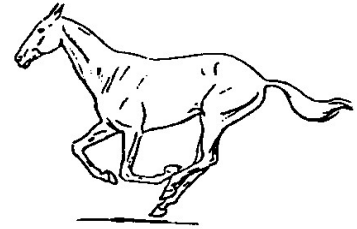




December 2013 Newsletter # 435



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,

I hold a personal belief that everyone has a period of time each year that is more difficult than the rest. My predictable struggle begins November 1st and goes right up to the moment that I get to dress as a turkey and run with oodles of little kids on Thanksgiving morning. November is the month that my mind tells me I am a failure, encourages me to stay in bed not talking to anyone, and would like me to retire from society and hide in a dark, cold hole where I belong. My mind can be mean sometimes.

Luckily, I am one of the many members of our Wind Drinker community who uses running to outwit my demons. The inner voice that is so dark and cruel, gets smaller and quieter the longer I am out moving in the fresh air. Even at the gym, when the outdoor temps drop below ten degrees, that influence can be temporarily silenced. All I need is a mile or two or three...

Many years ago, a woman named Jill came into my life. We both were residents of Bozeman taking a vacation in Colorado. We had a friend in common who suggested we might get along. Jill and I met up as strangers to run a 16 mile race together. During those two-plus hours, I rambled and she listened. Then she spoke and I listened. We

The Mature Runner

By David Summerfield

If You're a Mature Runner, then Santa Claus is Real!!

I've had it with this business of "Is Santa Real?" or "No, there's no such thing as Santa Claus!". And if you've put in enough miles on your feet, then chances are you know of course there's a Santa, and its your duty to prove it to the other "doubters" around you. Perhaps, think you, I'm going way out on a limb for this article. Well, bear with me a bit.

My grandson just asked his mom if Santa was real, since some of his friends had said he wasn't. Being an honest parent, she had to tell him the truth. "No, we pretend there's a Santa." Well, guess who went off crying! He was told that is was now his responsibility to keep the secret from his younger 3-year old brother. When I heard this, my 1st reaction was "WAIT A MINUTE HERE, THERE IS A SANTA, OK?" Why am I surrounded by such unbelievers? Where has all the magic gone? I can never forget the year when my son needed proof of Santa's existence. Actually, I needed the proof as much as he did! Leif was 5 years old. We had been living alone, just the 2 of us –

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	1-3
Mature Runner	1-3
Race Results	3-4
Calendar	4-5
Photos	3-4

both commented on the awe we felt at the unbelievable, new scenery that surrounded us. The weather was perfect. Our paces were evenly matched. Our love for running long was mutual. Jill treasured dream interpretation and I was blessed with vivid dreams. Jill was willing to talk about difficult topics and see the bright side of everything. Jill and I were instant friends.

For many years we ran together all over the state. We ran marathons together. We ran year-round in the far corners of the Gallatin Valley. Jill made a 20 mile training run feel like a childhood game at recess. Jill could handle my fall lows and summer highs. She didn't mind stopping to identify raptors. She would wait, enjoying the scenery, while I emptied little pebbles out of my loosely tied shoes. We shared burritos and water while we ran. Then, one crappy, early autumn day, Jill moved to Missoula to complete her nursing degree. Abruptly, running long was not the same. Twenty miles on rural roads suddenly felt lonely and excessive. What had seemed like a game suddenly looked like an obligation.

I could wander the trails in the summer. I could jump out of bed and put in a few miles in the winter. But those long, cold, multi-hour adventures around the Gallatin Valley no longer held their appeal. Jill was my winter running muse. My winter mileage shortened, starting in the dreaded month of November. For two years, I used the winter to build strength, to rest, to make the most of that big, empty space where Jill used to be.

November of 2013 was tolerable. A new, playful, funny running buddy met me during the week for a few miles before work. She tolerated my self-deprecation and mild depression. Then, today, the last day of the November Monster, Jill came for a visit. We ran long like old times. Time passed quickly. The views felt enhanced. Just as I was feeling the last bit of autumn struggle get left on River Road, Jill blessed me with news that in May she plans to return to Bozeman as a permanent resident. This was not at all expected but seemed like the perfect news to start December: a happy, busy, loving month filled with joy and much training. I must now stay in shape to run long by May. This morning, the snow was sparkling.

for many years. This was to be his 1st Christmas away from me, so he could fly to Switzerland to be with his mom. I needed some magic to cure my sour mood. And, by the way, I have always believed in Santa. No one ever told me he didn't exist. Being an introspective child, I had no trouble living in my head. The IDEA of Santa had always worked its magic my whole life. And boy did I need it right then.

We lived along the Mississippi River near Alton, Illinois. Our local bank had a typical "Santa's Workshop" set up in their foyer. I went in to get some money a few days before Leif was to fly away. And there he was. The REAL Santa. I mean, if he wasn't, he sure fooled me. I went up to him, and started up a conversation. I told him my story, and he asked if he could come to our house the next evening, but why not bring Leif over after school today so he could get to know him. You can see where this is going. When we got there, Leif's name was on the list of the "good" boys of course. He asked what he wanted, and Leif said he wanted a pair of skates. Santa said he thought he could arrange that. Leif said he would be in Switzerland for Christmas, and Santa said, "well, that wouldn't be a problem". And sure enough, the next night, Santa drove up to our house in an old white Cadillac. (oh, by the way, his "get-up" was real – old faded and worn red velvet clothes, worn old black work boots, real scraggly white beard, rosy cheeks, the belly was his own...I mean, this was the real thing) We were looking out the kitchen window when he drove up, and when the car door opened, there was the sound of gingling bells. We raced out to the driveway, and saw him open up his big trunk, and pull out an old red bag. He asked if he could come inside. (this really happened, really – just ask Leif) Of course we had hot chocolate and cookies all ready in case he came by. We all ate and drank, and out of the bag Santa pulled the skates. He asked if Leif could take them with him to Switzerland, and he said he would.

Now, were we having the best Christmas ever imaginable? And this in place of the depressing thought I had had earlier about being all alone for Christmas. It was happening right in front of my eyes. This isn't the end of the story. The next week I drove out to Buena Vista, Colorado where I taught cross-country skiing and took trips into the mountains for guests at a "dude ranch". And

(Continued from page 2) Dear Wind Drinkers...

Dear Wind Drinkers, thank you for helping me through the dark days, for enabling me to enjoy my friends while accepting the less romantic side of my personality, and for being there in the months that feel less than jubilant.

Happy Holidays.

Your devoted editor,
Dee

Results:

The annual Jim Banks Turkey Trot was held at Spirit Hills under sunny warm skies on November 9. A larger crowd than usual showed up to compete for the turkeys given to those runners in each designated distance who came the closest to predicting their finish times. Winners were Madison Oostema in the one mile, Natasha Fraker in the 2.7 Miles and Kurt Buchl in the 4.4 miles. Winners in the overall drawing for a turkey were Kyle McKenzie, Yuriko Yano & Montana Olsen. Actual finish times are shown in the results with prediction times in parentheses. **1 Mile:** Sandy Dougher 15:12(29:59); CJ Oostema 15:19; (20:00); Kay Newman 17:19 (14:50); Madison Oostema 22:02(20:00); Shawna & Jake Oostema 25:32 (20:00). **2.7 Miles:** Natasha Fraker 22:02 (22:22); Bob Eichenberger 22:05 (21:03); Boone Tranton 23:50(18:17); Austin Fraker 23:50 (21:03); Bonnie Eichenberger 24:07(27:00); Bryce Sullivan 25:57(25:35); Angie Kociolek 26:44 (30:30); Leonard Baluski 26:47 (28:00); Gail Cary 27:34 (37:00); Mia Dudas 28:21(30:30); Eden Sullivan 29:49 (32:30); Montana Olsen 29:49(32:10); Liza Mason 29:51(32:15); Ruth Forrest 33:03 (40:00); Dirk Kaiser 35:37(27:00). **4.4 Miles:** Rob Maher 29:02(30:00); Kyle McKenzie 30:42(37:00); Henry White 33:05 (37:17); Drew Tyger 33:29 (35:06); Patrick Murphy 33:52 (37:30); Sam Reid 33:58 (34:38); Kurt Buchl 34:08 (34:15); Lisa Verwys 34:35 (38:00); Kate Nisset 34:37(36:36); Dan Heimbigner 34:54 (33:37); Tom Moore 35:14(35:30); Randy Oostema 37:38; (38:30) ; Martin Rollefson 38:09(37:30); Sam White 39:10 (39:46); Karen Williams 40:32(44:30); Yuriko Yano 40:33(45:00); Jerry Coffey 1:01:48(53:00); John & Jack Dudas also ran with no time recorded.

The annual Bon Appetite Fun Run was held on Saturday, November 23 with only a few participants to enjoy the bright sunshine and cool temperature followed by breakfast at Kountry Korner Cafe. Thanks once

(Continued on page 4)

(Continued from page 2) Mature...

we had a giant Christmas tree in the main lodge. I couldn't contain myself having just experienced the reality of a Santa Claus. So, I went into town Christmas Eve, and bought a couple dozen little crystal balls hanging on strings, which I carefully wrote down the names of all the staff members, saying it was from "Santa". Early Christmas morning when the lodge was empty, I hung them all on the tree, and said absolutely nothing. No one ever knew who this Santa was. You're not supposed to know! When I started hearing talk that morning as we were serving guests breakfast, I joined in the merriment, saying that obviously Santa is alive and well in Buena Vista.

And he is just as alive and well in Bozeman, Montana too! Ho ho ho, and Merry Christmas to you all....and to all a good night!!! (and, if you haven't ever run into Santa while you've been running late at night during the winter months, then you haven't run far enough yet....I've met him many times! But, and you know where I'm going with this one, if you don't believe he exists, then you'll never ever see him! And yes, he always has lots of wonderful things to give you!)

- David Summerfield



again to Leonard Baluski who treated the group. Runners and walkers included Darryl Baker, Leonard Baluski, Craig Hildreth, Jacki McGuire, Kay Newman, Jonne Shearman, Dave and Linda Skelton.

RACE CALENDAR

December

14 Jingle Bell Fun Run: 5K & 1 Mile in Billings at 9 & 9:45 am Festive Holiday wear encouraged. Free entry if you bring a Toy donation for “Toys for Tots”. www.runmt.com/2013JingleBellFunRunEntry.pdf 690-8680/

14 1st Ever Christmas Stroll Run Whitehall. 1Mile and 5K distances. 11 am starts and ends at the community Center. Entry fee is \$8.00 with 2 cans of food. Your 4 legged running partner on a leash is welcome. Entry fee for them is 2 cans of pet food or 1 small sack of dog food or kitty litter. jojokou1@gmail.com for information.

21 Jingle Bell Jog. BSWD 9:00 am at the Lindley Center. Bring a Christmas goody to share at the party & raffle

January

4 BSWD FA 50K at Headwaters State Park at Three Forks. Run as many 5Ks as you wish. Road, trail or combination of courses possible. 9:00 am start. With official Timing closing at 3:00 pm.

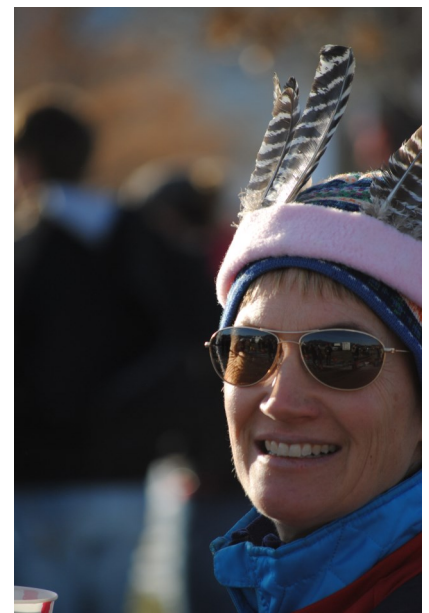
9 HURL Fat Ass 50K. Helena. 9:00 am start. The course is one big road loop with a one mile rails to trails detour. Starts at the intersection of 9th & Raleigh. Relay options. No fee, no aid or support. Post race potluck dinner at 815 11th Ave. Contact Martin Miller for info at 459-6296 or mpmiller93@yahoo.com

25 Montana Senior Olympic Nordic Ski Races at Bohart Cross Country Ski Center for individuals who are 45 years of age and older. Gold, silver & bronze medals for winners in 5 year age categories (45-49, 50-54, etc). 5 & 10K classic at 10:00 am followed by 5 & 10K Free Style at 1:00 pm. For information call 406-586-5543 (Kay Newman) or email jonnes@optimum.net (Jonne Shearman) The entry form can be accessed at: www.montanaseniorolympics.org

February

TBA Butte Frigid Digger. 3 and 7 Miles.

15 Pub 317's Run to the Pub. Bozeman. Details at a later date.



(Calendar, Continued from page 4)

22 BSWD Froze Nose. Bozeman. 9:00 am start at the intersection of Grant and S 11th. Your finish time will be used as your handicap for the Handicapped Run in March. Distances of 1.1, 3 and 5.4 miles.

22 35th Annual Snow Joke Half Marathon. Seeley Lake. USATF Montana ½ Marathon Championship. 11:00 am start. Pre-register: mtsnowjoke.com. Contact: canderson@missoulanews.com. \$20 for those 20 years and over \$5 for those 19 and younger.

March

TBA AOH ST Patrick's Race. Anaconda. 10:30 am start. 3 & 6 Miles

22 BSWD Handicapped Run. Bozeman. Your finish time for the Froze Nose. Run will determine your starting time. If you did not run the Froze Nose, starting times will be as follows: 5.4 Miles at 9:15 am, 3 Miles at 9:30 am and 1.1 Miles starts 9:45. See if you can improve your time!

Big Sky Wind Drinkers Fall / Winter Runs 2013 - 2014 Season

Saturday, December 21 Jingle Bell Jog 9AM
Lindley Center Christmas Cookie Pot Luck and Raffle

Saturday January 4 BSWD Fat Ass 50K Start
9:00 AM Headwaters State Park, Three Forks,
5k out and back trail or road options. Run as many
5Ks as you wish. Runners finishing after 3:00 PM will
call in their times. Race Directors VP's self-timed.

Saturday, February 22 Froze Nose 9 AM *Meet at
MSU: Grant & 11th

Saturday, March 22 Handicap Run 9 AM *Meet at
MSU: Grant & 11th

Saturday, April 19 Back from Bridger
9AM *Meet at Bridger Bowl parking lot. 5 distances:
3, 7, 10, 12.5, or 17.5 miles. Finish line closes at 12:30

Saturday, May 24 Frank Newman Marathon / Relay
8AM 27th Annual! *Meet on Bridger Canyon Road
south of Bridger Bowl. *Post race lunch at Sacajawea
Park in Livingston.

THE WIND DRINKER

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Benefits of membership are receiving this newsletter, getting discounts listed on last page, and opportunity to vote at annual meeting (and of course all fun runs). Submissions to newsletter must be in by 25th of month to aikidonerd@yahoo.com
Website: www.winddrinkers.org

OFFICERS FOR 2014

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

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Membership: Darryl Baker, 582-5410

Treasurer: Jacki McGuire
Results, Calendar: Kay Newman kayjn@imt.net

Secretary: Shawna Oostema
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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

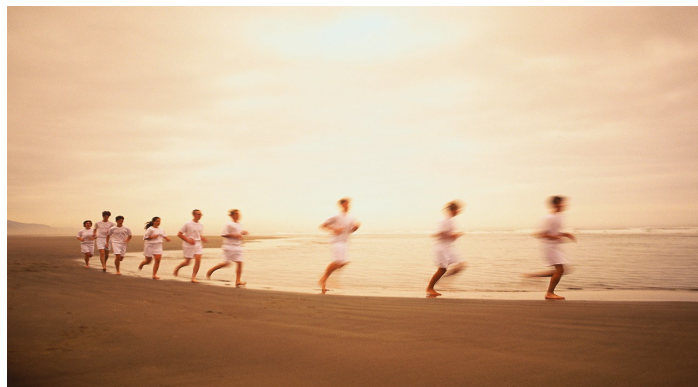
Four Zero Six Shirt Screening, Pete Sveen, 10% off, 600-5753

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.”