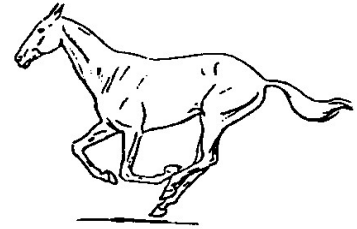




July 2014 Newsletter # 442



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

June 6 through June 8, I was at Alfred University celebrating the 50th anniversary of my college graduation. Alfred is a small university in southwestern New York. Its claim to fame is ceramic engineering and glass technology. Think fiber optics and ceramic heat shields on space shuttles.

I received a quality education there but in addition I started my addiction to running when I joined the cross-country team in the fall of 1960. I ran cross-country for four years with minimal success. I usually was the team's 5th to 8th runner. I also was on the track team but had little success. This was in part because the longest distance run on the track was the 2-mile run. I discovered much later that the longer the run the better I do.

In spite of my marginal performance as a runner, Coach Dubriel named me captain of the cross-country team in the fall of 1963. This was my start to being a leader in the running community. When I graduated in 1964 I stopped running. There were virtually no running events available beyond school competition. The few running clubs that existed were primarily for Olympic caliber runners.

About 1967 Kenneth Cooper wrote *Aerobics*. This book described the benefits of running long distances at a

(Continued on page 2)

The Mature Runner

By David Summerfield

Bruce Dern, The Most Mature of All Runners?

I couldn't help but soak in all of Bruce Dern's interview in the March 2014 *Runner's World*. If you've already read it, then see if you agreed with me! When *Nebraska* (movie) comes out in video, you've got to see it. He calls himself a running junkie, and proves it in the article. Though I haven't made over 80 movies, he reminds me of me in way too many ways. He's kept track of all the miles he's run since he was 28, and now he's 77. For most of those years, he ran between 2500 and 4000 miles a year. And this was while he was an actor, or waiting for parts to come along. 50 years ago he entered a race on the 4th of July in Death Valley, a 10km to Furnace Creek and back. Nearing the end, his friend came alongside and told him to get in the car. He looked really bad. He refused, since he had never DNF'ed before. He kept refusing, so his friend finally grabbed him by the shirt and told him "you're just jogging in place, going nowhere, and your sweat has turned to blood". So he was put on ice, given some Coke to drink, and that was that. Another difference with Bruce is that as a high schooler, he ran a 1:55 1/2 mile. I never could do that. And, he really preferred running somewhere instead of just around a track. So his coach said, lets just go run all day. They took off and ran from the Santa

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



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comfortable pace. The book was the start of the running boom. I was teaching on Guam after the book was published. I realized I was way out of shape. So I helped a group form the Guam Running Club in 1969. The GRC is going strong in its 45th year. And while I am not running like I used to I am still running after 54 years.

When you attend a college reunion you reflect on how life has changed since graduation. In 1964 there were NO women's athletic teams at the high school or university level! Title 9 had not become law and half the population was not considered capable of competing in "strenuous" sports.

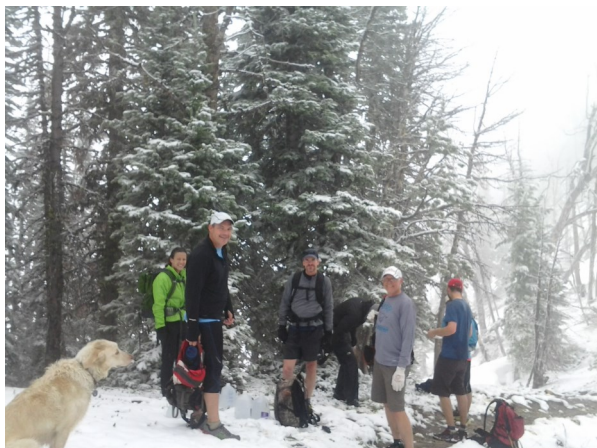
After graduation (pre-Title 9) equality was established because there were almost no organized sports activities for men or women in the general public. The vast majority of people stopped all regular athletic activity shortly after graduation. Certainly almost no one over 40 was athletically active.

I am amazed by the opportunities now available for the athletically inclined of all ages. Now there are legally equal opportunities for men and women, and large numbers of people compete in athletic events in their 60's, 70's and beyond.

I would recommend you all attend your college or high school reunion. The people who were jerks in school may still be jerks. But you can take time to reflect on how far we've progressed.

Photo Below by Don Rodgers:

Water delivery for Old Gabe the week before race day at the Saddle/Bostwick aid Station.



Monica Pier to the Denver airport. They took 34 days, running for around 12 hours a day, really slowly. I'd like to do that someday. And he says he "just runs" – no need for headsets and music or anything, just run. Sounds a bit like Forrest Gump. And get this – he times every run he ever does. Yikes. I didn't think anyone else did that too. Why do I do it? I don't know. I just do. I want to know how far I go and how long it takes me. As he puts it, "it's just relevant" to what he's doing. No need for more justification. Another Dernism: "In running, if you're willing to put in the time, you can train most people to run for anywhere from 3 to 8 hours and do a marathon in that time. I'm all for as many people wanting to run it. I don't like the limits. But there's a way to solve that: Let the good runners start a ½ hour ahead, so they can race on their own and not fight through things...we're sick f___s. I've run a marathon in a hotel hallway. When the weather's really inclement and they haven't plowed the streets, I just go downstairs in big hotel buildings and run the parking lot underground. You can make a little circle. I've run 10,000 meters in a hotel room. I'll set up a chair here and a chair there and I'll run back and forth and watch the Rams lose another one."

Doesn't he sound like a really good guy? Talking about the big marathons, he despises Boston since it has become so elitist – requiring "qualifying times" that are so competitive. "I liked when we all took off around the same time and ran to Ventura, 60 miles from Santa Monica. Let's just go. We know we'll get there before dark, but let's go and have fun. And you'd stop at a gas station and get a Coke and some guys would get ahead, but you did it, and you did it as a group. That's what I miss." That reminds me of the "good 'ole days" when Marybeth Jones (Adams), Tim and whoever else wanted to go along would take off and run the roads to Wilsall, going over Battleridge, through Sedan, stopping at the Two Dot café. It would be an all-day affair, just going out and having fun running together.

Okay. I've got to end this article. Here goes: "If I were to make a movie about running, I would make a movie that had nothing to do about running, but about halfway through, someone was forced to run who had never run before. You're in a car wreck. You survive. Others are hovering and it's 10 miles to town and there's no cell phone. Or, somebody's crossing America and gets attacked and has to outrun the Apache, know what I'm saying? Anything that involves the heart. Because running is very simple. It's an act of the heart. If your heart can't do it, you can't do it. You need your heart." Or, "I'm all about running as far as I can run. In an

RESULTS:

Cherry River - 5/28/14 - Seventy nine runners participated in the run which is the most thus far this season. Daryl Baker predicts that we'll reach 100 before the year is over. Thanks to Frank Stock for arranging the event. Thanks also to the timers who were Daryl Baker, Elizabeth Coughlin and Frank Dougher, Jr.

Times are: 5 Miles: Duncan Hall 31:05; Tim McNicholas 31:17; Rob Maher 31:24; Lukas Geyer 32:42; Kyle Klicker 33:11; Andy Curry 34:38; Allison Curry 34:48; Chris McCarthy 35:47; Lisa Verwys 36:25; Kurt Buchl 37:06; Steve Garvine 37:28; Andy Garza 37:38; Leigh "Speedy Feet" Holleman 37:39; Emily Young 37:53; Ginny Arnold 44:50; Roger Roots 46:02; Mitch Overton 46:41; Randy Oostema 51:41; Bill Davis 54:16. **3.4 Miles:** Cody Hurt 27:14; Tom Moore 27:35; Martin Rollefson 28:20; Bob Eichenberger 28:25; Robert Pudner 28:49; Frank Stock 29:45; Abby Eichenberger 29:47; Laura Sullivan Russett 29:52; Keele Smith 29:56; Shane Lewis 30:05; Shawna Pratt 32:36; Gail Cary 32:50; David King 32:52; Kelly Munter 33:28; Colby Heiser 33:32; Colby Heiser 33:32; Pam McCutcheon 33:46; Leonard Baluski 35:20; Tracy Dougher 39:20; Leanne Roulson 40:09; Sarah Anderson 41:48; Tobias Holleman 42:23; Stephanie Garvine 42:46; Melissa Moore 43:29; Lynne Hubert 44:39; Jacki McGuire 49:55; Bob Wade 52:15; Sandy Dougher 55:52; Sierra "Speedy Feet Jr." Holleman 56:05. No times recorded for Jack Dudas, John Dudas & Andrew Holleman. **1.25 Miles:** Gary Hellenga 10:07; Garret Coley 10:52; Austin Fraker 10:52; Cooper Johnson 12:28; Carrie Gaffney 12:29; Frank Dougher, Sr. 12:54; Chad Coley 13:39; Hazel Roulson 14:30; Laura Humberger 14:31; Craig Hildreth 17:31; Leon Shearman 17:32; Isaac Stock 18:31; Henry Stock 18:37; Teresa Leland 18:47; CJ Oostema 20:35; Jean MacInnes 21:42; Jill Hamilton 21:42; Celia Bertoia 23:32; Linda Skelton 23:33; Kay Newman 23:35; Travis Poser 24:07; Andrea Poser 24:08; Ruth Forrest 24:18; Kim Rollefson 24:20; Scott Hyatt 24:48; Abby Hyatt 25:51; Brandy Hart 26:02; Jo Hart 26:03; Dallas Roots 31:01; Mia Dudas 33:16.

Sypes Canyon - 6/4/14 - The popular run was held under blue skies and warm temperatures. Thanks to the

unlimited amount of time. Just get there. And I don't know what 'there' is, or where it is." The interviewer asked "You've said as an actor that all you're after is the simple truth and an opportunity to be daring. Where can runners find that?"

Dern: "Very easy. Two words. Go farther."
- David Summerfield

A Note From Jennifer Kunzman:

I was wondering if anyone might be interested in joining an Ultra Team for the Grand Teton Relay in August ([Friday August 15](#) and [Saturday August 16](#))? I registered last year and had a few teammates drop out so I was able to defer until this year. I am still struggling to find runners. The race consists of 180 miles of mainly road running over the course of 24+ hours. The run is divided into 36 "legs" of varying lengths and difficulties. The cost of the race portion is ~ \$85 + pitch in for gas. Right now the team consists of myself and a good friend, and we are looking for 4 additional runners. Neither of us are super competitive, we are just looking for a good challenge and to enjoy some beautiful scenery. For more information, email: jcasey.mt@gmail.com.

RACE CALENDAR

July

2 BSWD East Gallatin. 6:30 PM Run and barbecue. Bring a dish to share.

4 Reach Inc. Race for Independence. 1K, 5K, and 10K around the trails on the northeast side of Bozeman. Races begin at 8am at the Reach Inc. Work Center. All proceeds benefit adults with developmental disabilities served by Reach Inc. For more information, contact Dee at dee@reachinc.org or 406-587-1271. Registration information at www.reachinc.org.

4 Liberty Dash. 5k, 10k and kid's run by the Yellowstone River. All proceeds benefit Landon's Lookout, Livingston's non-profit teen center. Kid's run starts at 8:15 AM, with the timed 5k, 5k walk, and 10k starting at 8:40 AM. All events will be in Sacajawea Park, Livingston. Register on-line at <http://www.landonslookout.com/latest-news/activities/rodeo-run-registration/>, or print and mail registration to Landon's Lookout, 110 E. Lewis, Livingston MT 59047.

Dougher family (Frank,Sr, Tracy and Sandy) for arranging the event. Timers included Kelly Blatt and Susan Sullivan along with Frank Dougher. Thanks to them as well. Times follow: **1 Mile (Trail):** Andrew Holleman 10:58; Garret Coley 11:03; Austin Fraker 11:41; Sierra Holleman 11:45; Bill MacDonald 11:56; Tobias Holleman 13:37; CJ Oostema 14:58; Laura Humberger 15:12; Simon Payne 16:51; Sandy Dougher 17:02; Gail Cary 27:57; Suzanne Winchester 27:58; Karen Vandzura 30:43; Andrea Poser 31:04; Brandy Hart 31:05; Jo Hart 31:06; Andrea Hart 56:45; Madison Oostema 58:03; **(Road)** Jean MacInnes 17:54; Kay Newman 17:55. **3 Miles:** Lynne Hubert 38:13; Leon Shearman 50:00; Mia Dudas 52:36; Shawna Oostema 1:01:16. **4.4 Miles:** Dylan Humberger 41:33; Martin Rollefson 42:28; Andy Garza 43:01; Chelsee Pummel 43:15; Daryl Baker 43:20; Cody Handhausen 44:17; Tom Moore 46:48; Ben LaFrance 47:43; Alyson Speery 47:44; Mitch Overton 51:29; Celia Bertoia 52:56; Craig Hildreth 53:46; Laura Sullivan Russett 53:47; Kelly Munter 56:55; Robyn Miller 56:55; Teresa Galli 57:43; Miles Handhausen 58:28; Rachael Handhausen 58:42; Anita Moore Nall 1:01:56; Galen King 1:02:07; Leonard Baluski 1:02:43; Chelle Berkland 1:03:49; Melissa Moore 1:04:29; David King 1:07:00; Maggie Braun 1:10:28; Jacki McGuire 1:18:47. Also ran with no times recorded Melissa Regan, Jack & John Dudas. **6.6 Miles:** Duncan Hamilton 59:18; Kyle Klicker 60:45; Rob Maher 1:02:31; Mike Carey 1:04:14; Lisa Verwys 1:04:42; Erin Jackson 1:04:47; Lukas Geyer 1:08:27; Rob Pudner 1:10:04; Jenny Sheets 1:10:13; Rick Cooper 1:10:43; Tom Walsh 1:12:43; KyleMcKenzie 1:13:43; Ellen Lauchnor 1:13:56; Ciaran O'Conner 1:19:16; Mimi Matsuda 1:20:15; Tracy Ellig 1:22:38; Roger Roots 1:25:33; Randy Oostema 1:30:17; Erika Matsuda 1:32:53; Kathy Carey 1:43:12.

Southside Trail - 6/11/14: It was a great run and potluck but we missed our host, Kurt Buchl, who was out of town. We appreciated the use of his beautiful home located so closely to the trail that many of us didn't even know existed. Thanks to David Summerfield who filled in for Kurt. He spent the afternoon "getting things ready", marking the courses,

9 BSWD Bohart Ranch Trail Run 6:30 pm
16 McGuire Fun Run/Pot luck. 6:30 pm Bring a dish to share.
19 Pony Trot at Pony Park in Pony ,MT. starting at 8:00 am. Register at RaceMontana or the day of the run from 7:00-7:45 am. 10K Walkers start at 7:00 am. Info at 548-4179 or defrance406@gmail.com.
19 Angry Trout Trail Run in York. 5.2 and 11 miles in the heart of the Big Belt Mountains. www.angrytrout.org The trails will not disappoint.
23 BSWD Andy Blank Track Run. MSU Track on Kagy Blvd 6:30 pm. Hour or ½ hour. See how many laps you can do. Bring someone to count your laps.
26 Headwaters Run. Three Forks. ½ Marathon at 7:30 followed by the 5 & 10K at 8:00 am all on the new trail system. For information contact lotse@hotmail.com or call 599-7791.
30 BSWD Peets Hill/Bogert Park 6:30 pm. Bite of Bozeman follows downtown.

August

2 Sweet Pea Runs. Bozeman. 10K starts at 7:15 am and the 5K starts at 7:25. Register online at racemontana.com. Early bird registration until July 1. For more information see www.winddrinkers.org.
9 Ed Anacker Ridge Run. Bozeman. www.winddrinkers.org. To volunteer call 586-5543 or email kayjn3@gmail.com
9 12th Annual AnRiRa Irish Festival. Butte. New venue and flat courses. 5&10K plus 1 mile. Bus from the Chamber of Commerce to the start. No race day registration. Packet pick up at 7:30 am. 1 Mile starts at 8:00 am with other races starting at 9:30. Contact Mike at 491-6235 or mhpatrick@bresnan.net.
16 The Scramble. Bozeman 4 & 15 mile courses plus kids run for those 12 and under. Start and Finish at Baxter & Love Lane. A fund raiser for clean water. Music, Awards & Refreshments at the finish. scrambleforethopia@gmail.com or www.scrambleforethopia.com.
16 Big Dipper Last Chance. Helena. ½ Marathon & 6K starting at 8:00 am. A scenic tour of Helena. Info: Brian a bquick50K@hotmail.com or www.bquickrunning.com.
30 Fun Run 11 for Charities. Red Lodge 5&10K Fun Run, 5K&2Miles Fun Walk. No entry fee. Donations encouraged, they will benefit 54 local charities. Email funrun@rlacf.org. Check out www.RedLodgeFunRun.org.

Race Calendar Continued on Page 6...

etc. Also thanks to the timers, Laura Humberger, Martin Rollefson and another dedicated volunteer.

Times are: 5 Miles: Alexandre Lussier 33:47; Kyle Klicker 34:16; Lukas Geyer 38:14; Tracy Ellig 39:39; Lisa Verwys 39:55; Jenna Falllaw 41:40; Leigh Holleman 41:40; Andy Garza 41:41; Abby Eichenberger 42:36; Tom Moore 42:55; Ben LaFrance 42:56; Roger Roots 43:18; Erika Matsuda 43:52; Yuriko Yano 43:54; Carly Urban 44:27; Randy Oostema 49:50; Bonnie Eichenberger & Barbara Zuck ran with no times recorded. **3 Miles:** Nate Carroll 21:35; Cody Hundhaugen 21:36; Jean Tuttle 23:25; Daryl Baker 23:39; Charles Eichenberger 23:43; Bob Eichenberger 23:44; Frank Stock 24:02; Andrew Holleman 24:30; Emily Young 24:31; Greg Young 24:44; David King 25:35; Shawna Pratt 25:38; Cody Hart 25:46; Galen King 25:46; Craig Hildreth 26:00; Eric Nathanson 26:17; Jill Abbott Stoltzfus 26:36; Kara Bates 27:14; Becky Hochstein 27:15; Leonard Baluski 27:17; Laura Sullivan Russett 30:06; Susan Sullivan 30:07; Tracy Dougher 31:01; Frank Dougher, Sr. 31:22; Lynne Hubert 32:43; Maggie Braun 34:24; Bill MacDonald 35:35; Leon Shearman 35:37; Gail Cary 35:45; Sierra Holleman 37:15; Cathy Mannos 37:31; Ester "Super-Sweet" Schwier 38:14; Priscilla Dolan 41:26; David Pratt 43:06; Frankie Dougher, Jr 50:12; Sandy Dougher 50:18; CJ Oostema 50:37. **1 Mile:** Natasha Fraker 8:40; Austin Fraker 8:41; Cooper Johnson 9:27; Jeff Johnson 9:28; Carrie Gaffney 9:30; Theresa Leland 16:19; Jean MacInnes 18:02; Kim Rollefson 19:41; Kay Newman 19:42; Madison, Shawna & Jake Oostema 25:27; Brandy Hart 26:37; Andrea Poser 26:37; Jo Hart 26:41.

Old Depot Run - 6/18/14 - The weather cleared up and we had another great evening for running and a fast group of finishers. Thanks to the timers who were Celia Bertoia for Kyle Klicker, Dan Campbell, Patrick Costello and Randy Oostema. Also thanks to Kyle McKenzie for setting up the courses. **2 Miles:** Angie Kocioek & Evan Krza 13:30; Frank Dougher, Sr 13:55; Dan Krza 16:20; Barbara Winchester 16:20; Avery Johnson 19:08; Bob Johnson 19:09; Theresa Leland 20:16; Sharon Itis 20:16; Melissa Moorre 21:00; Mia Dudas 22:49; Kay Newman 26:06; Jo Hart 26:14;

Larry Hart 26:16; Elizabeth & Ryen Growney 40:56. **3 Miles:** Jack Barton 22:0; Tom Walsh 24:20; Alexandre Lussier 25:06; Kama Wermer 25:17; Andy Garza 25:18; Gary Hellenga 26:08; Nate Carroll 26:17; Ben LaFrance 27:08; Tom Moore 27:09; Shane Lewis 28:26; Craig Hildreth 29:15; Daryl Baker 29:24; Lori Johnson 29:55; Leonard Baluski 30:07; Rachel Cutler 30:24; Kelly Munter 31:06; Pam McCutcheon 31:33; Lora Cutler 31:45; Jessi Cutler 31:49; Teresa Galli 32:11; Frankie Dougher, Jr 32:39; Melissa Rogain 33:14; Susan Sullivan 34:19; Andrew Holleman 35:06; Bill MacDonald 35:16; Laura Humberger 35:59; Tracy Dougher 36:43; Cooper Johnson 37:27; Sierra Holleman 37:49; Lynne Hubert 38:02; Tobias Holleman 39:51; Sandy Dougher 39:56; Esther Schwier 39:58; Leon Shearman 42:54; Jacki McGuire 46:53; Carrie Gaffney & Lois Gaffney had no times recorded. **5 Miles:** Bob Eichenberger 29:15; Rob Maher 30:33; MacJohnson 32:30; Leigh Holleman 36:43; Patrick Murphy 37:11; Jeff Johnson 39:51; Erika Matsuda 41:27; Roger Roots 41:43; Bill Davis 48:19; Chelle Berkland 48:07; January Heicher 49:09; Kyle McKenzie 49:52; Lora Cutler, Jack & John Dudas had no times recorded.



September

6 Big Hole Valley's Race for Renewal. Wisdom. 4 Person 5K Relay Race plus a 5 & 10K Walk/Run. Leashed dogs welcome. 10:00am. Register at 222.bigholevalley.com. Race day registration as well.

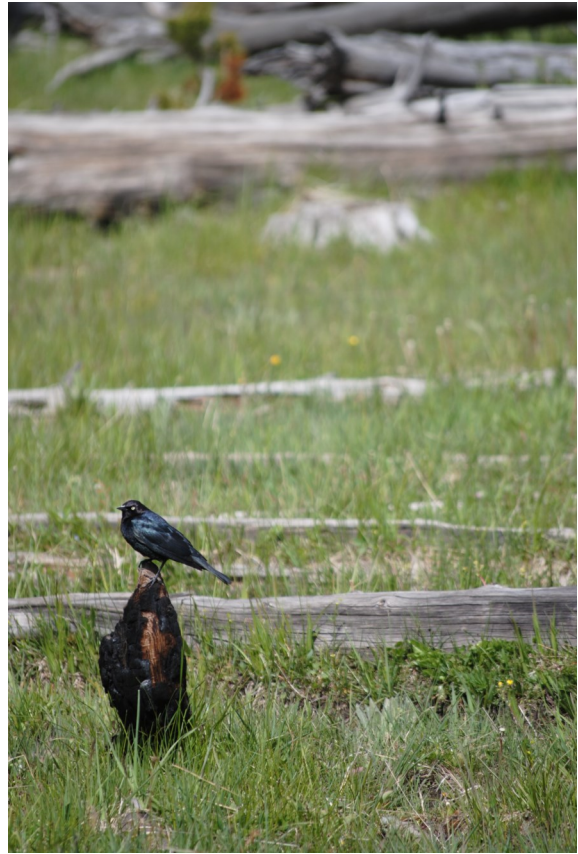
7 4th Annual Bozeman Marathon, ½ Marathon & Marathon Relay. A Boston Marathon Qualifier. www.bozemanmarathon.com.

20 2nd Annual Big Bear Stampede. Gardiner. 5 & 8K Trail Races at 6500 feet elevation with great views. Register @ www.racesandfaces.com/mt/big-bear-stampede/2014/Registration. www.bigbearstampede.org (website)

20 John Colter Run. Three Forks. 37th Edition at the Missouri Headwaters State Park. On line registration only at <http://racemontana.com/search/event.aspx?id=26204>. Limited to 300 runners.

October

11 9th Annual Raw Deal Run Community Fundraiser. McLeod. Located at the Raw Deal Ranch, 16 Miles south of Big Timber 3 Mile Run/Walk and 6 Mile Run along with a 1 Mile Cow Poke Lope (kids run). Winners receive prizes of locally produced meat. Enjoy a Halloween Costume Contest and free Chili Feed. Registration available in early June at www.sghw.org. Contact at 932-3090 or programs@sghw.org.



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

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Vice Presidents: Tracy and Frank Dougher, Frank Stock, Tomas Dumbrovsky, Martin Rollefson
Membership: Darryl Baker, 582-5410

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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

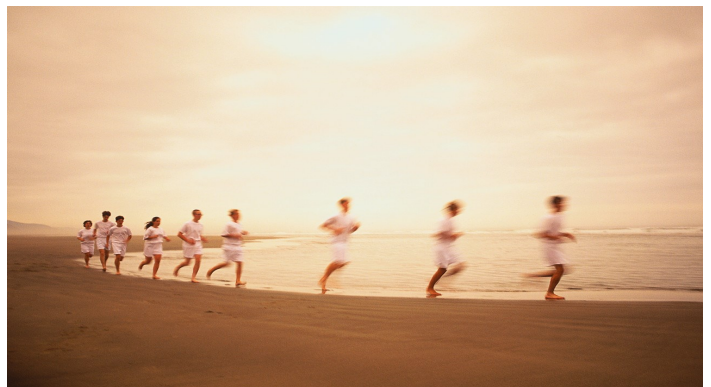
Four Zero Six Shirt Screening, Pete Sveen, 10% off, 600-5753

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.”