



# July 2015 Newsletter # 454



THE WIND DRINKER IS A  
NEWSLETTER FOR RUNNERS OF  
ALL ABILITIES

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

# The Wind Drinker

## Dear Wind Drinkers

By Dee Metrick

Dear Wind Drinkers,

Before I was experienced enough as a runner that coworkers asked me for advice on gear and training plans, I was a competitive comfort-seeker. In the winter months, I mastered the art of finding warm spots in which to relax while wearing my silk, long-underwear. Flannel sheets, hot, alcoholic beverages, and soft couches were the accessories of my spare time. In the summer, as a person who would flow with the seasons, my alcoholic beverages were stirred with ice instead of heated to a tottie, my couch became a blanket under a tree, and I watched rivers and clouds instead of television. Year-round, I was a hard-core lounge. Affordable luxury was my specialty.

In the transition to “recreational athlete”, I had to learn to ignore the feeling that my heart might explode, my legs might fall off, or my toes were being worn into stubs. The brain chemistry during and after a run was worth all the totties in the world. Running had no hang-overs, did not make me fat, did not make unattractive people appear attractive, and, most importantly, taught me that my mind is tricky. While the acquisition of a blister felt like the destruction of my foot, reality was that blisters could be “drained” to virtual invisibility. In the early stages of my running career, I went from mental crisis at the

*(Continued on page 2)*

## The Mature Runner

By David Summerfield

Bob Wade – Windrinker  
Extraordinaire

A visit to the Gallatin Valley Rest Home is something we all should do. I went there to see Bob Wade who had a “run-in” with a Gallavan (a large-type people transporter), and is having physical therapy before being able to go home. Bob has written so many lead articles in this newsletter over the years as President of the BSWD, so this article is dedicated to Bob.

Looking at the top-half of Bob, you see the familiar, stalwart smiley-smirkey Windrinker extraordinaire. Looking at the bottom half, and I had to blink many times to realize this was attached to the top half. For those of us who turn to bike riding in our “advanced” years, well, it’s a cruel blow. We all know why we’re doing it. Our running apparatus gets a little worn out over the years, and we all miss that wind blowing by in our faces, we miss covering effortless miles, we miss getting to put the body to use in the way it was intended. I’m still not convinced that The Big Guy/Gal meant for us to mount such machines to make transportation more convenient. Biking is “fun” – in that you get to go places faster than your legs can carry you, sure. But it’s a machine. And – darn it all – it goes on the same roads as those nifty machines we call vehicles. I’d say the majority of

NEWSLETTER OF  
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AGES AND  
ABILITIES IN  
BOZEMAN, MT



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formation of every abrasion, to complete denial of all pain. This worked in my early thirties. Then, last year as summer began to bloom, during a string of ten days of over-training, my leg and behind started to speak up a bit. They said, "Pain. Pain. Pain. Time to stop Metrick! This could be the end of your running career. This could be bone cancer. Stop running. Stop running right now. Pain. Pain. Pain. Let's go back to White Russians in front of The Simpsons. Rest, rest, rest!" For years that voice had been the voice of doubt. The Oatmeal comic even gave it an image and a name. The Oatmeal advises to ignore "The Blerch". The guy who writes the Oatmeal is a significantly faster and better runner than I am... He, too, was recovering from a life of obesity and pathetic self-destruction. He knew the way out: ignore the Blerch.

Unfortunately, there are times that pain receptors, nerves, and brain all work together to assist in success and physical longevity. This had never been my experience before. After ten days of over-training and ignoring discomfort, I tore my hamstring. The insanity of not being able to run for many months was ugly. I daydreamed about being in the Bangtails, hiking Baldy, running along the Continental Divide, or even having a trot along the Galligator trail. I had plenty of time to ponder my downfall. During my recovery, when my man-hunk said, "You can tell the difference between pain that means imminent injury and pain that is a sign of working hard", that moment seemed important. His words haunted me. The truth of my reality is that I cannot tell the difference. The voice in my head that screams, "Ouch! A blister! We must stop now!" sounds exactly like the voice that quietly whispers, "You may want to stop or slow down a bit before you tear three muscles that keep your leg attached to your patootie." Learning to discern the moments when stopping is advantageous or pushing through is ideal has included some very unfortunate lessons learned the hard way.

So what do I do? I do what I always do: I set goals. Previous goals have included finishing a marathon in under 4 hours (still not met), running over 1500 miles in a year (met!), finishing the Ridge Run in under 6.5 hours (met!), creeping out Killian Jornet in person (met!)... All observable and measurable. Perfect for my brain. No subtleties. No room for excuses. This year's goals, however include "listen to my body", "enjoy every race", "take my time", "cross train"... I

Winddrinkers prefer running on trails – and this area abounds with amazing trails. Perhaps there's a good reason. Cars, vans, trucks can't go there.

Back to Bob. Watching him negotiate the wheelchair, well, I couldn't help but see myself in one for the same reason, and wonder why this had to happen to Bob. That could be me just as easily. We all know Bob is as tough as they come, and I guess it's a good thing since this type of "set-back" will get over with more quickly than if he had been more of a couch potato. But the fact remains that those of us who insist on maintaining our physical body, we do put ourselves out there in harms' way. A quick look into Kathy Brown's eyes confirmed at this point that she'd lost all patience with the darn bicycle! I got home afterwards and, surprise, went out for a "spin" and got lost in musings on why I was on my bike. Of course the answer was very clear – and came quickly – "because it was in the 80's, it was really hot, and not a good time to be running." And yes, I put myself in harms' way it could be said. But the "cause" was a noble one. I was going through the motions of taking care of my soul, my spirit, and my body. I came back refreshed, alive inside, and really ready for dinner! I'm sure the same was with Bob too. He was on his way to getting on the East Frontage Road, a road I know well, having lived up Bear Canyon. It's a great gateway to wonderful biking. And as soon as the pain can subside, this won't be much of a set-back. He's already working on being ready to ski when snow falls.

So, dear Windrinker, be as careful as you can as you negotiate the roads. Heck, be careful on the trails too. And keep getting out there as much as you can, rain or shine, hot humid heat or blinding snowstorm. Your insides need you to do it. If you have a few hiccups along the way, well, that'll just give you an opportunity to find out (again) why you do what you have to do.

– David Summerfield



was very disappointed to find out that my new fitbit has no wisdom about how to listen to my body. My Garmin has been unhelpful in that area as well. Then my sport-oriented massage therapist said, "No happy feet!" Later he expanded the concept with, "Happy head. No happy feet." I am not sure what his words mean but I am certain this message is somehow related to drinking Long Island Iced Teas while watching the clouds roll by.

Thank you, Dear Wind Drinkers, for running this road with me as we learn to balance being the best people we can be while still relaxing enough to enjoy this short lifetime.

Your devoted editor,  
Dee

## RACE CALENDAR

### July

- 1 Painted Hills** BSWD Fun Run at 6:30 pm  
**4 8th Annual Reach Inc. Race for Independence.** 1K, 5K, and 10K mostly trail race to raise money for the people served by Reach Inc. 10K starts at 8am. 5K starts at 8:15am. 1K starts at 8:30am. For more information, visit [www.reachinc.org](http://www.reachinc.org), email [dee@reachinc.org](mailto:dee@reachinc.org), or call 406-570-5852.  
**8 Bohart Ranch Trails.** BSWD Fun Run at 6:30 pm  
**11 Chief Joseph Uphill Run.** Laurel. 2, 4 & 8 miles starting at Thompson Park Picnic Shelter. 7:00am start. Register at [Runsignup.com](http://Runsignup.com)  
**12 The Beartooth Run.** Red Lodge. Signature endurance Road Race set at 10,000 feet. 5 & 10K Courses starting at 8:30 am. Register online at [imathlete.com](http://imathlete.com) by 7/6/15. Info at [info@beartoothevents.com](mailto:info@beartoothevents.com) or [beartoothrun.com](http://beartoothrun.com)  
**15 Middle Cottonwood Trail.** BSWD Fun Run at 6:30 PM  
**18 Devils Backbone 50 Miler.** Wait listed  
**18 Art on Your Parts.** Anaconda. 5 & 10K plus 1 Miles Fun Run. 8:00 am. Information & registration at [RaceMontana.com](http://RaceMontana.com)  
**25 Cross Cut 15 & 25K** Trail Run starting & ending at Jim Bridger Lodge at Bridger Bowl. [www.raceMontana.com](http://www.raceMontana.com). 25K Starts at 7:00am and 15K starts at 8:00 am.  
**22 Bear Canyon,** BSWD Fun Run at 6:30 pm. Dogs on leash are welcome.  
**25 Headwaters Bank Run.** Three Forks. ½ Marathon at 7:30. 5 & 10K at 8:00 am. Support their great trail system. Start at Veterans Park at the sound of the cannon. Register at [RaceMontana.com](http://RaceMontana.com). Questions (599-7791 or 580-3164  
**29 East Gallatin Recreation Area.** BSWD Fun Run at 6:30 pm

### August

- 8 Sweet Pea Run.** 5 & 10K [www.winddrinkers.org](http://www.winddrinkers.org)  
Proceeds support student athlete scholarships, Bozeman Track Club, Junior & Senior Olympics. On line registration at [Runsignup.com/run/MT/Bozeman](http://Runsignup.com/run/MT/Bozeman). Prices increase at walk-in registration/packet pick-up at First Security Bank.  
**15 Ed Anacker Ridge Run.** [www.winddrinkers.org](http://www.winddrinkers.org).  
Volunteers needed call 586-5543 or [Kayjn3@gmail.com](mailto:Kayjn3@gmail.com)

### September

- 5 Fun Run 12 for Charities.** Red Lodge. 5 & 10K Fun Run. 5 & 10K Fun Walk. No entry fee. Donations encouraged. "Where Fun Benefits Everyone" email: [funrun@rlacf.org](mailto:funrun@rlacf.org). [www.RedLodgeFunRun.org](http://www.RedLodgeFunRun.org).  
**18 10th Annual Run at Work Day and the 4th Annual Run at School Day.** Promoted by the RRCA. Start making plans now. Learn more at [www.RRCA.org/programs](http://www.RRCA.org/programs)  
**19 John Colter Run.** Registration open. Details to follow.

### RACE RESULTS

**South Side Trail - 5/28/15 -** Thanks to BSWD President Kurt Buchl for the opportunity to access the great trails near his house. He marked the trail and was a splendid host. Timers were Travis Anderson, Carrie Gaffney, Teresa Galli and Rob Maher. We appreciate their help as well. Times are: **5 Miles:** Whitney Adams 33:51; Cybil Kallestad 33:55; Terence Lee 34:01; Rachel Cutler 34:06; Tomas Dumbrovsky 34:20; Kelly Wilson 34:23; Jessi Cutler 34:30; Keele Smith 34:35; Randy Oostema 35:42; Lukas Geyer 36:13; Bob Eichenberger 38:22; Iris Orion 40:54; Marziah Hashimi 44:01; Becky Hochstein 44:02. John & Jack Dudas also ran with no time recorded. **3 Miles:** Egor Trilisky 23:24; Travis Miller 23:40; Ana Brown 25:16; Martin Rollefson 25:21; Alycia Vankirk 25:16; Andrew Holleman 26:00; Bonnie Eichenberger 26:10; Tom Moore 26:16; David King 26:31; Pam McCutcheon 26:36; Cory Vellinga 26:37; Anita Moore Nall 27:03; Leonard Baluski 27:15; Gail Cary 27:42; Sarah Anderson 27:43; Karen Williams 27:45; Vern Roberts 28:13; Craig Miller 28:14; Tiffany Allen 28:34; Angie Kociolek 28:34; Rosie Nickelson 28:50; Sierra Holleman 31:32; Tobias Holleman 31:45; Brenda Truman 32:00; Amanda Thompson 32:01; Susan Nickelson 34:20; Hazel Roulson 37:36; Jerry Coffey

38:18; Jacki McGuire 40:19; Sydney Cutler ran with no time recorded. **2 Miles:** Kim Rollefson 39:15; Kay Newman 39:16. **1 Mile:** Cooper Johnson 9:00; Jeff Johnson 9:00; Gary Hellenga 9:24; Daryl Baker 11:22; Laura Humberger 11:41; Simon Payne 15:32; CJ Ostema 15:33; Yumi Uelei 15:47.

**Drinking Horse Mountain - 6/3/15 -** A large crowd showed up to enjoy the run set up by Bob Wade and Leanne Roulson. Thanks to them as well as the timers who were Karen Funke, Tobias Holleman and Tom Moore. Times are as follows: **4.5 Miles:** Terence Lee 37:32; Cyrees Walker 37:38; Tomas Dumbrovsky 38:42; Rob Maher 38:53; Jennifer Wirth 42:27; Lukas Geyer 42:37; Tom Walsh 43:40; Mike Carey 44:25; Amy Chiuchiolo 45:49; Arnie Kleinsasser 46:06; Whitney Adams 46:32; Gro Lunde 46:56; Bern Kohler 47:16; Martin Rollefson 47:41; Kurt Buchl 48:02; Mimi Matsuda 49:51; Erika Matsuda 50:16; Alycia Van Kirk 52:35; Kelly Wilson 54:37; Randy Oostema 58:54. **2.4 Miles:** Kal Tucker 19:10; Bob Eichenberger 26:29; Cooper Johnson 26:45; Jeff Johnson 26:46; Carson Sivica 28:02; Darryl Baker 28:05; Bonnie Eichenberger 28:13; Dylan Rosenweig 28:24; Dustin Burke 28:33; Simon Sivica 28:56; Katie Rodriguez 28:58; Andrea Rosenzweig 29:03; Travis Miller 29:17; Angie Kociolek 30:00; Craig Miller 30:04; David King 30:39; Anita Moore Nall 31:12; Teresa Galli 31:14; Frank Dougher 31:25; Leigh Holleman 31:39; Celia Bertoia 32:33; Sierra Holleman 33:12; Leonard Baluski 34:40; Lexie Buchl 35:35; Jon Wirth 36:52; Wren Wirth 37:00; Jane Foster 37:17; Gail Cary 37:20; Rosie Nickelson 38:29; Susan Nickelson 40:45; Leon Shearman 42:13; Tracy Dougher 42:37; Ruth Story 42:49; Jacki McGuire 45:10; Laura Humberger 49:44; Sandy Dougher 50:36; Suzanne Winchester 50:57; Bob Wade 52:33. **1.2 Miles:** Craig Hildreth 19:10; Kay Newman 19:11; Andrew Holleman 24:27; Maddie Swila 25:21; Jen Swila 25:22; Theresa Leland 26:23; Sam Bass 26:54; Tommy Bass 26:55; John Fulton 27:17; Greg Swila 28:01; CJ Oostema 28:26; Fin Wirth 28:39; Simon Payne 28:56; Jean MacInnes 29:47; Kim Rollefson 37:42.

**Cherry River - 6/10/15 -** The annual Cherry River Run started at a new location with much improved parking. Thanks to Frank, Tracy and Sandy Dougher for setting up the event. Thanks to the timers who were Celia Bertoia, Randy Oostema and Leslie Schmidt. Times are as follows: **1.5 Miles:** Tom Moore 15:13; Teri Kassens Crowe 21:29; Sam Bass 27:10; Tommy Bass 27:10; Maddie Swica 27:14; Jen Swica

27:16; Theresa Leland 28:54; Jean MacInnes 28:55; Kay Newman 35:43; Craig Hildreth 35:45. **2.8 Miles:** Andrew Holleman 22:39; Jessica Cutler 24:17; Rachel Cutler 24:18; Travis Miller 24:29; Daryl Baker 26:34; David King 27:42; Leonard Baluski 27:56; Cooper Johnson 29:20; Jeff Johnson 29:21; Dylan Rosenzweig 29:48; Andrea Rosenzweig 29:49; Craig Miller 29:52; Lora Cutler 30:13; Rosie Nickelson 31:24; Angie Kociolek 31:43; Mawziah Huehimi 31:44; Iris Orion 31:45; Carson Swica 31:52; Greg Swica 31:53; Leigh Holleman 32:35; Lisa Verwys 32:36; Jay Cowan 33:32; Ruth Story 35:17; Tracy Dougher 35:41; Susan Nickelson 35:59; Leon Shearman 36:48; Sierra Holleman 41:02; Tobias Holleman 41:35; Bob Wade 44:52; Sandy Dougher 46:42. **4.8 Miles:** Simon Rosenzweig 30:31; Terence Lee 31:53; Rob Maher 31:10; Tomas Dumbrovsky 31:27; Tom Walsh 32:40; Lukas Geyer 35:37; Heidi Marks 35:44; Amy Chiuchiola 36:35; Whitney Adams 39:07; Cybil Kallestad 40:36; Terry Cunningham 41:48; Carrie Gaffney 45:50; Teresa Galli 45:50; Tracy Glass 45:51.

**Tour de Wolves - 6/17/15 -** We certainly appreciate the opportunity to once again use the beautiful setting at Franklin Coles's home on Jackson Creek Road. He set up the courses and marked the trails. Thanks Frank! Also thanks to the timers who were Tobias Holleman and Tom Moore. Times are as follows: **4.8 Miles:** Kal Tucker 33:20; Orion Watson 34:26; Roland Bachmann 40:53; Tom Walsh 41:16; Lukas Geyer 41:25; Bern Kohler 42:12; Amy Chuchiolo 43:35; Mike Rubsam 43:43; Melissa Kinnear 43:46; Bob Eichenberger 46:41; Branden Mumey 48:29; Arnie Kleinsasser 49:46; Kelly Sprinkle 50:23; Randy Oostema 53:35; Anita Moore Nall 53:49; Cooper Johnson 57:29; Jeff Johnson 57:32. **2.35 Miles:** Kyle Klicker 18:32; Dylan Humberger 20:32; Andrew Holleman 20:38; Leigh Holleman 25:00; Angie Kociolek 26:24; Kelly Wilson 26:39; Celia Bertoia 26:40; Cory Vellinga 27:21; Rosie Nickelson 28:13; Leonard Baluski 28:13; Teresa Galli 28:42; Carson Swica 28:51; Greg Swica 28:52; Karen Funke 29:10; Pam McCutcheon 29:15; Nolan Smith 30:10; Sandy Dougher 31:51; Frank Dougher 31:52; Fabian Mealled 31:57; Susan Nickelson 33:23; Hazel Roulson 33:24; Sierra Holleman 33:25; Alycia Vankirk 35:12; Bob Johnson 35:25; Leanne Roulson 35:31; Leon Shearman 35:40; Mia & Jay Dudas 1:00:26. Also ran with no times recorded Jack & John Dudas, Trish Garnic. **1.9 Miles:** Laura Humberger 21:10; Jean Watson 21:19; Joe Galli 22:06; Tabor Roulson 22:24;

(Continued from page 4) **Results...**

Kami Kohler 23:46; Lee Watson 25:37; Lynn Paul 39:01; Jean MacInnes 42:47. **1.7 Miles:** Kay Newman 20:15; Craig Hildreth 20:16.

**Historical Run** - 6/24/15 - There were many children at this run which is rather unusual. Thanks to Tomas Dumbrovsky for organizing the event. Thanks to the timers who were Tracy Glass and Teresa Galli. Times are as follows: **5 Miles:** Kal Tucker 36:04; Dan Jackson 36:05; Andy Burns 36:19; Rob Maher 36:48; Andy Maixner 37:10; Tom Walsh 37:43; Lukas Geyer 38:28; Roland Bachumann 38:53; Jenna Fallaw 38:59; Jennifer Wirth 40:10; Jeff Johnson 40:48; Liz Spartas 41:12; Amy Chiuchule 42:36; Kurt Buchl 43:21; Mac Johnson 46:11; Arnie Kleinsasser 46:42; Randy Oostema 48:02; David King 48:10; Dave Gibson 48:20; Kelly Sprinkle 49:44; Cooper Johnson 1:02:32; Carrie Gaffney 1:02:33. **3.2 Miles:** Travis Miller 26:49; Bob Eichenberger 27:05; Jesse Hildreth 28:21; Abby Eichenberger 29:30; Leslie Schmidt 29:59; Frank Dougher 32:00; Craig Miller 32:36; Leonard Baluski 33:09; Celia Bertoia 34:49; Gail Cary 34:50; Graham Austin 36:36; Shanda Lear 37:51; Mia Dudas 37:51; Tobias Holleman 37:52; Karen Funke 38:54; Suzanne Winchester 41:04; Leon Shearman 42:00; Jacki McGuire 47:31; John Felton 50:54. John, Jack & Jay Dudas also ran with no time given. **1.2 Miles:** Carson Swica 9:54; Greg Swica 9:55; Maddie Swica 10:43; Jen Swica 10:43; Meghan Leland 10:45; Lindsey Cozzi 10:48; Christine Anderson 11:17; CJ Oostema 11:23; Tom Moore 11:29; Andrew Holleman 11:31; Theresa Leland 12:00; Jane Foster 12:03; Laura Humberger 12:04; Eric Anderson 12:40; Travis Anderson 12:41; Elliana Tanguay 13:22; Jason Tanguay 13:23; Candace Lundgren 13:33; Randall Lundgren 13:33; Regan Lundgren 14:44; Shannon 14:46; Lori Johnson 15:18; Kay Newman 20:58; Karina Tonguay 23:02; Malina Tonguay 23:02; Madison Oostema 24:28; Jake Oostema 24:59; Shawna Oostema 25:00; Sam Bass 28:21; Finn Wirth 28:23; Tommy Bass 28:24; Wren Wirth 28:53; Jon Wirth 29:05.

Photo of Darryl and friend by Sarah Anderson:



## 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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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

**Rootstock Acupuncture**, \$30 off Intake and 15% off thereafter,  
Angie Kociolek, 209-2570.

**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

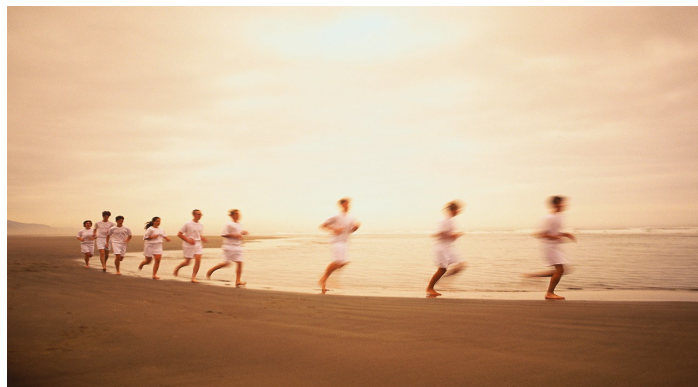
**Four Zero Six** Shirt Screening, Pete Sveen, 10% off, 600-5753

**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.”**