



# August 2015 Newsletter # 455



THE WIND DRINKER IS A  
NEWSLETTER FOR RUNNERS OF  
ALL ABILITIES

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[www.winddrinkers.org](http://www.winddrinkers.org)

# The Wind Drinker

## Dear Wind Drinkers

By Dee Metrick

Dear Wind Drinkers,

There was a lesson I learned in second grade that I have carried with me for the rest of my life: don't be mean to people. In seventh grade, another message became clear: if you are going to be mean, do it behind people's backs. Thus, I was left a wee bit shocked this Saturday when a young man in a blue hooded shirt pointed at me as I walked to towards the Crosscut 25K start and said to his friend, "Do you think SHE is going to do the 25K?!? Ha ha ha!" His friend responded, "You never know in this town. You might get beat by an 80 year old." I was glad his friend had enough sense to act a little embarrassed. Being a few pounds overweight and obviously at middle age does not limit my ability to see and hear unkind words and gestures.

I bit my tongue and held my fist. Compassion, even for big-mouthed twerps who sound like the mean voice in my head, is what I strive for. But still, I cannot fathom what that bearded dweeb was thinking. Most overweight women who walk up to an athletic event filled with fit people believe that someone is going to point and say, "What is SHE doing here?!? She's too fat for this race." We tell ourselves that these thoughts are irrational. We tell ourselves whatever we need to in order to arrive at our destination. But

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## The Mature Runner

By David Summerfield

I Think Mature Runners Can Change  
The Nature Of Their Bodies

How's that for an opening statement? It all started with the book "The Turning Point" by Fritjof Capra, Frank Capra's brother. Frank won 3 Oscars for Best Director in the '30's and '40's. Fritjof was a "high energy physicist" from the University of Vienna. Must have been quite a household as they were growing up. Fritjof has attempted to explain to the lay person how quantum physics works and the more I read this book, the more I realized its implications are absolutely astounding. Someday (if quantum physics is really what it says it is) – we'll all be able to manipulate matter at will. Here's what I found out.

And, I need a disclaimer here. I am DEFINITELY NOT a physicist - at all. Nowhere close. I am reading a book for non-physicists. And, I'm interpreting it as I go – with a specific desire to change the way my body is working (or not working).

And you must also realize that a truly mature runner is a specimen who is constantly needing to re-form his/her body – body part by body part. Running does do a number on our "parts". We do the best we can at avoiding injury, but things wear out. And if you're not into replacing body parts (a current trend – replace a hip

NEWSLETTER OF  
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NING CLUB FOR ALL  
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when someone actually pointed and laughed in a world that was beyond the realm of my imagination, I was left wondering what to do.

Luckily, I had two loving friends at the start-line who not only looked like fitsters who belonged at a bad ass 25K, but they also treated me like I belonged there too. They let me point back at that gentleman and encouraged me to run off the hurt, as I do with any minor running pain.

After the race began, I was swept up in the scenery. As happens on the best race-days, my brain chemistry worked at its ideal, my body felt happy, and my spirit lifted. I fell into a small group of not-fast, fun folks. I found my people. By mile six, not even halfway through the event, I was filled with gratitude for a lesson I learned by the time I was the age of that young man: people who appear out of place are likely rallying their courage to stand wherever they are standing, walk wherever they are walking, or run wherever they are running. Whether I am that person or I am in their sphere, given the choice to let them feel included or inspire them to feel excluded, I consistently try for inclusion.

So what do I always come back to? That mean people won't stop me from experiencing all the joy that this life has to offer, that the love and friendship in our running community help me to be a better person, and that my peers in seventh grade were wrong: it's never okay to be mean.

Dear Wind Drinkers, thanks for reinforcing the positive lessons of my childhood and helping me to dispel the bull-poopy of my middle school years.

Your devoted editor,  
Dee

## **RACE CALENDAR**

### **August**

**2 2nd annual Run for Wild Animals.** Roscoe. Takes place on a five mile stretch of Rosebud Creek. <http://www.active.com/roscoe>

**5 Pete's Hill** along with the Bite of Bozeman held on Main Street. BSWD Fun Run at 6:30 pm.

here, a knee there, etc.) – then what's left is directing the sub-atomic particles comprising all matter to do whatever you have in mind. Really, that's the gist of what I read. First of all, these sub-atomic particles comprise all atoms. And the atom I've learned is a non-destructible item. They are all as old as the universe. So, since the atoms comprising you and me are indestructible, why is it we "age" or have worn-out parts? That's where quantum physics comes in very handy. It was discovered that an "observer" (the term physicists use to refer to themselves while they are playing with particles) can directly affect how a sub-atomic particle behaves – just by his thought. And this particle in question can be on the opposite side of the Earth. He can change the direction of its spin by thinking so. And I welcome a truly trained scientist to engage me in this thinking. This is where the book went by page 87 (a Bantam paperback published in 1987). "The electron does not have objective properties independent of my mind." And another result says Fritjof, is "the results of quantum mechanics and relativity theory have opened up two very different paths for physicists to pursue. They may lead us – to put it in extreme terms – to the Buddha or to the Bomb, and it is up to each of us to decide which path to take."

So, how to take these ideas into our present day world, and start affecting a change in the matter around us? Well, if you can influence what a sub-atomic particle can do, then hold in thought the fact of needing a new knee (for example). Or an improved knee, or a knee that works without pain. The kicker is that sub-atomic particles are SO small (billions of them just in the dot that ends this sentence). So, yes, one has to be incredibly persistent. But it DOES open up amazing possibilities. We are all part of a complex web of interconnected energies, and I can imagine (and to imagine something IS the 1st step in making something happen – haven't you been told that???) ...that more than one sub-atomic particle is going to...to...to...I don't know how it works, but, move here or there ...and it must be according to one's will. Yes, this steps outside of Capra's book, or maybe not, I'm only up to page 120. But say you could influence 1000's of sub-atomic particles to cluster in a different fashion than where they presently are (and quantum mechanics will say you can never know where they are at any given time). An inflamed knee (for example) shows you where billions of these particles are working – so – just get them to change their nature.

Yes, I'm being terribly simplistic here, and that's okay. But I've become quite excited about my (perhaps) exalted imagination and where it could lead. And, by the way, my

(Continued from page 2) *Calendar...*

**8 Sweet Pea Run.** 5 & 10K Runs with proceeds supporting student athletic scholarships, Bozeman Track Club, Junior & Senior Olympics and all BSWD activities. <https://runsignup.com/Race/MT/Bozeman/SweetPeaRun> . Packet pick up at Security Bank. Registration price increases at Packet Pick up. Volunteers Still Needed. Sign up at [www.SignUpGenius.com/go/409094CACAD28A20-sweet](http://www.SignUpGenius.com/go/409094CACAD28A20-sweet)

**12 Tuckerman Park.** BSWD Fun Run at 6:30 pm

**15 Ed Anacker Ridge Run.** [www.winddrinkers.org](http://www.winddrinkers.org). A Bozeman Tradition.

**15 An Ri Ra Butte.** Irish Festival 8:30 1 Mile; 9:15 5 & 10K, Buses to the start at trail.

[Buttesspissandmoanrunners.com](http://Buttesspissandmoanrunners.com)

**19 A new addition to our list of Fun Runs: Hyalite Reservoir.** Meet at the Parking Lot. Starts at 6:30.

**22 Running Amuck for scholarship Bucks.** Butte. 9 am start with heats every 30 minutes. 5K starting at MT Tech Hell Roaring Gulch to benefit Big Brothers/Big Sisters (Mud Run). [Buttesspissandmoanrunners.com](http://Buttesspissandmoanrunners.com)

**23 Warriors Run.** Billings. Details at [www.montanawarriors.org/](http://www.montanawarriors.org/)

**26 Trail Fun Run and McGuire Pot Luck.** Bring a dish to share. 6:30 pm.

**29 Dirty Dash.** Billings at 12 noon with mud obstacles. <http://www.thedirtydash.com>

### September

5 Fun Run 12 for Charities. Red Lodge. 5 & 10K Fun Run. 5 & 10K Fun Walk. No entry fee. Donations encouraged. "Where Fun Benefits Everyone" email: [funrun@rlacf.org](mailto:funrun@rlacf.org). [www.RedLodgeFunRun.org](http://www.RedLodgeFunRun.org)

**18 10th Annual Run @Work Day and the 4th Annual Run @ School Day.** Promoted by RRCA. Start making plans now. Learn more at [www.RRCA.org/programs](http://www.RRCA.org/programs)

**19 John Colter Run.** Registration is open. Details to follow. Volunteers needed. See [www.winddrinkers.org](http://www.winddrinkers.org)

**20 Mariah's Challenge Run.** Butte 5K & ½ Marathon More info to follow.

**30 2015 Summer Fun Runs Come to a Close. Pot Luck at the Lindley Center.** Thanks to all who gave of their time! If you would like to be an officer next year, speak to our President, Kurt Buchl, or any of the current board.

### October

**31 Montana Cup.** Helena. . 5 & 8K cross country runs at Sieben Ranch. Men start at noon. Women start at 1:00 pm. Registration opens on Sept 1.

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workouts are improving faster now than they have in the last several years. So there. ....your turn.

- David Summerfield





## November

11 Veterans Day Run. Butte. Starts at 11:11 am at Stodden Park ending at the American Legion Club. 2.5 Miles & 5.2 Miles Race day registration at Stodden Park.

### RACE RESULTS

**Painted Hills** - 7/1/15 - This must have been our run with the highest temperature thus far this year. It was so different from the one here in 2014 when there was almost a blizzard. Of course, it was in September so one is never surprised when it snows. Thanks to Whitney Adams for arranging the courses and also to the timers who were Mia Dudas and Karen Funke. Times are as follows: **1 Mile:** Sierra Holleman 10:39; Leon Shearman 15:21; Finn Wirth 16:35; Wren Wirth 16:35; Jenny Wirth 16:36; Celia Bertoia 18:31; Jean MacInnes 18:32; Craig Hildreth 20:41; Kay Newman 20:42; **3.4 Miles:** Patrick McCockeon 28:08; Whitney Adams 28:46; Bob Eichenberger 30:32; Darryl Baler 30:32; Jesse Hildreth 31:48; Teresa Galli 34:04; Carrie Gaffney 34:04; Keith Hutchison 34:11; Lenka Beranova 35:11; Pam McCutcheon 35:16; Gail Cary 35:16; Barbara Bakum 36:57; Iris Orion 39:22; Leonard Baluski 40:28; Becky Hochstein 40:59; Cooper Johnson 41:27; Jeff Johnson 41:28; Laura Humberger 43:56; Linda Wortman 44:39; Suzanne Winchester 45:10; Tom Londe 47:54; Lindsey Cozzi 54:39; Jacki McGuire 57:05; Tracy Dougher 57:06. John, Jack & Jack Dudas had no times recorded. **5.3 Miles:** Kal Tucker 32:08; Terence Lair 33:51; Jen Wirth 33:59; Rob Maher 35:25; Tomas Dumbrovsky 36:40; Andy Maixnek 37:02; Tom Walsh 37:30; Tommy Bass 38:24; Leigh Holleman 41:02; Amy Chiuchiolo 43:03; Randy Oostema 48:08; Angie Kociolek 57:21.

**Bohart Ranch** - 7/8/15 - It was a great evening at Bohart Ranch. Special thanks to Jean MacInnes the owner/ manager for once again allowing our group to enjoy the facility. The occasion was also special because we celebrated Leonard Baluski's birthday. Thanks to Leonard for furnishing pizza for the group. Tracy Dougher was the delivery person so we appreciate her doing that necessary job. The runs were set up and organized by Leanne & Hazel Roulson. Timers were Jean MacInnes Bonnie Eichenberger and Susan Nickelson. Thanks to each of them for their help. Times follow: **3K:** Hazel Roulson 13:21; Gail Cary 13:33; Leanne Roulson 14:11; Cadence Wynn 14:13; Randall

Lundgren 14:14; Theresa Leland 19:08; CJ Oostema 20:01; Simon Payne 20:02; Finn Wirth 21:38; Sam Bass 21:39; Wren Wirth 21:45; Jon Wirth 21:46; Kay Newman 24:21. **5K:** Tommy Bass 22:54; Travis Miller 23:15; Cooper Johnson 23:35; Jeff Johnson 23:35; Carrie Gaffney 23:49; Darryl Baker 23:50; Bob Eichenberger 24:15; Craig Miller 28:35; Celia Bertoia 29:05; Mason Griffiths 29:16; Leonard Baluski 29:40; Mia Dudas 32:14; Laura Humberger 32:15; Karen Funke 32:16; Madison Griffiths 40:57; Melissa Griffiths 41:06; Bill Dobler 41:28; Jacki McGuire 42:05; Shawna Oostema 47:51. No times recorded for Jack, Jay and John Dudas. **8K:** Dan Jackson 28:34; Kal Tucker 33:37; Andy Burns 36:47; Andy Majxner 37:40; Tomas Dumbrovsky 37:41; Dylan Humberger 40:15; Kyle Klicker 40:18; Jennifer Wirth 40:30; Tom Walsh 40:35; Lukas Geyer 40:54; Bern Kohler 41:01; Jenna Fallaw 41:11; Casey Bloomer 48:07; Bridget Boyle 48:08; Kurt Buchl 48:20; Gary Gloomer 48:29; Matt Ballinger 52:54; Megan Ballinger 52:56; Teresa Galli 56:30; Randy Oostema 57:51; Travis Anderson 57:54; Kelly Wilson 58:35.

**Middle Cottonwood** - It was a beautiful evening in a great setting for our annual run. Thanks to Tomas Dumbrovsky for marking the courses and generally setting up the event. Tom Walsh swept the course. Timers were Leonard Baluski, Laura Humberger and Leon Shearman. Thanks to each of them. Times were: **1 Mile:** Kurt Buchl 12:00; Tom Moore 12:01; Kay Newman 24:49. **3 Miles:** Rob Maher 26:05; Andrew Holleman 30:41; Daryl Baker 31:15; Jesse Hildreth 32:39; Celia Bertoia 36:48; Cooper Johnson 38:04; Jeff Johnson 38:04; Carrie Gaffney 38:09; Karen Funke 38:29; Sierra Holleman 40:35; Tobias Holleman 40:55; Jacki McGuire 54:37; Suzanne Winchester 54:52. **5 Miles:** Matt Adams 38:09; Lynn Zeynolds 38:22; Dan Jackson 40:33; Kal Tucker 40:34; Kelly Sprenkle 56:31; Randy Oostema 59:56.

**Bear Canyon** - 7/22/15 - The rain clouds were gone and the sky was blue for the annual Bear Canyon Run with your dog. Thanks to Craig Hildreth for setting up the event. Tom Walsh was the sweeper and timers were Tracy Glass, Leslie Schmidt & Kelly Wilson. Special thanks to each of them as well. Times are: **1 Mile:** Craig Hildreth 24:14; Sam Bass 25:18; Tommy Bass 25:20; Elena Rubsam 25:51; Melissa Kinnear 27:07; Mike Rubsam 27:14; Mia, Jack & Jay Dudas 30:09; Kay Newman 31:00; Christine Anderson

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

35:09; Eric Anderson 38:32; Travis Anderson 38:33. **3**  
**Miles:** Michael Vlases 26:01; Claire Vlases 28:52; Ursula  
Vlases 28:59; Jeff Johnson 29:58; Tom Moore 32:09;  
Cooper Johnson 32:51; Carrie Gaffney 32:55; Tomas  
Dumbrovsky 36:49; Leonard Baluski 38:36;  
Katy Brandis 39:50; Leon Shearman 44:23; Gail Cary  
47:43; Laura Humberger 47:54; Jacki McGuire 48:28. **5**  
**Miles:** Kyle VanPeursen 36:45; Rob Maher 37:27;  
Roland Bachmann 45:19; Nicholas Badercea 45:20; Tony  
Stenner 51:06; Randy Oostema 55:08; Teresa Galli 55:09;  
Tom Walsh had no time recorded.

## 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](http://www.winddrinkers.org)

### OFFICERS FOR 2015

**Prez:** Kurt Buchl 587-0756

**Vice Presidents:** Whitney Adams, Craig Hildreth,  
Tracy & Frank Dougher, Tomas Dumbrovsky,  
Leanne Roulson

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](http://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](http://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

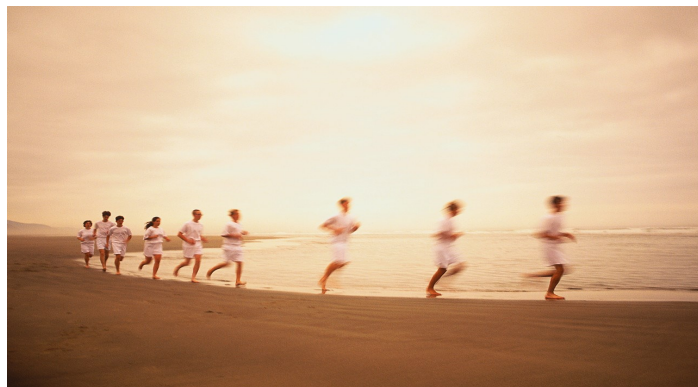
**Four Zero Six** Shirt Screening, Pete Sveen, 10% off, 600-5753

**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](http://www.winddrinkers.org) for updates and more information.



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