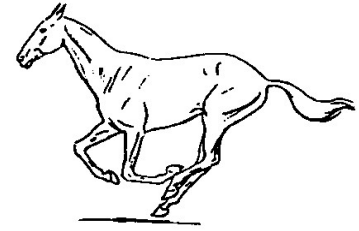




August 2014 Newsletter # 443



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

Who is Andy Blank and why is the BSWD hour run named in his honor? And why would anyone want to run for an hour on a track? Andy Blank worked at MSU in the early '70s. Andy and Frank Newman drafted the BSWD charter on the famous napkin in Red Lodge in 1973.

In the formative years of the BSWD it runs were named after some of the founders of the club. We have the Frank Newman Marathon and Relay, the Jim Banks Turkey Trot and the Ed Anacker Bridger Ridge Run. These three people were active in BSWD for many years. Jim Banks is still with us but has been inactive for a while.

Andy Blank seems to have moved away shortly after BSWD was formed. I am not aware of any current club member who knows anything about Andy. Yet his name lives on in the Andy Blank Hour Run. BSWD board members try to honor traditions by continuing long established runs, however the hour run is not very popular any more.

In the early years of the running boom runners ran on tracks a lot more than is common now. Runners were interested in how far they could run in an hour or what their mile time was. Runners are now interested in 5 or 10K road races. And in Bozeman, Trail running is king.

(Continued on page 2)

The Mature Runner

By David Summerfield

Pablo Vigil – The Legend Lives On

In going through a stack of old running magazines before throwing them out, I came upon a March 2013 Trail Runner I had not even opened. It has helped my whole life flash before me, and helped me realize what an incredible privilege I had early in my running life. On page 51 was an article about Chuck Smead. Just seeing the name made an explosion go off in my head. And in the article (part of their series "Legends of the Trail – 8 People Who've Blazed New Ground") there was Chuck talking about my own personal hero who influenced my life more than anyone I know. Thanks for putting up with a little nostalgia, it will end with some great pointers on living the life of an inspired runner!

I ran Pikes Peak Marathon in '75 to '78 and Chuck was the superstar. I then went to Switzerland a few weeks after the '78 PP Marathon, and while studying French literature at the University of Lausanne (to keep my permit valid) – I got involved in the circuit known back then as CIME (Championat International de Montagne). The Europeans are savage mountain runners – it's a well-developed sport, with lots of financial support, great press, tons of local enthusiasm. It was a chance to travel to these little tiny Swiss villages way up high in the Alps, where the

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



Inside this issue:

Old Timer's Corner	1-2
The Mature Runner	1-3
Dear Wind Drinkers	2-3
Race Results	5-6
Calendar	4

For many years, the hour run was held in the MSU Field House on a Sunday in January. At one point there were enough runners to justify two heats. However, over the years the interest has faded, MSU charges a fee and finding an available time slot in the field house has become difficult. For several years less than 15 runners have competed and MSU charges \$125 for the use of the field house.

Last year the BSWD board decided to move the Andy Blank Hour Run to an outdoor track in the summer or fall. This is not an ideal solution because of weather concerns. It may be hot or rainy or cold. BSWD is facing a dilemma. What to do with a run to honor a club founder that is no longer popular? The club is wrestling with several possibilities. First, name another run for Andy Blank, second keep the status quo, or eliminate the run. Do you have any suggestions?

-Bob Wade

Dear Wind Drinkers,

Many moons ago, back before young boys at the grocery store consistently called me “Ma’am”, a friend and I had an enlightening conversation about making a graceful transition from vivacious youth into middle age. The thought that helped her to let go of the strange attention so many people give to young women (that they don’t give to women who are obviously not a “Miss” anymore) was to tell herself, “It’s not my turn”. She explained that she had her time with those gazes and she wasted it obsessing over ways to critique her body. She said, “Wishing for those days is just another form of greener grass syndrome. I am stronger now than I was then. Maybe this generation will handle themselves better than I did in those moments.”

Since that discussion, there have been many opportunities for me to think, “It’s not my turn.” Most recently, I have had to let go of five races I signed up to run this summer that I could not run. After a two week period of over-training, on June 3rd, I tore my hamstring. For the next six weeks, my feet only walked while Bozeman’s weather was at its finest. Last year, I had my turn running the Bangtail Divide Trail (the best run of my life), the Bridger Ridge Run, and setting a new PR at the Billings Marathon. I ran inaugural races and had long, romantic runs through the wilderness with my man-

(Continued on page 3)

townspeople all come out and cheer you on, where flags fly everywhere, the postrace parties are great fun – even if you know no one. And the prizes are so special – you get the town’s specialty: from a round of cheese, to a ham hock, to a little bottle of pear liqueur, to whatever they make. The courses are always brutal – steep up and down, with clanging cowbells everywhere, majestic 14,000’ mountains with hanging glaciers, wildflowers, you get the picture. And I was an American. Chuck preceded me by a few years, and was in his heyday of setting course records wherever he went. But many races I was in, he always won – no matter who the competition was. The year I started doing this, he had just brought over Pablo Vigil to enjoy what he was doing – setting records on every course, every year, and getting paid to do it. Pablo traveled with his girlfriend, and was so darn open and nice, for being a “superstar”. They were constantly being interviewed, signing autographs, and I was often the 3rd or 4th American to finish, so I sorta rode on their coattails. I was often in the top 10, and was proud to be an American, since Pablo and Chuck were so charismatic – it rubbed off a bit on me. I could speak French fluently, and that made me feel really part of the group. The culmination every summer was to run the Sierre-Zinal race – which if you google it – you’ll see for yourself that it is still considered the most prestigious mountain race in the world. You start in the Rhone valley, and go straight up 5,000’, and run around on these teeny little single-track trails in the high alpine pastures, going around 4 of Switzerland’s highest mountains (4,000 meter mts). I bonked everytime. Pablo’s 1st time running it (’79) he won it and took 6 minutes off the course record – like Mike Wolfe taking 6 minutes off Scott’s record at the BRR. He became a national hero – and he did Americans proud – he was always so courteous, patient, learning French, open to the new culture – they loved him. And then he won it 3 more times in a row. I googled Pablo and found a great interview where he makes you realize that running is a decent vocation. He was talking with Kilian Jornet and Anton Kuprika – admiring their amazing feats, and basically admonishing them to be ambassadors and “not just the superstars that are assholes and collect the money and take off and don’t even want to talk to the press or whatever.”

Please picture Pablo – from Craig, Colorado. You’ve got to go to Craig to understand. His dad was a sheep herder – his mom cleaned houses. He got noticed in high school and was welcomed to the famed program at Adams State College under Joe Vigil’s tutelage – he had a whole chapter devoted to him in “Born to Run”. I was living in Buena Vista at the time – ASC won many national x-c

hunk. This year, however, I had to get to the back of the line, stand on a stationary bike inside a stuffy gym, and take photos of my friends as they ended the adventures that were out of my reach. Stepping onto my green grass post-June 3rd, this summer instead provided my turn at a close encounter with a coyote in Yellowstone, a bear at Stone Creek, a moose and her calf also at Stone Creek, and huge herds of elk in the northern territories of our town. I took photos that I never would have taken which left me very impressed with myself. In this middle-aged, slow recovery, I learned that the views at the back of the line are still beautiful as long as I am in Bozeman and surrounded by people of integrity.

As we age, there is always more to learn, life gets interesting and more complex, and we must adapt to the restraints of being, as David would say, “more mature”. I do believe my days of “just running” are done. My turn has come in which the advice of running magazines and given to me by more experienced athletes cannot be ignored. Incorporation of rest, strength training, and cross training have become necessary for me to continue my journey away from the couch and into the wild lands of Montana. And suddenly, as suddenly as the day I realized I hadn’t been carded in years, these changes were absolutely okay.

Dear Wind Drinkers, thank you for helping me through these days during which my legs did not work as I expected them to. Thank you for your encouragement, hope, and advice. Thank you for hiking with me when I could not run, for pointing out elk that I wouldn’t have seen, and for working so diligently on races I hope to enjoy again in summers to come.

Wishing you great pleasure standing in the grass beneath your feet,
Dee



championships because of Joe. Anyway, I encourage you to google Pablo’s life and read on. I don’t know how to end this article. I just read his account of what it was like running back when I was running fast (for me) – we’re talking about the mid-‘70’s. I didn’t know I wasn’t the only person to do what he did. Like, my 1st 3 Pikes Peak Marathons I took off for the 6,000’ elevation gain in 13 miles and back with nothing in my hand, no camelback, nothing – no one did. You just went for it. There might have been an aid station ½ way up, I don’t remember. As Pablo put it: “In fact, I was kinda from that era where if you drank water you were kind of a wimp. Only wimps drank water. I remember a lot times running 20-23 miles without drinking anything at all because that was kinda like for wimps, which is stupid, I mean bizarre, but that’s the way it was. That was the mentality back then.”

And this is what Pablo is like: “To me running is one of the most spiritual things in the world. It’s tied into so many other things like the human spirit, goals, meaning of life, self-worth, self-esteem, making the world a better place. I’ve had some of my best thoughts as a result of running, just being alone in the mountains, being able to listen to the silence and meditate. People that don’t have this passion don’t get it, not necessarily with running, but painting, gardening, music, whatever. Music is another one that is incredible... The community is important too. I tend to be a bit of a lone wolf, but also I love being around people. It’s important to hook up with other people that have the same passion and keep each other accountable. Younger runners keep me sharp and on edge and up to date in what’s happening with the technology and such. I don’t hang around older people too much. I have a lot of faith in the younger generations.” And, I do!!

- David Summerfield



RACE CALENDAR

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.

6 BSWD Fun Run on Drinking Horse Mountain at 6:30pm

9 Ed Anacker Ridge Run. Bozeman. www.winddrinkers.org. To volunteer call 586-5543 or email kayjn3@gmail.com

9 12th Annual AnRiRa Irish Festival. Butte. New venue and flat courses. 5&10K plus 1 mile. Bus from the Chamber of Commerce to the start. No race day registration. Packet pick up at 7:30 am. 1 Mile starts at 8:00 am with other races starting at 9:30. Contact Mike at 491-6235 or mhpatterson@bresnan.net.

13 BSWD Adams Family BBQ and fun run starts at 6:30. Bring a dish to share.

16 The Scramble. Bozeman 4 & 15 mile courses plus kids run for those 12 and under. Start and Finish at Baxter & Love Lane. A fund raiser for clean water. Music, Awards & Refreshments at the finish.

scrambleforethopia@gmail.com or www.scrambleforethopia.com.

16 Big Dipper Last Chance. Helena. ½ Marathon & 6K starting at 8:00 am. A scenic tour of Helena. Info: Brian a bquick50K@hotmail.com or www.bquickrunning.com.

20 BSWD Bear Canyon Fun Run. Bring your leashed dog for fun & exercise. 6:30 pm

21 49th Annual August Road Race. Helena. Fast dirt course. 3.8 Miles starting at 7:15pm at the intersection of Head Lane and Country Club Ave. Race day registration only opening at 6:30 pm at the start. Benefits the youth Cross Country Program. Contact Pat at 459-5838 or pljusfw@bresnan.net.

23 Running Amuck for Scholarship Bucks. Butte. 5K Mud Run/Obstacle Course on Tech Campus. Info at cbright@safmt.org or Carolyn at 495-7506. Register at Smartaboutcollege.org/running-amuck.jsp

24 Montana Warrior Run at Swords Park in Billings. Dedicated to helping military veterans. 5K Walk/Run (relatively easy) and an 8 ½ mile Warrior Run (a challenging off road course tailored for “those who dare”. 8:00 am start. To register www.IMAthlete.com. Race day registration ends at 7:30 am. Info at 406-850-8879 or email rpalmer406@gmail.com

27 BSWD Middle Cottonwood Trail Run at 6:30 pm

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.

31 Trails Rx Livingston. 5 & 15K runs sponsored by the city & Livingston Health Care. Starts and finishes at North Side Soccer Fields. 15K starts at 7:30 am, 5K at 8:00 am and Kids Rim at 0715am. www.livingstontrailsrx.com. Info at 222-8155.

September

6 Big Hole Valley’s Race for Renewal. Wisdom. 4 Person 5K Relay Race plus a 5 & 10K Walk/Run. Leashed dogs welcome. 10:00am. Register at 222.bigholevalley.com. Race day registration as well.

7 4th Annual Bozeman Marathon, ½ Marathon & Marathon Relay. A Boston Marathon Qualifier. www.bozemanmarathon.com.

20 2nd Annual Big Bear Stampede. Gardiner. 5 & 8K Trail Races at 6500 feet elevation with great views. Register @ www.racesandfaces.com/mt/big-bear-stampede/2014/Registration. www.bigbearstampede.org (website)

20 John Colter Run. Three Forks. 37th Edition at the Missouri Headwaters State Park. On line registration only at <http://racemontana.com/search/event.aspx?id=26204>. Limited to 300 runners.

27 Pine Needle Stampede. West Yellowstone. ½ Marathon or a two person relay team, 5 & 10K on the Rendevous Trail ski trails system. Info at rendevousskitrails.com or call 646-7744

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.

RESULTS

Tour de Wolves - 6/25/14 - Thanks to Franklin Coles for allowing our group to enjoy the sights and trails surrounding his home on Jackson Creek Road. Thanks to him for marking the trail as well. There was an experienced group of timers that included Celia Bertoia, Frank Dougher, Jr and Bob Wade. Appreciation to them and to Frank Dougher, Sr, Vice President. **Times are as follows: 1.25 Miles:** Cooper Jonson 14:59; Jeff Johnson 15:08; Carrie Gaffney 15:12; Frank Dougher, Sr 18:16; CJ Oostema 20:02; Kay Newman (Road) 20:49; Mia Dudas 28:00; Jean MacInnes 28:26; Suzanne Winchester 28:29; Madison Oostema 44:08; Shawna Oostema 48:26; Jake Oostema 48:26; Dallas Roots 53:54; Jack & John Dudas ran with no times recorded. **2.25 Miles:** Alexandre Lussier 17:30; Darryl Baker 22:52; Austin Fraker 23:13; Natasha Fraker 23:13; Yuriko Yano 23:16; Craig Hildreth 23:46; Shane Lewis 23:49; Tom Moore 23:54; Theron Burling 24:45; Teresa Galli 26:38; Franklin Coles 26:43; Terry Cunningham 27:03; Leonard Baluski 29:02; Bob Johnson 32:52; Barbara Winchester 33:21; Alyssa White 33:23; Leon Shearman 33:31; Jacki McGuire 39:04. **4.5 Miles:** Tomas Dumbrovsky 34:56; Kyle Klicker 36:50; Rob Maher 37:27; Alex Jinks 40:37; Lukas Geyer 40:59; Kelly Munter 48:10; Nicholas Wickes 50:12; Roger Roots 52:16; Randy Oostema 55:07; Bill Davis 59:27.

East Gallatin - 7/2/14 - The warmest evening thus far this summer greeted the runners. It was our 41st anniversary. I'm sure that Frank Newman, founder of BSWD, never envisioned that our summer fun runs would reach out to almost 80 participants. Special guest was David Kuhn who has limited vision yet is running around the United States to raise money for Cystic Fibrosis. His much loved granddaughter suffers from this disease. Thanks to Martin Rollefson who was the Run Director. Also thanks to the timers who were Jean MacInnes, Rob Maher and Dave Skelton. Times follow: **1 Mile:** Cooper Johnson 7:14; Jeff Johnson 7:15; Leif Growney 7:24; Klara Dumbrovsky 8:10; Tomas Dumbrovsky 8:12; Marshall Lewis 8:25; Shane Lewis 8:27; CJ Oostema 8:55; Esther Schwier 9:02; Carson Swica 9:22; Dan Krza 9:29; Jen Swica 9:30; Celia Bertoia 9:30; Isaac Stock 9:31; Hazel Roulson 9:31; Leanne Roulson 9:32; Madeline Roots 10:09; Henry Stock 10:58; Frank Stock 11:02; Barbara Winchester 11:46; Maddie Swica 12:40; Greg Swica

12:41; Suzanne Winchester 13:28; Mia & Jack Dudas 13:46; Susan Sullivan 15:00; Kelley Blatt 15:00; Tabor Roulson 15:01; Chris Roulson 15:02; Lynne Hubert 15:20; Kay Newman 15:20; Bob Wade 15:20; Linda 15:27; Kim Rollefson 15:39; Dallas Roots 15:44; Madison Oostema 17:01; Shawna & Jake Oostema 17:33; Ryan & Elizabeth Growney 18:51; Carrie Gaffney 18:55; Lois Gaffney 18:57. **3 Miles:** Kirk Keller 22:45; Rick Cooper 22:46; Daryl Baker 24:17; Craig Hildreth 24:20; Gail Cary 24:43; Leonard Baluski 25:08; Carly Urban 25:15; Yuriko Yano 25:16; Ray Blott 25:18; David King 25:35; Laura Sullivan Russett 25:46; Laura Humberger 27:08; Jacki McGuire 27:57; Angie Kociolek & Evan Krza 31:13; Leon Shearman 31:59; Alan Moore 32:42; Melissa Mooe 32:43. **4 Miles:** Kyle McKenzie 28:50; Patrick Murphy 29:03; Randy Oostema 29:33; Kyle Klicker 29:49; Andy Garza 33:31; Lisa Verwys 34:02; Robert Pudner 34:04; Theron Burling 34:05; Lukas Geyer 34:06; Terry Cunningham 42:56; Andy Roots 45:36; Roger Roots 53:26; Kelsey Taylor 56:52; Kurt Buchl 59:46; Bill Flanagan 59:46; David Kuhn 59:46. John Dudas had no time recorded.

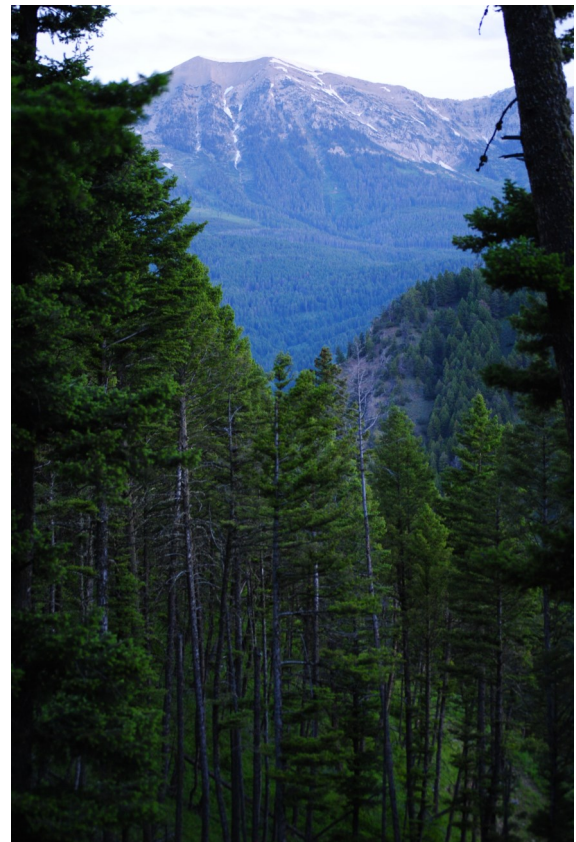
Bohart Ranch - 7/9/14 - Thanks once again to Jean MacInnes for hosting the annual run at her Nordic ski facility and for marking the courses as well. We appreciate the timers who were Frank Dougher, Jr, Jean MacInnes and Tom Moore. Following the run the group enjoyed a pizza party in honor of Leonard Baluski's birthday. Thanks to him and here's to a year of great running. Results: **1 Mile:** Bill MacDonald 12:42; Marshall Lewis 13:02; Shane Lewis 13:06; Hazel Roulson 14:27; Kelley Blatt 17:09; Tabor Roulson 18:03; Theresa Leland 18:05; Chris Roulson 18:09; Kay Newman 24:24; Dallas Roots 26:53. **3 Miles:** Dylan Humberger 20:12; Tom Walsh 22:16; Alyssa White 22:39; Kurt Buchl 22:44; Andrew Holleman 23:19; Daryl Baker 23:34; Craig Hildreth 23:59; Laura S Russett 27:11; Celia Bertoia 27:52; Susan Sullivan 29:14; Leonard Baluski 29:21; Kathleen Karlsen 29:25; Joseph Karlsen 29:36; Karen Funke 29:54; Gail Cary 30:55; Leanne Roulson 32:34; Laura Humberger 32:55; Barbara Winchester 33:33; Tobias Holleman 33:38; Lynne Hubert 33:42; Cheryl McNichols 35:56; Sierra Holleman 38:35; Jacki McGuire 38:56; Mia Dudas 39:40; Priscilla Dolan 40:36; Klara Dumbrovsky 40:39; Tomas Dumbrovsky 40:40; Bob Wade 43:56. **5 Miles:** Kyle Klicker 28:19; Chris McCarthy 40:07; Lukas Geyer 40:57; Erik Lehnhoff 41:51; David Ellig 44:24; Jennifer Wirth 44:49; Andy Garza 44:49; Jenna Fallaw

(Continued on page 6)

45:15; Leigh Holleman 46:15; Kelsey Taylor 46:53; Teresa Galli 48:04; Roger Roots 49:46; Carly Urban 50:58; Yuriko Yano 50:58; Randy Oostema 52:54; Kelly Munter 54:39; Anita Moore Nall 55:21.

McGuire Trail Run - 7/16/14 - The weekly fun run was hosted by Steve & Jacki McGuire. Thanks for having the group and for the great hamburger barbecue that followed. Thanks to Tomas Dombrovsky for setting up the courses and directing the event. Much appreciation to the timers who were Tobias Holleman and Rob Maher who were assisted by Clara Dombrovsky & Sierra Holleman. Times are:

1 Mile: Sierra Holleman 11:55; Hazel Roulson 13:12; Isaac Stock 13:24; Henry Stock 14:34; Frank Stock 14:35; Jean MacInnes 19:12; Theresa Leland 19:19; Priscilla Dolan 19:20; Suzanne Winchester 19:25; Celia Bertoia 19:26; Chris Roulson 21:03; Mia Dudas 21:39; Kay Newman 22:16; Dallas Roots 24:28. **3 Miles:** Tom Walsh 20:34; Jenna Fallaw 21:12; Patrick Murphy 21:27; Andy Garza 21:27; Alyssa White 22:14; Kurt Buchl 24:18; Rusty Seifert 24:19; Tricia Seifert 24:29; David Ellig 25:02; Andrew Holleman 26:13; Teresa Golli 26:37; Gail Cary 27:01; Frankie Dougher 27:26; Leonard Baluski 28:42; Natasha Fraker 30:29; Austin Fraker 30:35; Tracy Dougher 30:37; Frank Dougher 30:46; Laura Humberger 30:47; Karen Funke 31:25; Leanne Roulson 33:33; Leon Shearman 34:08; Barbara Winchester 37:28; Darryl Baker 49:53; Bob Wade 49:55; Jack & John Dudas had no times recorded. **5 Miles:** Tim McNicholas 31:41; Kyle McKenzie 32:04; Lukas Geyer 33:08; Tom Moore 37:45; Leigh Holleman 37:52; Randy Oostema 44:58; Marilee Wayth 49:01; Roger Roots 51:44; Bill Davis 51:45.



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: Tracy and Frank Dougher, Frank Stock, Tomas Dumbrovsky, Martin Rollefson
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



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

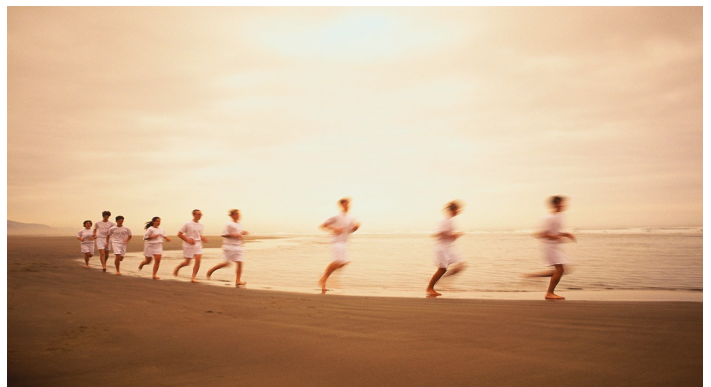
Four Zero Six Shirt Screening, Pete Sveen, 10% off, 600-5753

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.”