



# December 2014 Newsletter # 447



THE WIND DRINKER IS A  
NEWSLETTER FOR RUNNERS OF  
ALL ABILITIES

Renew your BSWD membership this month at:  
[www.winddrinkers.org](http://www.winddrinkers.org)

# The Wind Drinker

## Dear Wind Drinkers

By Dee Metrick

Dear Wind Drinkers,

For the last seven years, I have had the honor of being the official female turkey during Huffing For Stuffing. This is, by far, the greatest volunteer job of the day. My duties, as I understand them, are to put on the felt costume, show up early enough so nobody in charge has to worry that I overslept, run in the kids' run being goofy and fun, run in the 5K finishing in about half an hour, and spread enthusiasm and inspiration wherever I go. My confession: every year during the kids' run, I have been on the receiving end of the inspiration dynamic. My tears consistently come when I see so many children out and about with their parents, with their Girls on the Run mentors, on their own seeming to feel free and independent. My heart warms to the thought of what this generation will be like when so many of them start this holiday in the fresh air, serving the food bank, and enjoying their community. My love for Bozeman expands tenfold when I listen to their little feet on the pavement. My attempts to match their joy, exuberance, and enthusiasm are sincere.

There are some pretty typical reactions when kids look up at me while I am dressed as the turkey. Most often, there is curiosity.

*(Continued on page 2)*

## The Mature Runner

By David Summerfield

Can't the Ridge Run Be For More Than Just Mature (able-bodied, well-trained) Runners?

Oh, loaded question! With the coming of my 20th year as race director for this "race" – I am increasingly exposed to why certain people run this thing. And I encourage everyone that can possibly do it, to DO IT!! If training for – and actually running it – can improve someone's quality of life, then that gives the event a much more justifiable reason to exist. And this makes me start looking for additional ways we can help the more "physically-challenged" person participate. Here's a sample of the kind of stories I receive, and this certainly does mold how the BRR is evolving as an event! With his permission, here is Johnny Harr's story. He's the latest person who – once again – has been willing to share his story. And again, I'll do whatever I can to make sure he toes the starting line in 2015.

Hello, my name is Johnny Harr, I had the honor of participating in this run four years ago, unfortunately I was injured and could not finish. However, being from Montana, but only finding my running later in life, this run was

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DRINKERS, A RUNNING CLUB FOR ALL  
AGES AND  
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BOZEMAN, MT



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Occasionally, there is fear. My favorite reaction, which comes from the most wonderful children, is playful determination. This Thanksgiving, the most precious experience of the day came from a connection with a little girl wearing a pink hat.

Before everyone crossed the start line, we shared a giggle or two as I danced and made funny faces. Once the time came, this little girl ran and ran until she could run no more. Just before we could see the finish line, she slowed to a walk. Her breath was heavy and her cheeks were pink. I ran up behind her and bent my knees and hips enough to be at her level. I peeked around to give her a smile. As she turned to me, her eyes and face went from surprise to curiosity to determination.

I have seen resolve in adults on many occasions, especially at races when the finish line was close and our bodies screamed for rest. I have talked to other runners about how they rally that last bit of reserves to achieve their goal. Many of us will fight beliefs about being fat or old to get over the finish line. We will think of others as inspiration, whether that be what they think of us, what we don't want them to think of us, or of some accomplishment someone else made that makes a marathon or a 5K look easy.

But the little girl in the pink hat had a look that expressed nothing external as her motivator. There was no parent nearby urging her to "beat the turkey". She simply saw a challenge and smiled at it. In that moment, she saw an opportunity as a game and she dug down deep to play. That is what I want for myself and all of the people I love: to be surprised by a challenge and face it with a smile.

My Dear Wind Drinkers, thank you for helping me find the joy in life's challenges and in my service to others. Thank you for reminding me to take on every chance to act like a goofball and enjoy life. Thank you for your part in the success of Huffing For Stuffing.

Your devoted editor,  
Dee

extremely symbolic for me.....As they say, to finish is to win...well I did not finish my friend. So here we are a few years later and many miles of life logged on the run. I now have stage four colon cancer....I am sorry to drop that, but when you understand the whole landscape I am now "running", you will feel why I would burden others with my path. Running is a very spiritual endeavor for me, I have seen the birth of five beautiful children, I was a two sport collegiate athlete, I have felt consciousness only a jail cell can deliver, I am a foster brother to a young man with severe autism....and now I have cancer...I am 36. I accept my path, I do. Now I look at the paths I have ran, the beauty I have seen in my fellow human being....this run was special, because I could not finish...but I felt support, positive energy. I have never forgotten that....and it is the reason I love running races, not to win...but to share....and compete with myself. But I love sharing in the journey we all are on...and that is running. So I am burdening you with these thoughts for the reason that this race holds very significant relevance for me, not only now, but before as well, which then creates this momentous opportunity to capture life in a defining and soulful endeavor. Since being diagnosed, I have ran two half marathons, several other shorter runs, all trail and placed in the top ten....while on chemo. I am rejecting my illness through my running, I am rejecting my death through living. And in that breath, I was curious if you could possibly guide me to an outlet or understanding ear to my journey. I am going to be in Montana this summer training for an ultra and would love to be apart of the run this year. This run means so much to me, so much....to finish is to win, truly. I appreciate your time in the thoughts I have shared, take care, Respectfully, Johnny Harr"

I answered back that "of course, I'll do whatever it takes to get you to the starting line next summer." This is his next reply:

"Thank you so much for the email and taking the time to feel my situation. I imagine that you have heard so many stories of life that have been touched by this one of a kind run, and to be honest, I was not able to finish due to an injury, however I was able to see another side of the run. Those that do volunteer work and help support the runners are as amazing as the run. If there is anything I can do to

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



## **RACE CALENDAR**

### **December**

**6 BSWD Jingle Jog.** Starting at 9:00 am at the GVLТ Office (212 S Wallace Suite 102 – this is in the old Harrington’s Furniture Store) Distances of 1, 3 & 5 miles. Bring a Christmas goody to share.

[www.winddrinkers.org](http://www.winddrinkers.org) Please, note location change!!!

**13 Jingle Bell Fun Run Billings 5K** at 9:00 am and 1 mile fun run/walk at 9:45. No entry fee, bring a donation for “Toys for Tots”. Starts at W Granite Health & Fitness facility. Wear holiday attire and bells. Information: [jenn@granitebillings.com](mailto:jenn@granitebillings.com) or call Jenn at 690-8680

**January-** Happy New Year!!

**3 Fat Ass 50K** BSWD annual event at Headwaters State Park at Three Forks. Run as many 5K laps that you want on trail or road courses starting at 9:00 am. Self timed. Official course closes at 3:00 pm. If the temperature in Bozeman is 0 degrees or below that morning, the run will be held the following Saturday. [www.winddrinkers.org](http://www.winddrinkers.org)

**4 Presentation by Jack Daniels** (UM graduate and author of Daniels Running Formula) Roxy Theater at 718 Higgins Ave in Missoula. Information for all running abilities and coaches. A benefit for the Leukemia & Lymphoma Society. Presentation at 3:30 – 5:00, Q&A 5:00 – 5:30. Tickets are \$10 at the Runner’s Edge in Missoula. No tickets at the door. Out of town folk can reserve tickets. Call 406-531-0933 or email Trish at: [trishsaski@aol.com](mailto:trishsaski@aol.com). To learn more about Jack Daniels check this out: <http://runsmartproject.com/coaching/dr-jack-daniels/>

### **February**

**7 BSWD 34th annual Froze Nose** at 9:00 am on the MSU campus at the corner of S 11th and Grant Streets. Your time at this event will determine your Handicap for the annual BSWD Handicapped Run in March. Choose from distances of 1.1 , 3 or 5 miles

**28 Montana Senior Olympics** Nordic Ski Races at Bohart Cross Country Ski Center. Bozeman. For ages 45 and older. Gold, silver & bronze medals awarded in

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pay that wonderful energy forward, please let me know and thank you for all the work you do.

As far as the finish line....I will be there. Thank you so very much, truly means more than I have the words, so I will just say thank you. I look forward to going through the process and will keep my eye out for the entry date with great anticipation. I go in for liver surgery on tuesday, this is just the type of good energy I needed before going in. Thank you David. Take care, Johnny”

Naturally, I had to ask how his liver surgery went.....

“Oh thank you for checking in David, that is first class! So my surgery went really well, I only had to spend about three days in the hospital...which is great because it inspires me for a quick recovery and back on the trails. I actually started walking laps around my floor, it was quarter mile all around....felt like 25 miles of effort though. So I will take a month to recover and then they will start me on chemo again for another 6 rounds, because of the aggressiveness of my cancer, we want to hit it while it is down. Then we just monitor me very closely for the next few years as this is a critical time for it to come back. So I plan on doing everything I can for my mind body and soul to prepare for whatever the journey may hold. And running is a huge part of that my friend, a run can heal the most unimaginable wounds. Anyway, thank you again for checking in with me and I would be honored if you shared my story, that is what a good campfire is for right, sharing. Take care, and see you soon. - Johnny Harr”

So, dear reader and runner, you can see a bit of what goes on behind the scenes of the BRR. The BSWD plays an incredible role in the health (in every sense of the word) of our community at large. Just thought you’d be interested!

- David Summerfield



each of the 5 year age brackets. 5 & 10K Classic races at 10:00 am. 5 & 10K Free Style Races at 1:00 pm. Info and entry forms at kayjn3@gmail.com or call 586-5543.

### **March**

**14 AOH St Pats Run.** Anaconda. 3 & 6 Mile Fast downhill courses starting at 11:00 am. Buses to the start at 10:00 am. Info at jason@thesquaremarketing.com

**14 Bozeman Run To The Pub.** ½ Marathon starting at 10:00 am and 10K starting at 10:30  
www.406running.com

**21 35th Annual BSWD Handicapped Fun Run** with your starting time determined by your finish time at the Froze Nose run held last month. If you did not participate in the Froze Nose the 5 Mile runners will start at 9:20 am, the 3 Mile runners at 9:30 and the 1.1 Milers will start at 9:45am. Challenge yourself to run faster!!

### **April**

**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

### **June**

**6 Jeremiah Sipes Memorial Run Belgrade.** 9K (5.6 Miles) and 1 Mile family run/walk. Lewis & Clark Park. Contact cptjsmj@gmail.com

### **Volunteer opportunity:**

Hello fellow BSWD's. As everyone is aware we have many opportunities to volunteer and help the BSWD's continue to grow and evolve. Everyone has seen the club rise to the next level with Darryl's weekly email, our on line registration, electronic newsletter, club opportunities, new and fun races, etc etc! One area we are still in need is getting the Club's by laws updated and more in tune with today's non-profit standards.

If anyone would like to adopt this task please let Darryl, Lisa or myself know. The rewards are endless but I am told at a minimum you will run faster, shoes will feel lighter, the sun will always shine on you with only a slight breeze, all the mosquitoes and black flies will only land on your running partner, Hammer Gel will start to taste good and you will always be in front of the Porta Potty line at the big races. (this is what I was told anyway, the new buy laws will probably address this)

## **RACE RESULTS**

**Turkey trot** at Spirit Hills on Saturday, Nov. 8th. Time prediction run: **1 mile run:** Shawna Oostema 15:20 (-.20) Winner; Leigh Holleman 10:42 (-.42); Andrew Holleman 9:20(+2:20); Sierra Holleman 11:02 (-2:23); Jean MacInnes 14:38 (+5:00); **2.7 mile run:** Anita Moore-Hall 24:41 (-.19) Winner; Jacki McGuire 37:57 (-1:02); Gail Cary 26:09 (-6:00); Emily Kimmel 25:06 (-1:54); Leonard Baluski 28:13 (+1:13); Bob Wade 37:58 (-2.05); Randy Oostema 24:50 (+.20); **4.4 mile run:** Scott Flatlip 31.21 (+.06) Winner; Rob Maher 29:40 (-1:45); Katie Bangs 44:52 (+2.29); Tom Walsh 30:59 (-2:31) **Photo below:**



**Bon Appetite** - 11/15/14 - The day dawned bright and COLD for the Bon Appetite Run as it often seems to do. A few hardy participants did show up to get their exercise and enjoy the breakfast at Perkins. Thanks again to Leonard Baluski for treating the group. Attendees included: Whitney Adams, Leonard Baluski, Kathy Brown, Leigh Holleman, Sierra Holleman, Angie Kociolek and Evan Kyza, Rob Maher, Jacki McGuire, Kay Newman and Bob Wade.



## THE WIND DRINKER

This is a great way to help the club and get active in our great organization.

Thank you and see you on the trails.

Kurt

### **GVLT NEWS:**

**Make Tracks for Trails Feb. 22** - Cross country ski-a-thon and family ski day at Lindley Center. Details to come soon.

**Trail Closure on Painted Hills Trail** - A long-used, but unofficial trail connection that links the south end of the Painted Hills trail into streets to the west will soon be closed. This unofficial trail crosses private property and was created by users without permission. The owners of this property have allowed access in the past, but are constructing a new home and have requested that users stop trespassing. Until new access can be developed, the Painted Hills trail is a dead-end. Please respect private property, and continue to support GVLT so that we can explore alternative options for connections to the Painted Hills trail. For a map of the Painted Hills Trail and closure location, follow this link: <http://www.gvlt.org/wp-content/uploads/2014/06/PaintedHillsClosure.pdf>

**New Trails at Snowfill Rec. Area**- GVLT just completed  $\frac{3}{4}$  of a mile of new trail at Snowfill that creates a figure 8 loop with the existing trails.



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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](mailto:aikidonerd@yahoo.com)

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

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Find email addresses at [www.winddrinkers.org](http://www.winddrinkers.org)

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

**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

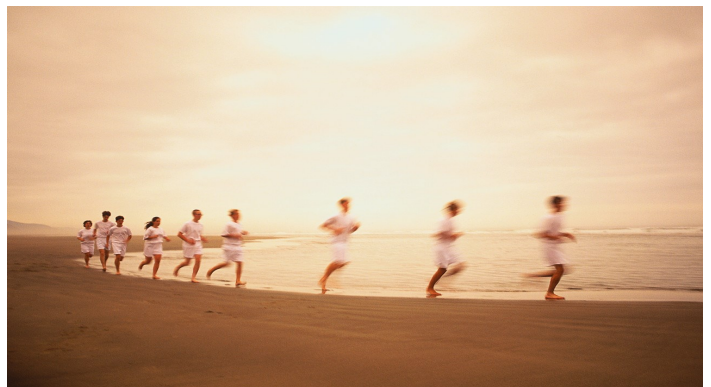
**Four Zero Six Shirt Screening**, Pete Sveen, 10% off, 600-5753

**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.”**