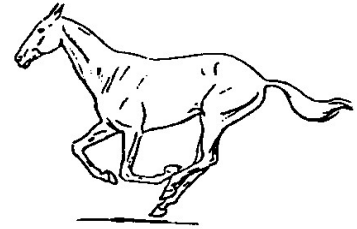




June 2013
Newsletter # 429



Changes Coming to
Newsletter Delivery Next
Month! See page 3 for details.

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

40th Anniversary for BSWD

BSWD Charter: Be it Known that on June 30 1973 Frank Newman and Andy Blank in Red Lodge Montana organized the yet to be named club in the interest of promoting physical fitness through running/jogging and completion. Although physical fitness is the aim it is recognized that individuals will differ in their prowess and adroitness as runners. Therefore, it is not important how fast one runs but that one runs.

Signed by Frank Newman and Andy Blank

Witnessed by Shelley Hoyt

Frank Newman and Andy Blank got the ball rolling for the future Big Sky Wind Drinkers with the above charter. On June 26, 2013 the 40th anniversary of the BSWD will be marked with a 40 lap for 40 years run at the MSU Track. This will not be a competitive run but a celebration of the ability to run.

40 laps on the MSU track is 16,000 meters or almost 10 miles. Some of you may want to run 40 laps individually, which could take a while. Because of the distance we plan to start running at 6:00 PM. Jim Banks, our most active Charter Member, would lead everyone on the first lap.

The Mature Runner

By David Summerfield

Do You Really Know Who You Are?...You Think, "A Mature Runner" Of Course! Ha!

Well, this is one "mature runner" who was blown away by Bill Bryson's epic "A Short History of Nearly Everything". My daughter picked it up at a used bookstore in Katmandu – good reading while trekking to the Everest Base Camp last fall. Of course it has good "jujus" for me! It has gazed upon Everest itself. And Makalu, and Lohste, and Anapurna. It shows in an entertaining way how everything in our civilization has been discovered. More to the point, on page 176, while talking about the atom, I found out that a simple cube of air the size of a sugar cube contains "about" 45 billion billion molecules (a molecule is 2 or more atoms holding on to each other, like 2 hydrogens and an oxygen). I think I read that it would take 37 years to count from 1 to 1 billion. But that's not what I want to share. Talk about durable...an atom is around forever. I guess there's a law about that. So, think about the billions of billions of atoms which comprise you. Each one "has most certainly passed through several stars and been part of millions of organisms on its

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



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Many of you will not want to run 40 laps alone so there will be several options:

1. Two people could run 20 laps each
2. Three people could run 13.3 laps each
3. Four people could run 10 laps each
4. X people could run 40/X laps each
5. A person or a group could run for 40 minutes
6. A family group could run 40 laps or 40 minutes
7. Or any other option you can devise

The purpose is for everyone to run as much or as little as they want as long as they run or walk.

After the run there will be a tailgate potluck party at the stadium. BSWD will provide burgers, buns and condiments. Everybody else needs to bring drinks and food to share.

This is a big deal and we want to invite all present and former members to attend. You are also invited if you are a prospective member. What will we do for an encore? We will have a Fun Run the next Wednesday to continue our long tradition. If you do the same thing over and over again you get good at it. BSWD is good at what it does.

Dear Wind Drinkers,

Hello from the person who likes to feel more like your imaginary friend than your editor. Unfortunately for me, this month I must use my space to explain a major upcoming change rather than ramble about the joys, comforts, and rewards of running.

Starting in June, the newsletter will only be available on the Big Sky Wind Drinker website. If we have your email (which we do for all who receive this by email already and a few who receive it by mail), you will receive a notice from Daryl Baker that the newest newsletter is on-line. His monthly email will include a link to the newsletter. If we do not have your email address, or if you suspect we may not have your email address, please email me: aikidonerd@yahoo.com.

As happens when news of unexpected change arrives in almost 200 inboxes, we know a few of you will have questions or concerns. Please do contact me or

See page 3

way to becoming you.” Now, please, take a moment and consider what was just said. If that doesn’t completely change how you view yourself, stop and really look at the implications. Some scientists theorize that most probably a million atoms of Shakespeare are currently in you. Or...pick someone else. Galen Rupp probably hasn’t had the chance to become part of you, but then Phidipides has. (remember, the original marathon guy?) Or if you prefer, Buddha. Or how about Michelangelo? Its all the same. Part of what comprised them, physically, is being recycled over and over and over. Some has gone on into “space” and is currently helping to create new stars. And some of you thought science was a bit too boring to bother with. I’ve got a bit (a million, give or take) of Bach and Beethoven in me. Hey – that makes me smile. And philosophers (mystics, etc.) say we’re all one. Sure, this is a completely different kind of “oneness” – but I really like it. You can go wherever you want with this. Like, all of us probably have atoms in us that made up a bit of Socrates, Plato, Jesus, and, and, and. I guess this proves that every single human being has undeniable similarities with every other human being. If you can think of someone you don’t like, then you’re really not liking yourself. Oh oh, no moralizing please. Back to the book: it takes more than decades to get “redistributed” – so you can’t be one with 20th century people (Einstein, etc.). A guy named Martin Rees said atoms last at least 10 to the 34th years – don’t even try to figure out how long that is. That means atoms that have comprised stars many light years away are now part of you. Whether we like it or not, we all have cosmic origins. And when we no longer are mature runners, we will “disassemble” and become part of nature, air, whirlwinds, oceans, and launch out into space and beyond. Oh, this is fun!

And on page 184 (you’ve got to read this book!) it even gets better. Inside the atom is the nucleus...which is tiny in itself! Its only one millionth of a billionth of the volume of that atom. You’ve got to be kidding. And something that incomprehensibly small has all the atom’s mass. A guy named Cropper said if an atom were a cathedral, the nucleus would be a fly, and that fly would be thousands of times heavier than a cathedral. Oh, stop it! But the best part is, these atoms we are made of (that we take around

(Continued on page 3, Mature.....)

another board member for an explanation. The reasons are many but none too interesting, including the fact that email distribution was getting to be too much work for a select few of us, that mailing paper copies was costly and weighing on our environmentally conscious souls, and that there is no simple way to mass email a newsletter that varies so greatly month to month and season to season.

Please, if you are frustrated and would like to contact one of us and are feeling even the slightest bit of anger, wait until just after your most difficult workout of the week.

Best of luck in your summer adventures. I will report back next month via the Big Sky Wind Drinker website.

Sincerely,
Dee

ANNOUNCEMENTS:

In Sympathy:

The oldest son of Frank and Marilyn Newman passed away earlier this week. We knew Scott as a strong runner when he participated in our group. We would like to express our condolences to his family and friends.

Volunteers Needed:

The Reach Inc. Race for Independence on July 4th will benefit adults with developmental disabilities in our community. If you or anyone you know would be willing to volunteer that morning or the two days before, please call Dee: 406-570-5852.

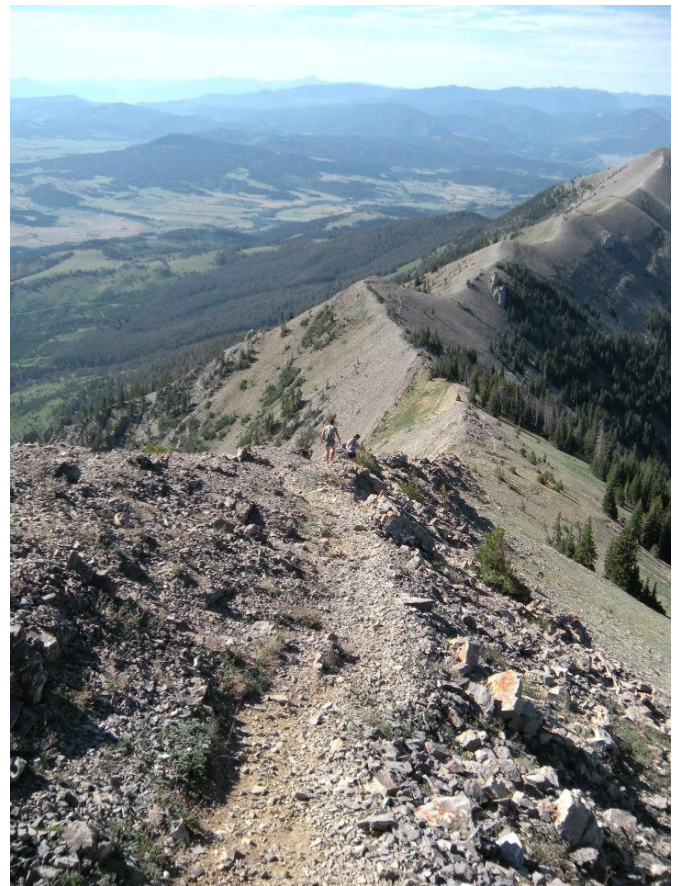
Congratulations to all the runners who were accepted into the Bridger Ridge Run. We wish you safe and exuberant training.

RACE RESULTS:

The second annual Regional Park Run was held on May 1 with a large group of participants. Thanks to the timers who were Darryl Baker, Leonard Baluski and Leon Shearman. **5 Miles:** Mark Raymond 35:59; Andrew Graham 36:00; Rab Maher 36:26; Kyle McKenzie 41:08; Patrick Murphy 42:26; Randy Oostema 45:08; Martin Rollefson 45:43; Becky Hochstein 45:56; Erika Matsuda 47:18; Lisa Verwys 48:06; Jenny Sheets 48:07;

(Continued on page 4)

while we run and sweat and eat and sleep and run again the next day) are pretty much empty space – their solidity is an illusion. Two atoms coming together really can't touch each other – ever. They are negatively charged, so they repel each other. Okay, be patient here. I'm almost done. "When you sit in a chair, you are not actually sitting there, but levitating above it at a height of one angstrom (a hundred millionth of a centimeter), your electrons and its electrons implacably opposed to any closer intimacy." So, if we didn't have these electrical charges, we would just pass through each other like galaxies can move through each other. In other words, the world around us is pure illusion. When you run, you don't touch the ground. Ever. I'm going to carry that thought with me tomorrow for sure. And when I see you the next time, you'll look strangely just like me, or the planet Venus, or a star in Andromeda, or like my dog. There you have it. Have fun running with it all!!! - David Summerfield



Alyson Spery 50:44; Sherri Renck 50:45; Kelly Munter 51:28; Robyn Miller 51:28; Jack & John Dudas No time recorded. **3 Miles:** Taye Calder 19:57; Kurt Buchl 20:44; Bob Eichenberger 21:40; Leigh Holleman 22:09; Craig Hildreth 22:55; Bonnie Eichenberger 23:27; Holly Hill 23:57; Amie Mikesell 24:01; Kayla Braun 24:54; Gail Cary 24:55; Allison Banfield 25:59; Becky Sherstad & Alanna Sherstad 27:10; Teri Kassens/Crowe 28:00; Scott Crowe 28:01; Jean Foster 28:22; Windy Sealey 28:32; Mia Dudas 28:51; LeAnn Plymale 29:16; Ruth Forrest 29:28; Alexa Calder 30:15; Wanita Richardson 30:19; Kim Rollefson 30:27; Barbara Winchester 30:40; Bob Wade 31:55; Suzanne Winchester 32:19; Jacki McGuire 35:27; Andrew Holleman No time recorded. **1 Mile:** Sierra Holleman 15:47; CJ Oostema 15:55; Kaya Calder 19:23; Ryan Calder 19:31; Brandon Calder 19:32; Tobais Holleman 19:34; Shane Calder 19:35; Jean MacInnes 19:44; Priscilla Dolan 19:56; Mason Calder 20:45.

Lots of runners enjoyed the warm sunshine at the 2nd Annual Historical Preservation Run held at the old depot on Front Street on May 8th. Thanks to the Historical Preservation Society for refreshments and an update on the possible future of the depot. Also thanks to the timers who were Craig Hildreth, Teri Kassens/Crowe and Karen Williams. Results follow: **11/2 Mile:** Austin & Natasha Fraker 12:55; Frankie Dougher 13:48; Andrew Holleman 18:34; Chris Pummel 19:22; Sandy Dougher 27:24; Sierra Holleman 27:32; CJ Oostema 27:33; Toby Holleman 28:26; Kay Newman 30:36; Ellen Murray 32:02; Shawna & Jake Oostema 36:06; Madison Oostema 36:14. **3 Miles:** Lisa Verwys 24:34; Mimi Matsuda 24:36; Kelly Munter 27:00; Becky Hochstein 27:01; Darryl Baker 27:02; Elizabeth Coughlin 27:03; Shannon Brooks 27:04; Rob Pudner 27:10; Erika Matsuda 27:11; Leigh Holleman 27:28; Alanna Sherstad 27:33; Ellen Thamm 29:39; David King 29:40; Kayla Braun 29:57; Leonard Baluski 30:09; Allison Banfield 30:46; Sarah Hendrikx 31:05; Bill Macdonald 31:22; Frank Dougher, Sr 31:47; Leon Shearman 32:03; Karen Funke 32:23; Gail Cary 35:32; Steve Swain 35:33; Ruth Forrest 36:01; Jerry Coffey 37:20; Bob Wade 42:12; Jacki McGuire 43:27; Jean MacInnes 44:01; Barbara Winchester 45:09. **5 Miles:** Bob Eichenberger 33:57; Andrew Graham 35:32; Kyle McKenzie 38:56; Tomas Dumbrowsky 39:32; Rob Maher 39:56; Tom Moore 40:22; Tommy Bass 41:16; Jenna Fallaw 42:12; Randay Oostema 43:03; Jennifer Sheets 48:40; Alyson Speky 48:45; Nicholas Wicker 54:18; Maggie Kirlinn 54:25; Chad Zeitner 54:26;

Sherri Renck 54:59; Lori Johnson 55:17; Roger Roots 57:02.

A large crowd enjoyed the run at Triple Tree Subdivision on May 15th. Thanks to the timers who were Teri Kassens-Crowe, Jean MacInnes and Barb Winchester. **5 Miles:** Ryan Blomback 37:26; Andy Garza 37:27; Rob Maher 39:22; Andrew Graham 40:07; Kyle McKenzie 40:09; Rick Landers 40:35; Pat Murphy 45:12; Blair Speed 46:27; Ben LaFrance 46:29; Tom Moore 46:29; Kelly Munter 48:06; Martin Rollefson 48:50; Bob Eichenberger 49:11; Randy Oostema 49:29; Roger Roots 49:46; Yuriko Yano 53:58; Leon Shearman 70:00. **3 Miles:** Elizabeth Coughlin 19:42; Sherri Renck 20:55; Becky Hochstein 20:55; Taye Calder 21:09; Kara Bates 21:22; Bridger Foran 22:04; Erika Matsuda 22:05; Austin Fraker 22:26; Natasha Fraker 22:26; Frankie Dougher 22:56; Robyn Miller 23:58; Terry Cunningham 24:22; Leigh Holleman 24:36; Leonard Baluski 24:55; Gail Cary 25:07; Gianna Connelly 25:13; Bill MacDonald 25:24; Teri Kassens-Crowe 25:45; Andrew Holleman 25:56; Shane Calder 26:09; Brandon Calder 26:25; Mason Calder 26:26; Mia Dudas 26:31; Frank Dougher, Sr 26:44; Ryan Calder 27:11; Alexa Calder 27:29; Baylie Foran 27:30; Taylor Foran 27:31; Jenna Bos 27:35; Kaya Mason 29:24; Laurie Connelly 30:11; W. Richardson 30:13; Suzanne Winchester 30:29; Janelle Foran 30:34; Riley Foran 30:36; Theresa Leland 32:32; Kim Rollefson 33:07. **1 Mile (Trail):** Chris Pummel 13:35; Thomas W 20:08; Bob Wade 21:07; Darryl Baker 21:09; Coleen Taylor 21:46; Sierra Holleman 24:43; CJ Oostema 25:10; Tobias Holleman 26:40; Klara Dumbrowsky 27:26; Tomas Dumbrowsky 27:27; Lynn Paul (Distance Unknown) 32:49. **1 Mile (Road)** Kay Newman 21:31; Madison Oostema 28:46; Shawna & Jake Oostema 30:00; Ellen Murray 30:04. Jack & John Dudas Untimed.

It was a damp run up and down the Sourdough Trail for our traditional run that requires our participants to finish their particular course in the allotted time while not using a watch. It's always a fun event which has been in existence for many years. This year an added attraction was that runners were allowed to bring along their best friend (their dog). Times follow: **30 Minutes:** Frankie Dougher & Dog 28:50; Klara Dumbrowsky 30:23 (Winner); D'Arle King & Dog 31:12; Kelly Munter & Dog 31:14; Ruth Forrest & Dog 32:42; Frank Dougher 33:03; Tom Moore 33:53; Ben LaFrance 33:56; Tracy Dougher 34:11; Mika Dumbrowsky 35:53; Tomas Dumbrowsky 35:54; Hal

Stanley 36:04; Gail Cary 36:09; Daryl Baker 36:12; Jacki McGuire 36:14; Craig Hildreth 36:23; Elizabeth Couoghlin & Simcoe 41:45. **40 Minutes:** Sarah Spartas 36:39; Mark Raymond 38:08; Emma Sirr 38:09; Rob Maher 39:37 (Winner closest to 40 Minutes) Sherri Rench 41:45; Steve Perkins 44:30; Bob Eichenberger 45:36; Iam Anderson 45:37; Andy Garza 46:44; Randy Oostema 48:44; Kyle McKenzie 48:49; Lisa Verwys 50:23; Blair Speed 50:25; Roger Roots 51:14; Gro Lunde 55:02. **15 Minutes:** Kay Newman 17:02 (Winner) Sandy Dougher 21:23; CJ Oostema 21:25; Jean MacInnes 22:38.

CALENDAR

June

5 BSWD Weekly Fun Run at Painted Hills 6:30 sharp.

8 40th Annual Governors Cup. Helena. Marathon on new course, ½ marathon, 10 & 5K Runs. www.governorscupmt.com.

8 Pete's Hill Hustle. Bozeman 5K at 9:00 am. Toddler Sprint at 10:00 & 1K Kids Run at 10:30. Plus an obstacle course. Race day registration at 7:00. Register at racemontana.org Info at 522-9087

12 BSWD E. Gallatin Recreation Area 6:30 Start

15 34th Annual Heart and Sole Run. Billings. 5 & 10K and 2 Mile Runs at 8:30 am. Finish in Dehler Park. For info call 254-7426 or www.heartandsolerace.org

15 Prison Break at Deer Lodge. 3, 5 & 10K at 8:00 am. Registration at 7:00 am. 846-1191 or candicelee74@yahoo.com

16 Thrive Girls on the Run 5K for Fathers Day. Belgrade. Run/Walk 9am start at River Rock Community Center 2240 N River Rock Road. www.allthrive.org/programs/girls-for-a-change/girls-on-the-run/5K/

19 BSWD Weekly Fun Run at 6:30 pm at Drinking Horse Mountain

20 Montana Senior Olympics 5K Run for those 50 and older. Great Falls 6:00 pm montananseniiorolympics.org

21 Montana Senior Olympics 10K Run for those 50 and older. Great Falls montanaseniiorolympics.org

22 Old Gabe 25/50K. Email runski@bresnan.net
22 Montana Senior Olympics Track & Field Events for those 50 and older. Great Falls.

www.montanaseniorolympics.org for times.

22 Wulfman's Continental Divide Trail 14K Butte. Limited to 240 entrants

www.buttesspissandmoanrunners.com No race day registration.

26 BSWD 40 Laps for 40 Years. Run a few laps to celebrate our club's 40th Anniversary. 6:00 pm start. Potluck to follow. Bring a dish to share

29 Sweet Grass Fest. Big Timber. 5K Walk/Run & 10K Run. Race Day Registration at 7:30-8:15am @ Grand Hotel 139 McLeod St Run time 8:30 am. For info call 932-5131 or email info@bigtimber.com

29 19th Annual Jim Bridger Run. Bozeman. 10 Miles of trails 10:00 am start Register at www.racemontana.com

July

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 disabilities. Walk/run either 1, 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 2nd Annual Bangtail Divide Run 38K point to point from Stone Creek Trailhead to Brackett Creek Trailhead. Limited to 150 participants

13 Devil's Backbone. Waitlist. Email runski@bresnan.net

14 Beartooth Run. Red Lodge. Registration closes July 4. 5 & 10K courses. Contact Red Lodge Chamber of Commerce

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

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

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.

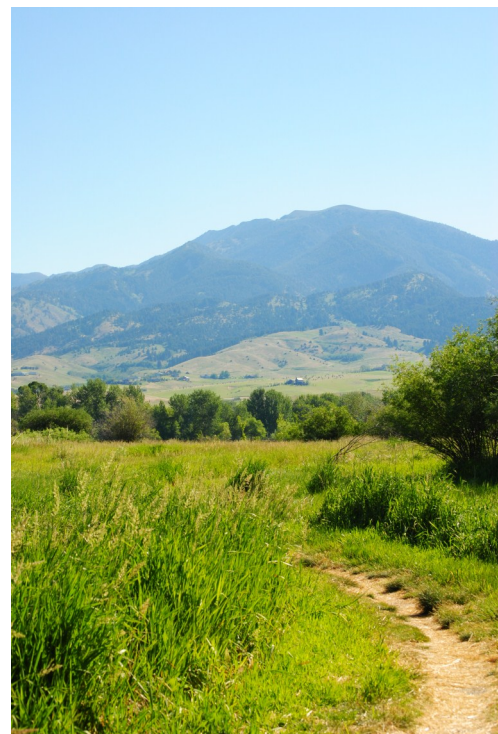
August

3 1st Security Bank Stampede. Bozeman. 5 & 10K Courses. Fun for all age ages.

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 mhpatterson@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





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

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570-5852 or aikidonerd@yahoo.com



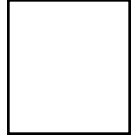
Find email addresses at www.winddrinkers.org

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.



BIG SKY WIND DRINKERS
PO BOX 1766
BOZEMAN, MT 59771-1766
www.winddrinkers.org



RETURN SERVICE REQUESTED

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

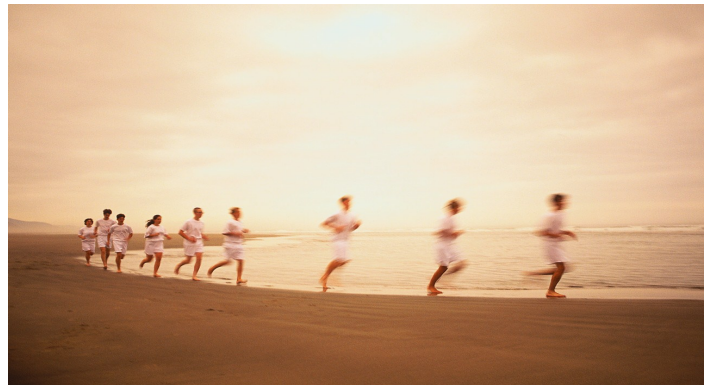
Four Zero Six Shirt Screening, Pete Sveen, 10% off, 600-5753

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.”