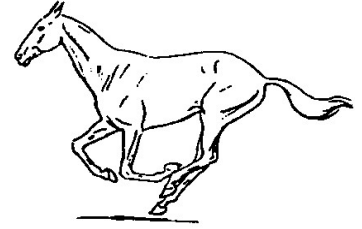




August 2013 Newsletter # 431



THE WIND DRINKER IS A
NEWSLETTER FOR RUNNERS OF
ALL ABILITIES

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

The Wind Drinker

The President's Corner

By Bob Wade

“If It Hurts Don't Do It.”

For many years I have been participating in the Peak Alignment Class at the Ridge Athletic Club. Clete Linebarger has been teaching this Class for lo these many years. Several times in each class he tells us, “If It Hurts Don't Do It”. But is all pain the same? I think not. If you consult any clinic at Bozeman Deaconess there is a ten-point pain chart on the wall. Level 1 is “I feel fine”. Level 10 is “I am in excruciating pain put me put of my misery.” So the question is “how much pain should you experience before you “don't do it”?”

Several years ago I had a meniscus tear in my right knee that required surgery. The surgery was successful but from time to time the pain would return. I have had several cortisone shots in my knee. Recently these shots have had limited effect on the pain. So for several months my knee and I have been debating about how much “hurt” is too much. This has been a difficult discussion as I have expected this Knee to shape up and do what it's required to do. The Knee has been listening less and less. Finally the Knee laid down the law. It said, “You are going to have to reduce your running drastically.” I have tried negotiating but the Knee was adamant. So with great reluctance I have decided not to run

The Mature Runner

By David Summerfield

Mature Runners Really Have To Work Out

Here's a confession, if ever I've written one. Having watched my “core strength” decline over a period of years, and having watched my weight plummet and my ability to do everyday tasks get ever more frustrating....well, it took no small amount of prodding by well-meaning family members to get me to....well, get to work. I was still doing plenty of “physical activities” to keep anyone very busy every day. I walked vigorously – for hours a day. I biked, vigorously, most days. That should be enough, thought I. I cross-country skied tirelessly all winter. Why be a slave to stupid, repetitious, mindless activities like “weight training” or exercises meant to build up strength and muscle mass. Oh, just that phrase “muscle mass” still turns my stomach. All I can call up are all the Mr. or Ms.Universes at Gold's Gym (now Access Fitness). Talk about addiction. I just wanted to be “fit” enough to do the things I love – like...like...oh, dear. Granted, I couldn't run anymore since it hurts too much. The knees ache if I try, so why try? Perhaps this is just what happens to certain people – my body has worn

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



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the Ridge Run after 13 straight years. I will curtail my running drastically. There I said it! For 53 years running has been my passion. And to a great extent I am identified because I run.

What will I do? First a reduction in running may make my knee more reasonable. I may make a come back after a long rest, or maybe not. I can hike. In fact I am hiking to Sacajawea to help with the aid station for the Ridge Run.

I started swimming workouts about 15 years ago and this has been helpful for my legs. I plan to bike more also. I will still enter some running events but my pace will be slow.

I have heard for years, “If It Hurts, Don’t Do It” and finally I hurt enough to listen.

Dear Wind Drinkers,

For the second year in a row, I had the privilege and honor of directing a race for a non-profit that has won my heart and spirit. When I began my racing habit, each event was an adventure into new lands. From my first leap into this loving race community, I appreciated the volunteers who stood in all sorts of weather to monitor traffic, take photos, and hand out water. I was one of the people who always said thank you to each volunteer on the course. Not only did my parents raise me with good manners, but I seemed to have also inherited an intense fear of leaving anyone (stranger on the street or supervisor at work) with anything less than a positive impression. This genetic flaw can overflow into the land of insanity, desperation, and self-centered paranoia. So far in my life, no pill in the world has helped to ease this burden. Running has.

In my early days of racing, what I did not think about were the race directors, the race committees, and the people who get up ridiculously early on race day morning to set up the course. I did not think about the person who had to coordinate the volunteers, appease sponsors, not lose money in their efforts, do their best to make sure that every mile marker was placed in the correct spot, every waiver signed, and have preparations for any weather that appeared on the morning of, during, or towards the end of their event. Then I became that person. Not only were

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out, so I better scale back on all the activities I am doing. And that only accelerated the decline. It was getting depressing. Last year my son asked me to come watch him work out at Gold’s Gym and perhaps sign up and we could work out together a few times a week. I personally watched all the iron being lifted, pushed, grunted over, slammed to the ground – I ran out of there screaming “... no, never, not me!!!”.

Well, the invitation came again 4 months ago. I found out we’d be watched over by a physical trainer (PT, right?) – and he’d make sure I didn’t damage myself. He’s worked with my daughter-in-law, who (I found out later) could do more reps at just about anything than I could. He worked with the artistic director of the Intermountain Opera (Linda Curtis) to make her strong for her trip to Europe last summer. I was so skeptical that first day. I also weighed 138 pounds, and was almost expecting failure. Aaron Cook (“my” PT) had me start out by doing “squats” – something I knew I couldn’t do since my knees are so weak. I did them so tentatively. Aaron adjusted my stance, and suddenly, I was doing squats, and they didn’t hurt. All my assigned workouts were tailored to an old weakling, but I figured I had asked for it. Aaron kept talking about working on my core strength. No workout has been the same – from skip roping (boy was I a spaz), to pull-ups (I couldn’t do any, since I had only done chin-ups, which are easier), to lifting weights over my head, to rowing, to doing something on any of those endless machines. I stayed skeptical for one month. It was just 2 hours a week, hardly a big investment of time! Then we did a repeat workout from the 1st week, and I saw before my eyes a miracle. I had almost doubled the weight or the number of reps of what we had done before. And it seemed easy. Then I watched myself do 5 pull-ups. Real ones. And when we had to do ¼ miles on the treadmill between sets, I was going down to a 9 minute mile. What on earth was happening?

Then the most amazing thing happened. My daughter (who has moved to Portland and actually got a good job there) asked me to come run the Portland Marathon with her October 6th. Is that something any father could say “no” to? Suddenly I was thrust into one of Hal Higdon’s marathon training regimens, and we trade stories every week. When she did her 9 mile run, so did I. Then the 11

there almost 400 participants to please but there were also sponsors, prize donors, 51 volunteers, and my man-hunk who patiently tolerated (and possibly enjoyed) my long work hours and lack of availability. I had known my people pleasing problem would flare up during this event... I had struggled with it the year before. What I hadn't anticipated and what no runner in our event would ever know was that beyond my fear of angering human beings, I would have to face my fear of angering bees.

The process of race directing is many, many months long and certain milestones bring me joy. Getting all of the sponsors lined up, picking up the posters at the printer, receiving the tee shirts, and handing off the course markers (cones, signs, etc.) to the people who so graciously agreed to set up 3.1 miles of clear directions. Where I work, these items are stored in a shed that has two doors that open outward, one of which is hooked at the top and the bottom. On the day before our event, I opened the non-hooked door, walked in with a clear intent of retrieving the course markers, let the door close just a bit, and heard a buzzing behind me. When I turned back to the doors, there was half a bees nest, teeming with life. My mind first said, "Hmmm", as it had many years ago just before I totaled my favorite car. Then my mind screamed, "You are in trouble! Stay calm. Don't panic. Don't piss off the bees. Don't move. Don't panic. Bees can be so mean and their little stingers are filled with poison and you are just so clumsy you are bound to make them mad. Wow. It's hot in here. You better do something before you faint." Being in my head isn't always fun.

Luckily, there were a few golf clubs within arms length. I picked one up and used it to very slowly unhook the other door. Then I pushed the bee-free door open with the golf club, making an exit for me to run through (while screaming for help) in the event of a bee attack. I took a deep breath, slowly opened the dangerous door, and then zipped out, keeping as much distance between me and the bees as possible.

When I sent out a thank you email to the volunteers and listed their names in an ad in our local paper, I forgot a very important one: Pepe. Pepe is the man who sprayed the bees and enabled me to retrieve the course route markers. Pepe doesn't fear swarms of bees. Pepe is brave. Pepe is humble. Pepe thinks runners are crazy. But he still stepped up and saved the day.

(Continued on page 4)

miler. Tomorrow is the 14 miler. The miracle is that I had completely given up on ever running again. My body was a goner, so why try anymore. It started very slowly. I would run – I mean actually run – a mile after the workouts. Then it was 2 miles a pop. Then I went to the track, and I gradually trusted that no matter how much it hurt for the 1st 1-2 laps, the body would respond – it was only warming up – stretching out – and all pain would disappear. This has gone on for 2 months now, and each week I have less soreness in my knees when I start running. Yes, I'm guardedly optimistic here. 73 days to go, or 10 weeks, and I think I'll really run the whole thing. Last fall I ran the 1st half of the Bozeman Marathon with Chuck Kendrick – we were doing very slow miles, but he had done his marathon training, not I. I had to walk the last half, and was out of commission for many days afterwards. You know, I didn't like doing a 6 hour marathon. That's really hard. Moral of the story? Don't let yourself fall for this "my body can't do it anymore" stuff. Pay the bucks if you have to – and get out there and dare to start from the ground up. My first week of lifting weights was with a PVC 1" pipe (yes, weightless). I had to learn how to lift things over my head again. And it hurt! Yikes! But just knuckle down and don't give up like I had. Thank-you family for making me do it!

- David Summerfield



When people ask about the race, I have a few pat responses. "It went well but it was hot." "We doubled the number of runners from last year." "Will you volunteer again next year?" What I don't say is that I have played a part in the collapse of one bee colony in the shed of a non-profit... Because that might make somebody mad.

Thanks, Dear Wind Drinkers, for supporting so many local non-profits by participating in, volunteering for, and encouraging the race directors in so many summer races. May the rest of your summer be filled with love, joy, and courage in the face of conflict.

Your devoted editor,
Dee

Results

It was a night of celebration as BSWD observed its 40th anniversary on Wednesday, June 26th by running or walking around the MSU Track. Thanks to Bob for arranging the use of the facility and to Kurt who cooked the hamburgers and hot dogs that were enjoyed by all. No times were recorded just the number of laps that each person completed. Jim Banks, the only charter member that participated led the group on its first lap. Kyle Klicker. Ben LaFrance and Tom Moore completed the celebratory 40 laps. John Dudas 32. Randy Oostema 28, Rob Maher 23.5, Kyle McKenzie 23, Leonard Baluski, Daryl DeFrance, Craig Hildreth, Roger Roots 20, Austin Fraker 19, Martin Rollefson 18, Nat Fraker 17, Ruth Forrest 16, Allison Banfield, Celia Bertoia, Jenna Fallaw 14, Greg Granvold and Larry Prince 13, Gail Cary, Elizabeth Coughlin, Frank Dougher, Sr, Kim Rollefson and Lisa Verwys 12, Darryl Baker, Mia & Jack Dudas, Leigh & Toby Holleman and Karen Willine 10, Leanne Roulson 9, Kurt Buchl, Karen Funke, Andy Garza, Becky Hochstein, and Linda Skelton 8, Kay Newman 7, Bill Macdonald, Hazel Roulson & Leon Shearman 6, Sierra Holleman 5, Jane Foster, Kenzie Fraker, Pat Frey, Jean MacInnes, Don Rogers, Ester Schwier, Bob Wade, Suzanne Winchester & Barbara Winchester 4, Tabor Ronlson 3, CJ, Jake & Shawna Oostema 2, Jim Banks, Kathy Brown, Ritt Hoblitt and Jacki McGuire 1. Also ran with no laps recorded Tracy Dougher.

The annual TourdeWolves Run on Trails around the property of Franklin & Shelly Coles was held on July 3. Thanks to them for their hospitality. We appreciated the trails that Franklin marked which kept

everyone right on track. Also thanks to Tobias Holleman, the lone person who signed up for timing. Results are as follows: Andrew Holleman 16:39; Alyson Speery 18:15; Kyle Klicker 18:35; Susan Nickson 21:02; Theresa Leland 22:00; Andy Garza 22:44; Elizabeth Coughlin 23:18; Kurt Buchl 23:23; Becky Hochstein 24:53; Emily Kimmel 24:59; Randy Hochstein 25:37; Celia Bertoia 26:51; Sierra Holleman 28:28; Leonard Baluski 29:02; Karen Funke 29:15; Barbara Winchester 31:06; Liz Elam 31:16; Leann Roulson 31:47; Bob Johnson 32:16; Leon Shearman 32:34; Sue Hochstein 37:45; Jean MacInnes 37:57; 4.28 Mi Tomas Dumbrosky 39:05; Roger Roots 44:53; Brigit Noon 45:33; Randy Oostema 48:26; Lisa Verwys 59:53; Patrick Murphy 50:56; Kyle McKenzie 50:57.

The temperature was warm and the trails were perfect for the annual run at Bohart Ranch on July 10. Schnees Boots and Shoes showed up with many pairs of HOKAs for the group to try. It was quite an experience! We appreciated their efforts. Thanks to Jean MacInnes for hosting this great event and for marking the courses. Leonard Baluski treated the group to a pizza party in celebration of his birthday. Thanks to Frank Stock, Run Director for the event, and to timers, Jean MacInnes and Rob Maher. Results: 3K: Chase Skelton 8:51; Austin Fraker 9:54; Garret Coley 9:59; Natasha Fraker 10:22; Carmen Byker 10:46; Andrew Holleman 10:46; Teri Kassens Crowe 12:30; Curt Snith 12:40; Sierra Holleman 12:43; Frank Dougher, Sr 12:49; Laura Humberger 13:11; Theresa Leland 18:56; Pat Frey 21:36; CJ Oostema 21:51; Chris Skelton 21:59; Linda Skelton 23:09; Kay Newman 25:12; Kim Rollefson 25:13; Lynn Paul 28:18; Kelley Blatt 28:19; Shawna & Jake Oostema 28:09; Madison Oostema 28:20; Avery Johnson 28:21; Bob Johnson 28:36; Chris Roulson 30:45; Hazel Roulson 30:45. 5K Dylan Humberger 21:33; Mac Johnson 21:40; Patrick Murphy 21:55; Elizabeth Spartas 22:41; Craig Hildreth 23:40; Randy Chamberlon 25:08; Daryl Baker 25:09; Becky Hochstein 27:00; Janelle Higashida 27:27; Sara Spartas 29:47; Kara Bates 29:50; Lori Johnson 29:58; Lelie Cunnane 30:09; Karen Williams 30:14; Leonard Baluski 31:26; Gail Cary 31:28; Holly Skelton 31:50; Leanne Roulson 31:55; Susan Sullivan 32:02; Frankie Dougher, Jr 32:19; Tobias Holleman 33:41; Lisa Bogar 36:11; Jerry Coffey 36:22; D'Arle King 36:36; Mia Dudas 36:43; Bob Wade 37:03; Jacki McGuire 37:46. 8K Tomas Dumbrosky 39:23; Kyle Klicker 39:48; Kyle McKenzie 42:16; Kurt Buchl 42:17; Martin Rollefson 42:58; Daryl DeFrance 43:09; Erik Beaver

46:39; Henry White 46:40; David Dickensheets 47:14; Roger Roots 47:29; Randy Oostema 47:39; Ginny Keith 48:35; Mark Raymond 48:36; Lisa Verwys 48:45; Leigh Holleman 50:36; Kelly Munter 50:32; Ed Wisman 51:00; Frank Stock 51:19; Yuriko Yano 51:43; Sam White 55:02. Happy Birthday Leonard. Thanks for the tasty treats!

A lot of potential runners showed up to take part in the Bear Canyon Run on July 17th which encouraged pet owners to bring their dog along to enjoy the trail. Upon arrival lightening and thunder started with big drops of rain which caused the usual run to be cancelled. This is the second BSWD run that I can recall that was not held as scheduled. The other was (I think) the first of the season and was to be held at Lindley Park followed by a potluck. This was in the early 80s. It was pouring rain with lots of flooding along the streets where the water couldn't drain off fast enough. That's a pretty good record I'd say. A few individuals braved the storm and did their run. They were Kurt Buchl, Tomas Dumbrovsky, Rob Maher and Roger Roots. It was reported that the sun was shining by the time they got back to the starting line. Timer for the evening who was there bright and early was Tracy Dougher (if there was anyone else, you should let Shawna Oostema know). Potential participants were: 1.5 Miles: Celia Bertoia, Sandy Dougher and Chewbacca, Ruth Forrest and her dog, Jean MacInnes, Ellen Murray, Kay Newman. 3.2 Miles: Darryl Baker, Leonard Baluski, Kurt Buchl, Austin & Natasha Fraker, Bonnie Eichenberger, Craig Hildreth, Becky Hochstein, Chelene Hucdsinger, Brent Leland, Brian Leland, Stan Leland, Teresa Leland, Jacki McGuire and Leon Shearman; 5 Miles: Tomas Dumbrovsky, Bob Eichenberger, Kyle Klicker, Rob Maher, Roger Roots & Leanne Roulson. Thanks to Bob Wade & Kathy Brown for setting up and to Tracy for attempting to time.

A large group showed up for a run on the Sourdough Trail followed by a potluck at the home of Steve and Jacki McGuire on July 24th. Thanks to them for their hospitality. Bob Wade set the courses on the trail. Timers were Ruth Forrest, Randy Oostema and Roger Roots. Thanks to those who made the run possible. Times are: 1.1 Miles: Laura Humberger 11:24; Kim Rollefson 15:27; CJ Oostema 15:48; Suzanne Winchester 16:36; Coco Douma 16:37; Ethan Douma 16:41; Bob Wade 18:14; Avery Johnson 21:12; Shawna Oostema 21:14; Madison Oostema 21:14; Lori

Johnson 21:17; Linda Skelton 21:53; Kay Newman 21:55; Ellen Murray 22:16. No time recorded for John & Jack Dudas. 2.8 Miles: Duncan Hamilton 18:39; Rob Maher 19:21; Dylan Humberger 20:10; Craig Hildreth 22:49; Bill Flanagan 23:52; Kelly Munter 24:22; Anita Moore Nall 24:41; Darryl Baker 24:42; Martin Rollefson 24:42; Karen Williams 25:25; Leonard Baluski 25:46; Frank Stock 26:07; Gail Cary 27:50; Celia Bertoia 28:09; Sam White 28:46; Karen Funke 29:55; Frankie Dougher, Jr 31:27; Chris Pummel 32:56; Barbara Winchester 33:17; Mia Dudas 36:31; Natasha Fraker 37:07; Austin Fraker 37:07; Jerry Coffey 40:00; Sandy Dougher 44:01; Jill Hamilton 44:56. Also ran with no time recorded for Jill Hawk. 4.6 miles: Kyle Klicker 36:07; Mac Johnson 36:16; Mark Raymond 36:17; Ben Lafrance 36:22; Tom Moore 26:23; Kurt Buchl 36:39; Jenna Fallaw 36:55; Brian Shaw 37:24; Lisa Verwys 40:43; Elizabeth Spartas 41:09; Yuriko Yano 41:54; Sarah Spartas 41:55; Megan Dehaan 48:31; Frank Dougher 54:08; Tracy Dougher 54:08.

RACE CALENDAR

August

3 1st Security Bank Wind Drinkers Stampede.

Bozeman. 5 & 10K Courses. Fun for all age. Register now @racemontana.com or at walk in registration July 31-August 2 at First Security Bank on S.19th.

Flaggers and other volunteers are NEEDED. If you would like to help, Please contact jenna_grimm@hotmail.com

7 BSWD Sypes Canyon 6:30 PM Start

10 Ed Anacker Bridger Ridge Run. Registration closed. Come to the finish at the M Parking lot to cheer in your favorite runner.

10 11th Annual An Ri Ra. A Montana Irish Festival in Butte. 5 & 10K plus 1 mile Walk/Run. Starting at Emma Park.. No race day registration.

Download registration form at www.mtgaelic.org For info: Mike at 782-2235 or mhpatterson@bresnan.net.

14 BSWD Sourdough Trail/Sacajawea School 6:30 pm Start

17 Scramble for Ethiopia. Bozeman. 15K, 4 Mile and 1 Mile Kids run. scrambleforethopia@gmail.com for info & questions Register at www.scrambleforethopic.com

17 Run The Big Hole. Wisdom. 5/10K Run/Walk. www.bigholevalley.com. 11:00 AM start. Register on race day or on Pay Pal

17 10TH Annual Quality of Life Run. Billings. 5 Miles starts at the Top of the Rims at 8:00 am and the

2 Mile Run/Walk starts just below the Rims at 8:15 am. Early entry deadline is August 9. Proceeds benefit Zoo MT. www.qualityofliferuns.com or call 248-7145.

21 BSWD South Cottonwood Trail 6:30 pm Start

23 Night Owl Run. Livingston. 4.5 miles run/walk on pavement, gravel & trail. 7:00 pm start. Prizes and awards. Pint glasses to be “filled” for adults or movie tickets for others. www.nightowlrun.com

24 The Bozo Monster Challenge. Bozeman. 3.1 Miles full of mud, sweat & obstacles. The Jr. Boze Monster if for kids 10 – 12 and the Dino Dash for Those 3-12. Costumes encouraged. Register at racemontana.com or email bozemonsterchallenge@yahoo.com

28 BSWD Middle Cottonwood 630 pm Start

31 Fun Run 10 for Charities. Red Lodge. 5&10KFun Run along with 5K & 2 mile Fun Walk. No entry fee. Donations Encouraged. Benefitting 50 local charities. www.redlodgefunrun.org or funrun@rlacf.org

September

4 BSWD Story Hills 6:30 pm Start

7 Choke Cherry Run. Lewistown. 5K Walk/Run and 10K Run starting at 9:00 am. Contact lewchamb@middrivers.com or call 535-5436.

8 3rd Annual Bozeman Marathon and ½ Marathon.

Course runs through the beautiful Gallatin Valley and ends on Main Street. A qualifier for the Boston Marathon. www.bozemanmarathon.com

11 BSWD Food Bank Run. Starting at 6:00 pm
NOTE EARLIER TIME

18 BSWD Lindley Park. Meet at the Pavilion. 6:00 pm Start. Pizza follows

21 John Colter Run : Back Again!! Details to follow next month

25 Annual Meeting and Potluck. Details to follow

28 Pine Needle Stampede. West Yellowstone Tradition. 9 am start for the ½ Marathon. 5 & 10K start at 10:00 am. Check the web site at: www.rendezvouskitrails.com

October

5 It Ain't Over 'Til the FIT Lady Sings. Bozeman Start/finish at Lindley Park Pavilion. Register 8-9 am day of the race. Pre Register at Inter-Mountain Opera Office at 104 E Main. 9:00 am start for 10 Miles. Kids Run at 9:05 am. 5K Run/Walk at 9:30 am.

12 The Raw Deal Run. McLeod. (16 Miles South of Big Timber) A Community Fund Raiser. 6 Mile Run, 3 Mile Run/Walk. 1 Mile Kids Lope. www.sghw.org or call 932-3090

12 32nd Annual LeGrizz Ultramarathon Seeley Lake. 8:00 am start. 50 Miles. www..cheetahherders.com





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



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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

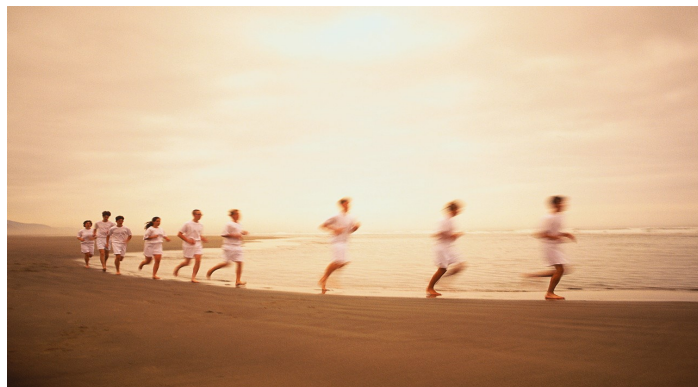
Four Zero Six Shirt Screening, Pete Sveen, 10% off, 600-5753

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.”