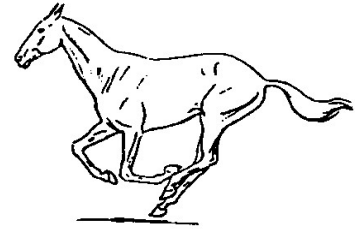


February 2014 Newsletter # 437



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

BSWD donates more than \$50,000 in 2013!

The BSWD's constitution outlines the purposes of the club. First is to encourage all people to run for fun and physical fitness. BSWD sponsors many many Fun Runs year round. The Fun Runs are always free of charge. They are also open to anyone. The participants in our Fun Runs range in age from toddlers in jog strollers to seniors of 70+. We also have runners of different abilities. Some run sub six-minute miles while others are walkers working to stay in shape. All are welcome at each Fun Run.

The second purpose is to promote and conduct races or other activities related to running. BSWD sponsors 7 races each year. Some are low key like the Fat Ass 50 K and the Frank Newman Marathon. Others, such as the Huffing for Stuffing, the Ridge Run and The Stampede take months of planning and many volunteer hours.

The third purpose is to support other groups that sponsor races and other fitness activities. We do this by publishing information about other races in our newsletter, lending equipment to other groups and encouraging members to volunteer for these events.

The Mature Runner

By David Summerfield

To Compete or Not To Compete

That is the question. As some of us get more "mature", the question can't help but come up. Many of us actually used to compete to win – to come across the finish line before anyone else. What a thrill. A bit self-centered, yes...but still a rush. Then came the 'ole "age group" dilemma (a sneaky way to make not winning still feel like winning). How weird to contemplate a desire to enter the 80's or 90's age group, so winning an age group award is a foregone conclusion. Yikes! Meanwhile, for those of us in the 60's and 70's age group – winning something doesn't always happen anymore. So what, right? Well, the "charm" of winning as a thought-form can lose its luster. What's left is figuring out you'll just run for the fun of it. We all do that. It's commendable. It gets you out there, and you get a good workout. Inevitably, this all leads to "why ever compete – even just to have a good workout?". It certainly is easier to go out on your own, instead of driving somewhere, paying some money, and being part of the "scene".

Today was the Montana Senior Olympics – Nordic Division. I've

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



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As we grew in numbers and experience we noticed that BSWD generated money in excess of our expenditures. What should be done with this money? First and foremost we should take care of our members. We have race fees that are lower than most other races. We purchase equipment and supplies for our events. We also provide participation awards for our Fun Runs.

After taking care of the BSWD needs and its members we still generate money. So BSWD donates money to groups that share our goals. BSWD donated over \$51,000 to various groups in 2013! Yes a small running club gave out over \$51,000 last year. This is amazing and should make us all proud.

BSWD donates \$2500 annually to the Bozeman Track Club. This is a very successful program for budding runners. Many of them attend our Fun Runs. So that we won't be accused of age discrimination we also donate \$500 to the Montana Senior Olympics. The money from three Ridge Run no shows is donated to the GVL. That donation was \$3375. A little over \$1000 total was donated to several other like-minded groups.

The Huffing for Stuffing Thanksgiving Day race raised the major amount. \$45,094 was donated to the Gallatin Valley Food Bank. In fact in the past three years BSWD through Huffing for Stuffing has donated almost \$116,000 to the Food Bank.

As BSWD members we should pat ourselves on the back. While we are sponsoring running events we are able to generate money to help our friends and neighbors. Remember that when you are volunteering at some BSWD event.



been battling various aches and pains, so I wasn't anywhere near my "top" form. "Wisdom" said: do NOT go up to Bohart Ranch Cross-Country Center! A nagging thought was – if I sign-up, pay my money, and be part of the scene, I vaguely remember some kind of magic always happens. I found myself suddenly and totally focused on elaborate preparations all week long. I got to hone the skills I'd acquired over the years. I dusted off some lazy habits, dug out my "racing clothes", made sure all my equipment was ready to go, and went through all the rituals I really enjoy and don't do anymore. Frankly, it was exhilarating. This wasn't just going to be another routine "workout" – this was an actual competition. I found myself daydreaming about what might happen during the day, and actually dreaming about it at night. I'd be surrounded by others just like me, trying to do the best we could do – no matter what our personal circumstances might be. I found my heart rate rise just thinking about it. 10km classic at 10am, 10km skate at 1pm. So many minutes to warm-up, so many to use the outhouse, ski and wax selection by 9:45, and then toe (ski tip) the line. And off you go. Wow, out of breath already, got to pace better. How to pass someone with arms and poles flailing? Oops, they're faster than me on the downhill. Please be careful on the hairpin turn. My heart is racing just re-thinking about it afterwards. Yes! I chose the right skis – smart move, David. Picked-up a silver medal in my age group – ha! So what if there were only 2 of us in the age group. We were both triumphant. Ah, the awesome feeling of having nothing left at the end – spaghetti arms, non-stop phlegm, and all. Rest and start the process over again for the skate race. Reservoir almost on empty, but so is everyone else's. Beautiful weather. Did you see that skier (Liz) double-poling the whole course while sitting? I've got it SO easy. I certainly never get this worn out on any of my routine workouts. And now my skis are really well waxed – might even last the rest of the season. And was it fun or what wearing that tight Lycra outfit?

You might get my drift here. If you're no longer a "competitor", please reconsider it a bit. If you've never competed, you might be surprised what can happen. Whatever is your best for that particular day, it'll bring it out. And that's always fun....and good for the soul....and body!

- David Summerfield

Volunteers Needed!

June 29th 2014 is the date for the Bozeman Triathlon. The Triathlon Club will be hosting sprint and Olympic distance triathlons. They have asked BSWD if we can provide assistance on the run course. The course is a trail 5K east of the East Gallatin Park. Both events will use the same course. The Olympic distance will run the course twice.

Volunteers are needed to mark the course the day before the event. Volunteers are also needed as course marshals. If you are interested contact Bob Wade.

Dear Wind Drinkers,

Yesterday, as I set out on a warm, sunny run, I sent a request out to the sky. I pleaded, "Hello clouds. Hello sunshine. Hello mountains. Tomorrow I must write for the Wind Drinker Newsletter. Please send me inspiration. I promise to use any ideas you bless me with to benefit Bozeman's running community."

During mile one, I noticed that the snow had an unusual sparkle that I had only seen in the year 2000, when I laid four miles from the nearest trailhead with an 8 inch spiral fracture in my ankle. As I faced the possibility of death due to hypothermia, I thought to myself, "If I am to die, today is a fine day to do go. The snow is glistening so beautifully."

During mile two, I passed some goats lounging on a hill. While cruising along mile three, a falcon looked me in the eye and dared me to talk smack. At mile four, where I once saw a moose, I spotted rabbit tracks instead.

At mile five, I wondered when the stories would come. Perhaps a joke to wrap one page around... Or a self-defeating thought or a bit of inspiration. But all that came to me was pleasure in the warmth of the sun on my cheeks and the joy of being alone with nothing to do but run.

At my turn-around point of mile 5.5, a red truck drove by that had a parrot sitting on the passenger seat. During mile seven, a bald eagle flew low over my head. By mile nine, I was thinking about lunch. The pasta I had made before leaving my home was crowding my brain until I saw a flock of wild turkeys. Then I wanted a sandwich. At mile ten, I wished I had decided to turn

around at mile 5, but by mile eleven I wished I had time to go just one mile longer.

What is my message this month? That running provides me with a brilliant balance of planning and being in the moment. I would not have gotten out the door for that eleven mile run had I not signed up for the Headwaters relay in July. Nor would I run twenty miles in the middle of August had I not set my sights (yet again) on a sub-four hour marathon in September. But once I am laced up and out the door, there is so much to see, feel, smell, and hear. My heart grows and my crazy mind shrinks every time I run.

Thank you, dear Wind Drinkers, for helping me to stay present in the moment during the beautiful days, to keep moving through the difficult days, and to find a running buddy on the lonely days.

May the longer light bring you stronger legs.

Sincerely,
Dee

Results

Annual BSWD **Fat Ass Run** on January 4, 2014: The rather chilly weather that is usually expected at the Head Waters State Park near Three Forks turned downright cold when the wind picked up in the late morning. It didn't deter many of the group as many continued to run their 5K laps despite the weather. Thanks to Martin Rollefson who spearheaded the operation along with help from Darryl Baker and Kurt Buchl. Times and distances follow: **50K:** Andy Garza & Jeff Rome 5:27:00; **35K:** Jake Milligan 3:35:00; **30K:** Tomas Dumbrovski 2:58:00; **25K:** Rob Maher 2:04:34; Kurt Buchl 2:46:00; Craig Hildreth 3:03:00; Eric Martin 3:11:00; Daryl Baker 3:19:00; **20K:** Terry Leist 1:49:30; Greg Young 2:08:01; Justin Blum 2:11:00; Leonard Baluski 2:47:00; **15K:** Pam McCutchen, Wendy Weaver & Barbara Bahn 1:44:00; Sunnie Dazargon 1:45:00; Roxy Sachsov 1:50:00; Steve McGuire 2:05:00; **10K:** Jacki McGuire 1:04:00; Sarelle Davis 1:04:07; Julie Hergert 1:04:54; Amanda Henry 1:05:00; D Wiedeheft 1:08:00; Martin Rollefson 1:09:50; Nikki Naiser 1:31:13; Leon Shearman 1:44:00; Kay Newman 2:00:00; **5K:** Sonia Williamson 35:76; Celia Bertoia & Gail Cary 39:39; Deb Wilke & Sjobhan Peters 51:00; Bob Wade 1:14:50.

RUN CALENDAR

February

2 Froze Nose. Billings. Meet at 6126 Old Hwy 312 at 10:30. Run 2 or 4 miles then bowl. See details at rimrunners.org. Call 534-4876 or dannandcillman@bresnan.net

22 BSWD Froze Nose Run. Bozeman 9:00 am on the MSU Campus on the corner of S11th & Grant 1.1, 3 & 5.4 Miles. Your finish time will be used as your handicap for the run next month.

22 Frigid Digger Run. Butte. 8:30 am registration. Run at 10:00 am. 3 & 7 Miles on a hilly course in Hell Roaring Gulch behind the Oredigger Campus. Information at: buttesmissandmoanrunners.com

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

March

15 AOH St Patrick's Race. Anaconda. 3 & 6 Miles. Buses leave Foot Locker Bar at 10:30 am. Race day registration accepted.

15 Pub 317's 8th Annual Run to the Pub. Bozeman. 10K or half Marathon. Info at www.runtothepub.com

22 BSWD Handicapped Run. Bozeman. Starting on the MSU Campus at the corner of S11th & Grant. Your finish time at the Froze Nose Run in February determines your actual starting time. If you didn't run the Froze Nose starting times are as follows: 5.4 Miles at 9:15, 3 Miles at 9:30 and the 1.1 starts at 10:45. See if you can improve your time.

April

19 BSWD Annual Back from Bridger Run starting at Bridger Bowl at 9:00 am. Register at 8:30. Distances of 3, 7, 9.7, 12.5 and 17.5. Select a distance that you can finish by 12:30 as the course closes at that time. www.winddrinkers.org

May

4 Mother's Day 5K sponsored by Haven. Bozeman. Begins (9:00 am) and ends at the Ridge Athletic Club on Ferguson Ave. Registration now open at racemontana.com. The relatively flat course can be enjoyed by both runners and walkers. A picnic lunch with family activities follows the run. Questions? Call Erica at 406-586-7689 or erica@havenmt.org.

17 Baldy Blitz. Bozeman. Starts at the M Parking lot

at 9:00 am. Run up to the top of Baldy and back. Expect snowy trails.

24 BSWD Annual Frank Newman Spring Marathon and Relay. 26.2 Miles starting on Bridger Canyon Road at 8:00 am. Half marathon starts at the top of the Bozeman Pass on the Frontage road. The completion is at Sacajawea Park in Livingston with awards and a picnic. More information to follow. Entry fee is \$3.00 plus \$3.00 for guests who attend the picnic. Teams can be made up of 2 or 4 persons.





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



All photographs in this newsletter were taken by Dorothy Bradley.

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

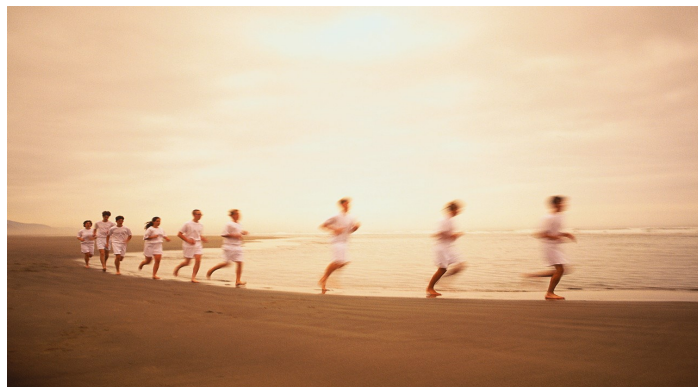
Four Zero Six Shirt Screening, Pete Sveen, 10% off, 600-5753

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.”