuse my placeholder website which is currently under construction).

Happy running!

Angie Kocielek, Board Certified Licensed Acupuncturist
Rootstock Acupuncture is located at 420 West Mendenhall.

This race is kept small on purpose so runners can run with friends or make new friends. The budget for this run is less than \$500. Due to the generous support of the Newman Family we sometimes make a profit on the run.

Volunteer for this very different and interesting run. Contact: Bob Wade or Kathy Brown at 406 522-7064. You can leave a message if we don't answer.





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

OFFICERS FOR 2014

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

Vice Presidents: Whitney Adams, Craig Hildreth, Tracy & Frank Dougher, Tracy & Frank Dougher

Membership: Darryl Baker, 582-5410

Treasurer: Jacki McGuire

Results, Calendar: Kay Newman
kayjn3@gmail.com

Secretary: Shawna Oostema

Equipment Mgr: Leigh Holleman
leighholleman@msn.com

Publisher: Jim Banks 587-7629

Newsletter Editor: Dee Metrick
570-5852 or aikidonerd@yahoo.com



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

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

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

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

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, \$55, 581-6242

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

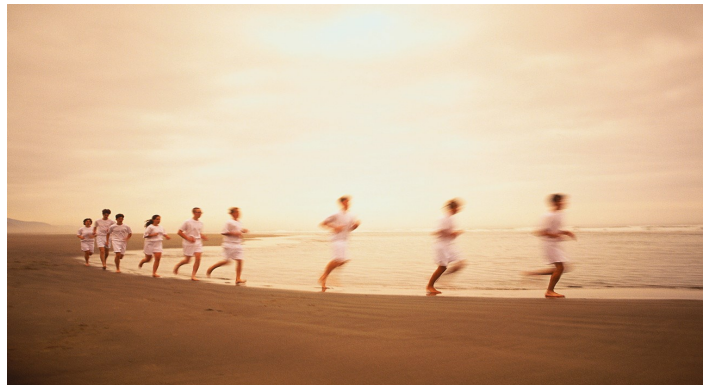
Four Zero Six Shirt Screening, Pete Sveen, 10% off, 600-5753

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.”**