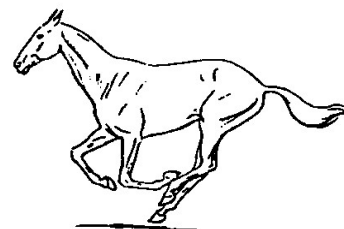




# January 2014 Newsletter # 436



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

## Old Timer's Corner

By Bob Wade

The citizens of Bozeman passed the Trails, Open Space and Parks Bond (TOP) in November of 2012. The 15 million bond allows groups and individuals to apply for funding to purchase land or upgrade existing facilities. The first two projects to be funded were spearheaded by GVLT.

GVLT coordinated the request for a 3.4 million grant from the Federal Lands Access Program to make bicycle/pedestrian trail from Story Mills Road to the "M" and Drinking Horse Trail. An underpass is planned to connect the two trailheads.

This two mile paved trail will allow pedestrians and bikers to have a safe route from Main Street to the "M" trail. GVLT partnered with the City of Bozeman, The US Forest Service and the Western Transportation Institute to obtain this grant. This grant requires some matching funds. GVLT took the lead by applying for a TOP grant to complete the project. The TOP committee awarded GVLT a \$500,000 grant to complete the Trail to the "M". GVLT will coordinate this project. They hope to start design and engineering in 2014 and finish the trail in 2016. BSWD will be one of the first groups to organize a run on the new trail.

GVLT has made another major land acquisition; they have signed a contract to purchase 12 acres of land

## Guest Columnist

By Esther Schwier

Over the last twenty years I have had many different companions share the trail with me. Running unexpectedly became an opportunity towards accelerated and often deep friendships that were bound by the experience and emotions we shared on our runs. We expressed joy, sadness, anger, pride and everything in between while we ran and understood that our running played an important part in emotional discovery and healing.

In the late nineties I began trail running with a beautiful young woman, about ten years my junior. She was Native American, a swift runner with an appreciation for every element of the outdoors. We ran together frequently. I learned of her sadness that her son was an alcoholic and because of the addiction in the family, my friend had taken responsibility and cared for her grandchildren: two wonderful young boys who brought so much joy to her life. Her ultimate hope was that her son and his wife would be able to take on the role of parents for the long term in the future. We often talked but we just as often ran silently, enjoyed the feeling of the sun on our faces and the freedom that we all feel when we lace up our shoes and venture outdoors.

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



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adjacent to and north of the Bozeman Pond. Nine acres will be added to the Bozeman Pond Park and 3 acres will be sold to Haven for a shelter. (Haven provides assistance for victims of domestic abuse.) GVLT applied for more TOP funds to buy the land and improve the parkland. They were granted \$600,000 to purchase 9 acres of land and \$400,000 to improve the land.

You may not use the Bozeman Pond area but this is a great place for youth cross-country training. Dave Skelton conducts many middle school cross-country practices at Bozeman Pond. This site has three things needed for a youth activity: a bathroom, a shelter and pedestrian only trails. Perfect!

GVLT has been the catalyst for these two projects and many others that directly benefit the Running community. This is why BSWD supports GVLT in many ways.

### **Dear Wind Drinkers,**

When I made the decision to begin running, my resolve was not initiated by the arrival of a new year. My first steps began on a seemingly random day in October, after a seemingly random decision to quit smoking. Nobody enjoys being addicted to nicotine but the consequences of quitting (anxiety, weight gain, digestive issues, etc.) can impede the resolution to stop. Over the course of nine years, after over five years of not even considering an ending to my routine, I must have committed to kick my habit dozens of times, often on January 1st. Throughout that process, I learned that, at least for me, lifestyle changes cannot be made on a future date. The idea that “after I binge on these cookies, I will begin my diet” is ridiculous. If I am still binging on cookies, I am not ready for a diet. If I think to myself, “I will begin to run on January 1st”, my plan would quickly crumble as soon as the year brought below zero temperatures.

For me, the decision to change must be made in a moment of self-preservation or revelation. What was the difference between the last time I quit smoking and all of the times before? I was not quitting for someone else, my health, or because it was just plain disgusting. I quit because the timing appeared to be just right and I knew that refusing could mean a

We had known each other for about eighteen months when my friend found out that she had leukemia. At first, it seemed that she would have treatment and come out the other side relatively unscathed. She was young, strong and had so much to live for. The early rounds of chemotherapy weakened her but her resolve remained strong and I looked forward to the days we got out and took short walks. I felt sure that it wouldn't be long before we were out running together again. The months passed, her condition was not improving and the chemotherapy became harsher and weakened her both physically and emotionally. She had long shiny, black hair that had not been cut since she was twelve years old. I always thought it looked so beautiful flowing behind her as she ran. The time came when her hair had to be cut and we knew that the small amount that was left would fall out and leave her hairless and cold. I cried when I left her and prepared to comfort myself the only way I knew how, I ran. It was a pretty fall day with the Aspen turning gold and the trail soft under my feet. When I got home, I began a letter to my friend and shared with her my experience on the trail that we had often run together. I told her the shade of blue of the sky, the shape of the clouds, how the air felt on my skin and of the softness of the trail underneath my feet. Over the course of the next few weeks I shared my running experiences with her by letter and she told me she looked forward to my letters. I felt that she was with me every step of the way. There were days when the wind stung my face and the trail was hard beneath my feet but the rhythm of my feet on the ground comforted me and it felt good to just keep moving. My friend passed away quietly as winter set in and the branches on the trees became brittle and cold. I still feel her with me sometimes and know that I have a smile on my face and warmth in my heart. RIP my friend, you will never leave me as long as I lace up my running shoes and head out on the trail.

# HAPPY NEW YEAR!

premature death from smoking-related illness. My plan was to quit “when I used up this pack”. The day I quit, however, there were still eight cigarettes left in the box. The moment I quit, I sobbed at the loss. I sobbed for an entire evening. I threw the half-full box into the trash, which I threw into the dumpster because I knew, as nasty as it was, that if I left the eight unsmoked cigarettes in any trash can around my house, I would pull them out and light up.

Quitting was miserable and I never wanted to do it again. At the same time, I didn’t want to live with crushing anxiety and so much weight gain that my heart could still be in danger. A few weeks later, I was walking with a bit of running sprinkled in. A few months later, as many of you know, I was dragging my sister along the ridge of the Bridger Mountains, my euphoria leaving me totally oblivious to her suffering. Whenever I try to predict the future, I am almost always wrong. Especially when a destination of comfort is involved, my visions falter. “When I finish this project at work, I will feel successful in my job.” “When I have X number of dollars saved up, I will be relieved of my financial fears.” Reality is that I cannot work hard enough to feel successful, nor can I save enough money to feel secure. What I can do is run. Running helps me to be aware of those moments of clarity when they come, enables me to catch them as they disappear, and keeps me calm when I want to panic about the work ahead.

Dear Wind Drinkers, thanks, for helping me to learn to be present in the moment, to be my healthiest and strongest self, and to continue my life as a runner.

Sincerely,  
Dee



## Results

**Jingle Jog at Lindley Park on Dec 21, 2013:** A fresh blanket of snow covered the trails and roads for the annual Jingle Jog. Thanks to Kim and Martin Rollefson who arranged the run and party that followed. Thanks to Kathy Brown and Jonne Shearman who timed. Times follow: **1 Mile:** Kory Bartholomew 13:02; Asher Rogers 23:37; Kiara Wilson 23:38; Don Rogers 23:39; Bob Wade 31:18; Kay Newman 31:19. **3 Miles:** Ethan Wilhelm 20:29; Gary Hellenga 28:23; Craig Hildreth 28:45; Martin Rollefson 29:32; Becky Hochstein 29:57; Darryl Baker 29:59; Leslie Schmidt 30:13; Pam Jacques 31:46; Phoebe Jacques 31:47; Frank Jacques 31:49; Leonard Baluski 33:02; Gail Cary 38:17; Leon Shearman 38:59; Connie Martin 44:15; Vanessa Zaragoza 45:00; Jacki McGuire 47:37. Also ran with no times recorded: Tillman Bartholomew; Ryan Bartholomew; Henry Weaver. **5 Miles:** Rob Maher 30:22; Lisa Verwys 38:18; Cristin Stokes 38:19; Ethan Stokes 38:20; Julie Hergot 45:06; Amanda Henry 45:07. Also ran with no times recorded Barbara Bakwin & Pam McCutchen.

## RUN CALENDAR

### **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. Official Timing closes at 3:00 pm.

www.winddrinkers.org. Pre-registration is not necessary

**11 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 kayjn3@gmail.com.

## February

**TBA Butte Frigid Digger.** 3 and 7 Miles.

**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: [mtnsnowjoke.com](http://mtnsnowjoke.com)  
Contact: [canderson@missoulanews.com](mailto: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 Run, 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!

## April

**19 BSWD Annual Back to Bridger Run.** Distances of 17.5, 12.5, 9.7, 7 & 3 all starting at different times to be noted at a later date. Finish at Bridger Bowl. Finish line closes at 12:30. More details to follow.

## May

**17 Baldy Blitz.** Start from the M Parking lot at 9:00 am and run to the top of Mt Baldy and back. Fun on snowy trails.

**24 24th Annual Frank Newman Spring Marathon and Relay.** 26.2 Miles starting in the Bridger Mountains and finishing at Sacawajea Park in Livingston. Details to follow.

**Keep your eyes and ears open for the newest excitement in our running community: The Bozeman Philanthropy 5K Trifecta. Haven, Thrive, and Reach Inc. are coming together this summer to triple the fun for runners and runners can triple their positive impact on the community. Medals will be involved for all participants. More info soon.**



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

### OFFICERS FOR 2014

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

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Membership: Darryl Baker, 582-5410

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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

**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

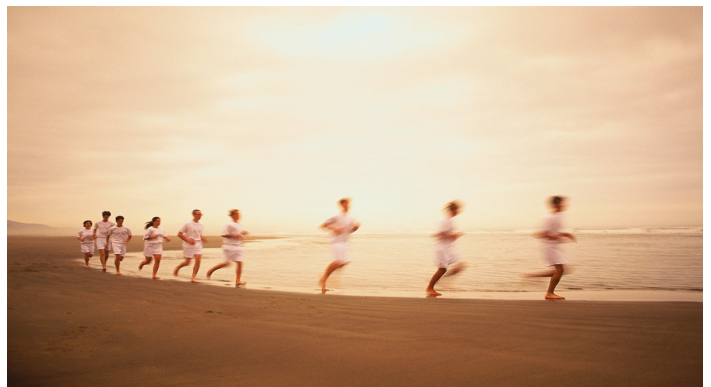
**Four Zero Six** Shirt Screening, Pete Sveen, 10% off, 600-5753

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



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