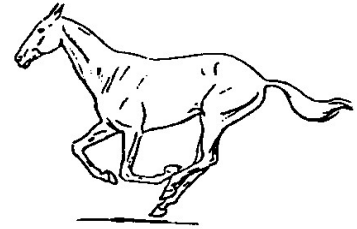




July 2013 Newsletter # 430



THE WIND DRINKER IS A
NEWSLETTER FOR RUNNERS OF
ALL ABILITIES

Renew your BSWD membership this month at:
www.winddrinkers.org

The Wind Drinker

The President's Corner

By Bob Wade

It may be time to TRI!

When you have been running for 53 years your body tells you in many ways that you need to slack off on the running. I have been swimming about twice a week for many years and I bicycle around town to supplement my running. Let me see, that sounds like training for a triathlon.

This weekend I competed in the Treasure State Sprint Triathlon. I finished without drowning or crashing my bike, so it was a success. The triathlon is really 5 events because you must transition from the swim to the bike and then from the bike to the run.

In order to transition efficiently you need a place to do it, so the race organizers provide bike racks. The rack is a long bar where you hang your bike by the front of the seat. You have maybe a foot and a half of space between you and the next bike. This is where you organize all your gear! This will include a bike helmet and gloves. Also you need at least one pair of shoes and socks and most important a

The Mature Runner

By David Summerfield

All Mature Runners Volunteer!

At the last moment, the "Ole Gabe 50km" needed someone to man the Saddle below Saddle Peak aid station. Devoting time to the Ridge Run makes me feel immune to the need to volunteer anywhere else during the year. But, Lena needed help. And, by the way, she marks the Ridge Run every year too. It only seemed fair to help. So, up I trudged at 5am with a pack full of extra water, cups, GU, extra gear, extra food – the normal stuff to man an aid station high in the mountains. Being a typical June run, this time we had rain, snow, hail, swirling fog, wind. The return trip from Truman Gulch saw many runners a bit tired of slipping on snow and mud. This aid station does serve a good purpose, if only to be a cheery voice at the top of the pass, and adding a bit of humor to a grueling part of the day.

But then, all the heroes of the BSWD arrived too. Tom Moore was the sweep going to Truman. He's always volunteering somewhere during the year, even though he really likes to participate too. Rob Maher was the "de-flagger" for the course. It seems

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



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towel. Depending on the weather you may want a shirt or windbreaker.

You would think that the swim would need minimal equipment. You are right a bathing suit, goggles and a bright colored swim cap are needed. Instead of a normal bathing suit you can wear a triathlon suit. The suit covers your body from knees to neck and is padded so you can bike and run in it. If the water is below 70° then you may wear a wet suit. The water Sunday was 65° so I wore a full body suit. Just your feet, hands and head are not inside the skintight rubber suit. This suit is not easy to put on. You need to stretch it over your body. This can take 5 to 10 minutes.

So now you do the swim, in this case 750 yards, no problem. Now the hard part you stumble out of the water and try to run up the beach to your bike as you try to take off your wetsuit. This is difficult because the zipper is in the back and no one may help you with the transition. After you have unzipped, you start to peel off the suit from the shoulders and arms. If you're good you have the top half of the suit off when you reach your bike. So you sit down and peel off the legs. This is not easy as the suit is tight around your ankles and your feet are bigger than your ankles. When the suit is finally off, you reach for your socks and shoes. But socks are hard to put on wet feet so you get the towel first. With shoes and socks on you stand up and grope for your bike helmet and buckle it on. You are disqualified if you don't do this. But you still can't get on your bike until clear of the transition area and are at the mount/dismount point. This was at least a hundred yards on Sunday. So you take your bike for a short run.

Finally you are off on the 20 K bike ride, which is fun. As you return to the mount/dismount line you get off your bike and discover you have rubber legs. But you still must run your bike back to the transition, put your bike on the bike rack remove your helmet, grab a drink and you're off on the run. I don't wear bike shoes so I didn't

See page 3

like he's at the tail end of every BSWD trail race – taking care of everyone, all the time. And he likes to run, too, by the way! Then along came Greg Young, sweeping the course back from Truman, along with his brother Marc and niece Elise from Calgary. Oh, and Greg likes to run too. And did I mention Tom Rowe? He WAS a participant (originally from Livingston, and now from Minnesota – but needs his Montana fix every now and then). When he came through, he saw the 8 smashed plastic gallon containers all tied up ready to haul back down. “Oh, let me help out here – I'll take them down. Can I take anything else?” What do these people all have in common? First, they have very very busy lives, being MSU faculty, department heads, administrators, and ER doctors. But, they volunteer. I realized how fortunate I was to know them, to count them as my friends, and that made me realize how much I was missing out by NOT volunteering more. These were the BIG jobs for the race – having to devote a majority of a Saturday helping make sure all runners were safe and sound and accounted for. Oh, and these are the people I depend on to help make sure the Ridge Run comes off without a hitch! The point is, they're out there all the time, not just once in a long while. And these are just the people on the 1st half of the course!!!

I never asked anyone why they volunteer. But I think I know. It is fun and rewarding. I know why I enjoy putting on the Ridge Run every year, but that's a once a year deal. It's simply rewarding to watch others being fulfilled in a meaningful way. And this article isn't “aimed” at anyone in particular – I know the BSWD is full of volunteering heroes. That's what makes it a great club! And there's no judgment for anyone who doesn't volunteer. I'm just happy to witness how wonderful our club is – being so full of dedicated and genuine people. Thanks BSWD for 40 years of helping people do what they love to do!!!

-David Summerfield

have to change to running shoes. After a pleasant 5K run you find you find your wife and say Happy Anniversary. (It's the 29th).

As you can see the swimming, biking and running are not the hard parts of a Triathlon. It's the transitions, sort of like life.

Dear Wind Drinkers,

For those of you who don't know, Bloomsday is the race in this country with the greatest participation. The course is 7.5 miles long through the streets of Spokane. I registered this year as pay-back to my sister. I owe her a lifetime of amends for talking her into the Bridger Ridge Run in 2006, knowing full-well that she was more than a wee bit scared of heights. My least favorite and most anxiety producing way to run? Packed into city streets with tens of thousands of other people. I would rather dance on one toe like a ballerina at the top of Ross Peak than be part of a large and potentially crushing mass of humans.

Since moving to Montana, I have become the sort who appreciates smaller races with winding trails and oodles of wildflowers. I did not anticipate taking any pleasure in the Bloomsday event. As tends to be true with my fortune-telling, my expectations were completely off track. I loved Bloomsday. I loved the vibe, I loved the feeling of being a tiny bit in an unending flow of movement. I was inspired by the power of so many people coming together. Typically, the potential of large groups frightens me but this event just felt so playful and loving. When people would ask about my experience, I would tell them how I felt like a raindrop that had just joined the Gallatin River at the end of May.

A few weeks later, when the inaccurate fact was stated that raindrops fall at about the same speed that I run, my heart leapt. This would be my new visualization... During races, I would view myself as a solid yet small part of the river of energy

moving through the trails. Soon after, the Wulfman CDT 14K trail run was upon me.

The Wulfman is my favorite run of the year for reasons that are so plentiful, there is not enough space in this newsletter to explain. I will say, though, that this event is a point to point with a long way up and a long way down over some of the most gorgeous and varied terrain in our area. Runners begin in ten second increments according to their predicted finish time. As is typical for me, I was starting in the bottom half of the group. Just before my take-off, rain drops began to fall. I thought to myself and to the rain, "Hello my fellow droplets. How kind of you to show up just in time. Let's see how the flowers feel about our return today."

Then my ascent began. I was energy. I was joy. I was getting passed by a man who had certainly fought in the Second World War and was kindly stating, "Remember, this uphill lasts for the first four miles." People get slower as they age. I know this from being told so by professionals in the field and my seven years of running. At age 30 I was faster and more vibrant than I am at 37. Still, this man was at least 80. He had been slowing down for longer than I had been alive and my thoughts about love and flowers and flowing rivers were pushed away by my irrational competition with this random stranger. Instead of being an enlightened drop of water, I was turned into a determined mass of (heavy) flesh. I would keep close to that old man. I would show him how well I could handle a four mile hill. I would... curse his yellow shorts. As he disappeared from view, I thought to myself, "F—K you, old man!"

Then I noticed the spectacular flowers. So much purple! I felt the rain cooling my skin, smelled the air, saw the determination in the shivering of volunteers. My mood improved and I wondered if anyone was behind me, watching my black pants fade into the wilderness as they thought to themselves, "F—K you big booty!" Just when I thought I couldn't feel any happier, any more

connected to the greater good, I heard my man hunk from over a mile away. He was cheering for the finishers. And as I came to a clearing, still over half a mile from the finish, I heard him cheering my name. My heart swelled. I finished joyfully and happy for the elder gentleman in the yellow shorts. Good for him that he could move so quickly. I shook his hand and congratulated him on a race well-run, feeling sincere and grateful for the hope that I may continue to run for another four or five decades.

A few days later, while running with my running buddy along the Main Street in the early morning, I recounted the rainbow of emotions before, during, and after that run. We noted that while our GPS watches will tell us distance covered, speed performed, and calories burned, they do not tell us about the level our mood improved. Just as I am certain to burn extra calories when I run, I have never failed to be more happy and loving after a few miles have been completed.

Thank you, dear Wind Drinkers, for helping me to find that loving place in my heart where competition melts away and I can feel proud of my big, strong booty.

Your devoted editor,
Dee

Results

The annual **Frank Newman Spring Marathon/Relay** was held on a beautiful day which encouraged a large group of folks to participate. Thanks to a great group of volunteers who made the run happen. First of all Kathy Brown and Bob Wade registered the early birds along with the preliminary planning. Then Eric Newman and Bob Wade marked the course. Recent rains meant that Eric had to check out the previous markings and also place the individual mile markers. Jennifer Newman Bower (Granddaughter of Frank and daughter of Eric) welcomed the group at the start. Teri Kassens/Crowe was in charge of food and snacks. Bob Johnson and Franklin Coles were the guys who

roamed the course and dispensed water while Eric Newman swept the course to make sure that all was going smoothly. Jennifer Sheets and Angie Mikesell were the great greeters at the Bozeman Hill who welcomed the 1st option finishers and registered those who competed in the second option half marathon. Their assistant was Ed Detzi. Kim and Martin Rollefson did many jobs including ordering more sandwiches, picking up food, and helping at the finish. Martin did a superb job of presenting awards while they both assisted with clean up. Brandon Atkins was the Busy Guy at the finish line. Jonne Shearman rechecked the entry forms and confirmed the sandwich order. Thanks to all volunteers and, of course, to the runners who participated. You can see it takes a whole club to put on a race. Results are: **Marathon:** Jacob Woodland 3:20:10; Craig Clouatre 3:22:00; Michelle Flenniken 3:33:12; Jillienne Haglund 3:45:00; Wano Urbonas 3:48:12; Kaitlyn Kacick 3:49:11; Cary Gaffney 3:55:50; Kasey Young 3:56:47; Cathi Gridley 4:09:16; Stephanie Anderson 4:13:24. **1/2 Marathon First Option:** Ed Detzi 1:21:54; Mitch “the speedster” Steckmest 1:28:02; Cassady Daley 1:42:51; Brigit Noon 1:54:42; Randy Oostema 2:01:28; Amy Stefan 2:03:40; Sue Hjalmasson 2:07:22; Courtney Burtchett 2:09:34; Jenna Hjalmasson 2:15:11; Tryston Stingley 3:00:37; Carol Ann Stingley 3:00:38. **1/2 Marathon Option 2:** Neal Andrews 1:25:09; Rob Maher 1:31:24; Kyle McKenzie 1:39:18; Cristin Stokes 1:46:26; Emily Klungtveldt 1:48:30; Kari Collver 1:52:00; Doug Addicott 1:53:00; Robyn Parissi 1:54:03; Roger Roots 1:54:10; Jack Berg 1:55:56; Shayna Wahl 1:57:52; John Kaufman 1:57:52; Rick Hollenbaugh 2:04:12; Madisen Berger 2:05:23; Brian Berger 2:05:23; Denise Wiedenheft 2:11:04; Kade Berger 2:12:26; Susan Gallagher 2:15:10; Amanda Henry 2:15:11; Julie Tesky 2:16:22; Anna Studer 2:16:26; Julie Hergert 2:16:38; Joel Helbling 2:22:46; Dave Harris 2:24:25; Ann Seitel 2:25:14; Jennie Thompson 2:26:10; Sam Soholt 2:36:10; Shaunda Wilson 2:38:35; Kathryn Guenther 2:42:54; Bill Davis 3:00:39. **Marathon Relay Teams (2 Man):** Team Full: Lawrence Sampson & Art Thompson 4:00:45; Team 114: Darryl Baker &

Craig Hildreth 4:08:00. **Mixed Teams:** Team Marcus: Joe Davis, Laurie Detzi, Minde Erickson & Marcus Giese 3:02:42; The Team Hannah Green & Andrew Schauer 3:24:44; Team Sea Level: Frank, Pamela & Phoebe Jacques, Rosie & Elizabeth Donnelly, Julie Buhtenica 3:31:10; Silver Snails: Leonard Baluski, Dan Harrington, Bruce Robinson & Leon Shearman 4:21:12; Team No Name: Lynne Hubert, Jacki & Steve McGuire & Susan Sullivan 5:09:00 **1/2 Marathon Relay Teams: Two or more participants:** Team 1. Lynne Hubert, Teri Kassens/Crowe & Susan Sullivan 2:12:00; Team 2 Karen Rutzen & Madison Vilhauen 2:22:37; Kathie & David Walters 2:26:01. Also entered: Celia Bertoia, Heather Bing, Ali Brooks, Ingrid Anne Cooper and Kyle Klicker with no times recorded.

The clouds lifted and the rain stopped so we could run the trails at **Cherry River** on May 29th. Thanks to Frank Stock for setting up the course. Also thanks to the timers who were Robyn Miller, Kelly Munter and Sherri Renzk. Times are: **1.3 Miles:** Scott Crowe 12:57; Teri Kassens/Crowe 12:59; Barbara Winchester 14:15; Klara Dumbrowsky 14:37; Chris Pummel 15:38; Isaac Stock 19:02; Jean MacInnes 19:14; Kay Newman 24:16; Suzanne Winchester 24:32; Kurt Buchl 24:33; Frank Stock 24:34; Henry Stock 24:34; Frankie Dougher 32:24. **3.4 Miles:** Tomas Dumbrowsky 24:34; Becky Hockstein 26:52; Blair Speed 26:54; Lisa Verwys 27:13; Bob Eichenberger 27:39; Gail Cary 27:48; Craig Hildreth 28:13; Roger Roots 28:57; Kara Bates 29:21; Randy Oostema 29:46; Darryl Baker 29:57; Karen Williams 31:29; Leonard Baluski 32:03; Sarah Hendrika 32:24; Walter Funke 32:28; Terry Cunningham 33:46; Celia Bertoia 34:28; Bill Macdonald 35:14; Karen Funke 36:40; Travis Miller 38:02; Mia Dudas 39:41; Ruth Forrest 40:26; Jerry Coffey 47:09; Tracy Dougher 48:23; Jacki McGuire 48:23; Sandy Dougher 48:39; Priscilla Dolan 50:11; Shawna Oostema 51:58; CJ Oostema 52:00; Cooper Jackson 58:25; Jeff Johnson 58:28. Jack & John Dudas also ran. **5.3 Miles:** Andrew Graham 34:46; Rob Maher 34:49; Tom Moore 38:24; Pat O'Connor 38:52; Mark Slater

38:53; Martin Rollefson 42:55; Mimi Matsuda 42:57; Jenny Sheets 43:03; Erika Matsuda 43:45;

Over seventy runners and walkers enjoyed the beautiful evening at Painted Hills subdivision on June 5th. Thanks to the timers who were Natasha Fraker and Tobias Holleman. Results are: **1 Mile:** Andrew Holleman 8:11; Garret Coley 8:12; Austin Fraker 8:25; Dirk Kaiser 8:52; Frankie Dougher 9:46; Sierra Holleman 10:40; Chris Pummel 11:45; Klara Dumbrowsky 12:00; Jim Mannos 13:43; Cathy Mannos 13:47; CJ Oostema 14:19; Jean MacInnes 15:12; Celia Bertoia 15:13; Madison Oostema 16:53; Shawna & Jake Oostema 18:05; Becky Hochstine 18:27; Kay Newman & Kim Rollefson 20:56; Dallas Roots 22:18; Frank Dougher, Sr. 29:08. **3 Miles:** Tomas Dumbrowsky 24:52; Patrick Murphy 27:45; Elizabeth Coughlin 28:00; Lisa Verwys 28:07; Bridger Foran 28:09; Henry White 28:43; Dan Heimbigner 29:01; Taye Calder 29:46; Leigh Holleman 30:27; Darryl Baker 30:41; Elise Young 31:24; David King 32:01; Anita Moore-Nall 32:54; Leonard Baluski 34:06; Kevin Oliver 34:29; Gail Cary 34:47; Terry Cunningham 35:43; Allison Banfield 36:11; Karen Funke 36:19; Mia Dudas 36:37; Janelle Foran & Taylor Foran 37:08; Teri Kassens-Crowe 37:26; Scott Crowe 37:55; Suzanne Winchester 38:36; Leon Shearman 39:18; Laura Oliver 39:37; Kara Bates 40:44; Susan Nakas 41:13; Bob Wade 41:43; Ruth Forrest 42:36; Barbara Winchester 42:40; Janelle Higashida 43:33; Ryan Calder 44:19; W. Richardson 44:20; Legnne Roulson 44:54; Susan Kendrick 44:58; Baylie Foran 45:46; Jacki McGuire 48:55; Priscilla Dolan 49:29. **5 Miles:** Rob Maher 36:49; Kyle McKenzie 38:20; Tom Moore 43:36; Ben LaFrance 43:37; Roger Roots 43:55; Randy Oostema 44:16; Martin Rollefson 45:02; Bob Eichenberger 45:16; Kelly Munter 47:34; Kim Roush 50:20; Chuck Kendrick, Jack & John Dudas also ran with no time recorded.

Once again the weather cooperated and the group was able to enjoy the usual fun runs followed by a tasty potluck at the **East Gallatin Rec Area** on

June 12th. Thanks to Frank Stock who marked the courses plus brought his grill and cooked up hamburgers plus hot dogs for the group. Also thanks to the timers who were Darryl Baker, Erica Matsuda and Tom Moore. Times are: **1 mile:** Kurt Buchl 8:06; Walter Funke 8:11; Leon Shearman 9:02; Karen Funke 9:04; Barbara Winchester 9:05; Esther Schwier 9:27; Sierra Holleman 10:19; Connie Kirkland 10:22; Tobias Holleman 10:44; CJ Oostema 10:54; Theresa Leland 12:59; Kim Rollefson 13:05; Jean MacInnes 15:27; Pat Frey 15:28; Kay Newman 15:30; Madison Oostema 17:03; Shawna & Jake Oostema 19:02; Lynn Paul 19:04; Janice Hand 19:04; Dallas Roots 20:37. Kyle Klicker also ran. **3 Miles:** Lukas Geyer 21:56; Natasha Fraker 22:06; Craig Hildreth 22:08; Bob Eichenberger 22:10; Lisa Verwys 22:19; Andrew Holleman 22:45; Dan Heimbigner 23:27; Martin Rollefson 23:30; Austin Fraker 23:33; Garret Coley 23:40; Abby Eichenberger 24:47; Chris Pummel 25:02; Anita Moore-Nall 25:23; Rebecca Lamm 25:35; Gail Cary 25:36; Ellen Lamm 25:39; David King 26:14; Lori Johnson 26:30; Terry Cunningham 26:45; Leonard Baluski 27:28; Teri Kassens-Crowe 29:02; Karen Williams 29:29; D'Arle King 40:11; Jerry Coffey 40:17. **5 Miles:** Ryan Blomback 29:30; Andrew Graham 31:35; Kyle McKenzie 32:40; Tomas Dumbrovsky 34:33; Mac Johnson 35:46; Ben La France 35:47; Mark Raymond 36:07; Randy Oostema 36:27; Roger Roots 36:44; Leigh Holleman 37:23; Art Thompson 37:52; Andy Garza 38:03; Gro Lunde 38:41; Mary Stein 39:32; Kelly Munter 40:11; Jenny Sheets 40:51; Sarah Spartus 45:28; Elizabeth Spartus 45:29; Amy Stefan 45:43.

Once again the clouds lifted and the lightening stopped which allowed a smaller group of runners to run the trail at Drinking Horse Mountain on June 19th. Thanks to Bob Wade for planning the courses. Also thanks to the timers who were Kathy Brown, Gail Cary and Teresa Leland. Times are: **1.4 Mile:** Elizabeth Spartus 18:26; Lisa Verwys 19:15; Rob Pudner 19:25; Abby Goyn 19:27; Darryl Baker 19:53; Craig Hildreth 19:55; Tom Moore 20:05; Becky Hochstein 20:16; Kurt Buchl 21:24; Barbara Winchester 21:28; Sarah Spartus 22:05; Mia Dudas 26:57; Andrew

Holleman 30:01; Randy Oostema 30:18; Sierra Holleman 30:33; Tobias Holleman 31:09. **2.4 Miles:** Mark Raymond 26:57; Pete Lindehl 29:31; Kyle McKenzie 30:20; Leigh Holleman 31:14; Nicholas 31:17; Bob Wade 31:35; Patrick Murphy 32:05; Bob Eichenberger 33:05; Roger Roots 34:22; Leonard Baluski 46:22; Teresa Galli 46:24.

RACE CALENDAR

JULY

3 Annual BSWD Tour de Wolves 6:30 pm Trail Run Jackson Creek Road

4 Rodeo Run. Livingston 5 & 10K Courses along the Yellowstone River at 8:40 am. 1 Mile free Kids Run at 8:15am Proceeds benefits Landons Lookout (a non-profit teen center) To encourage wellness, those under 16 can enter for \$10. Others \$20 with t shirt. Enter online or print entry form at landonlookout.com Mail registrations to 110 E Lewis St in Livingston 59047

4 Reach's 6th Run for Independence. Bozeman. A benefit for Reach Inc., a local non-profit that serves adults with developmental disabilities. Walk/Run either 1m, 5 or 10K on the East Gallatin Trail system. Starts and finishes at the Reach Work Center 322 Gallatin Park Dr. Limited to 500 entrants. 8:00 am start. Info: Dee at 587-1271 or dee@reachinc.org www.reachinc.org

4 Freedom Race. Billings. 5K and 1.3 Miles Walk at 8:00 am. Race day registration 6:30-7:30. thefreedomrace.com

6 62nd Annual Bangtail Divide Run 38K point to point from Stone Creek Trailhead to Brackett Creek Trailhead. Limited to 150 participants

www.racemontana.com/search/event.aspx?id=18549

10 Annual BSWD run on Bohart X Country Ski Trails 6:30 pm

13 Pony Trot 5 & 10K. Pony, MT. Register at www.racemontana.com or race day from 7:00 am – 7:45 am. \$25 with along sleeve shirt or \$15 without

13 Devil's Backbone. Waitlist. Email runski@bresnan.net Beartooth Run. Red Lodge. Registration closes July 4. 5 & 10K courses. Contact Red Lodge Chamber of Commerce

17 BSWD Bear Canyon Run with your dog on leash 6:30 pm

19-20 Big Sky State Games. Billings. Road Races & Track Events.. Check www.bigskygames.org.

24 BSWD McGuire's Run with potluck. Bring a dish to share and a chair. 2303 Highland Court

27 Headwaters Run. Three Forks: 5&10K plus Half Marathon. The course is run on the Headwaters Trail System. Proceeds are to build more trails.

\$18 pre-registration by July 5th. \$22 thereafter and on race day. Visit <http://www.threeforksmontana.us/>. Click on city government then city forms.

31 BSWD Bogert Park/Peets Hill 6:30 pm followed by the Bite of Bozeman Downtown. One of our most popular fun runs.

August

3 1st Security Bank Wind Drinkers Stampede.

Bozeman. 5 & 10K Courses. Fun for all ages. Register now @racemontana.com or at walk in registration July 31-August 2 at First Security Bank on S.19th. Flaggers and other volunteers are NEEDED. If you would like to help, Please contact jenna_grimm@hotmail.com

10 Ed Anacker Bridger Ridge Run. Registration closed. Volunteers needed. Contact kayjn@imt.net or call 406-586-5543. Come to the finish line at the M Parking lot on race day and cheer your favorite finisher in.

10 11th Annual An Ri Ra. A Montana Irish Festival in Butte. 5 & 10K plus 1 Mile Walk/Run. Starting at Emma Park.. No race day registration. Download registration form at www.mtgaelic.org For info: Mike at 782-2235 or mhpatrick@bresnan.net.

17 Scramble for Ethiopia. Bozeman. 15K, 4 Mile and 1 Mile Kids run: scrambleforethopia@gmail.com for info & questions. Register at www.scrambleforethopic.com

23 Night Owl Run. Livingston. 4.5 miles run/walk on pavement, gravel & trail. 7:00 pm start. Prizes and awards. Pint glasses to be "filled" for adults or movie tickets for others. www.nightowlrun.com

24 The Bozo Monster Challenge. Bozeman. 3.1 Miles full of mud, sweat & obstacles. The Jr. Boze Monster if for kids 10 – 12 and the Dino Dash for those 3-12. Costumes encouraged. Register at racemontana.com or Email bozemonsterchallenge@yahoo.com.

31 Fun Run 10 for Charities. Red Lodge. 5&10K Fun Run along with 5K & 2 Mile Fun Walk. No entry fee. Donations Encouraged. Benefitting 50 local charities. www.redlodgefunrun.org or funrun@rlacf.org

September

8 3rd Annual Bozeman Marathon and ½ Marathon. Course runs through the beautiful Gallatin Valley and ends on Main Street. A qualifier for the Boston Marathon. www.bozemanmarathon.com

28 Pine Needle Stampede. West Yellowstone Tradition. 9 am start for the ½ Marathon. 5 & 10K start at 10:00 am. Check the web site at: www.rendezvouskitrails.com

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 2011

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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

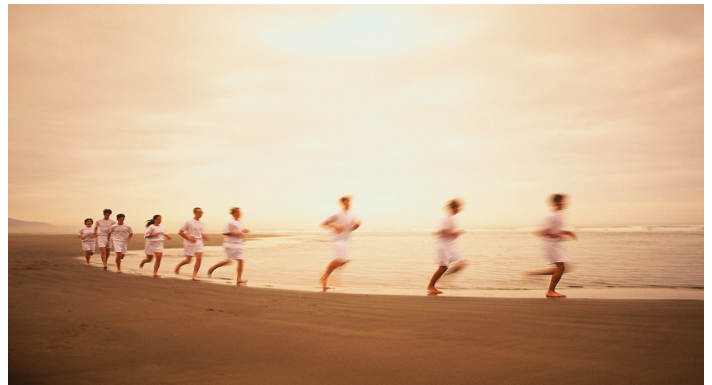
Four Zero Six Shirt Screening, Pete Sveen, 10% off, 600-5753

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.”