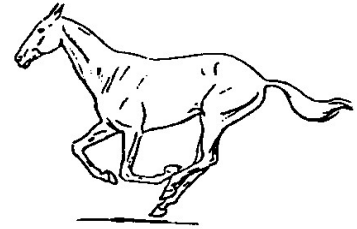




June 2014 Newsletter # 441



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

When I am not running or working on running events I do other things. I know that's hard to believe. I have been on the City Recreation and Parks Advisory Board for many years. The RPAB is particularly busy as we help develop master plans for the new parks.

The voters of Bozeman approved a bond issue to fund, purchase and develop Trails, Open Space and Parks. GVLT applied for funding to develop 12 acres of land adjacent to and north of Bozeman Pond. They were the first group to receive funding from this fund.

GVLT sold 9 acres to the City of Bozeman and 3 acres to Haven (for a new facility for Haven). Now the stakeholders are working on a master plan to develop this park. Hopefully this will be finalized in June.

BSWD has several reasons to be supportive of this plan. The first reason is trails. A paved trail will follow the western edge of the park along Fowler Ave. Additional gravel trails will make a loop completely around the park. With the extended trails this might be a venue for a Fun Run. Currently the Bozeman Track Club Cross Country team uses Bozeman Pond for practice. With an extended trail system it would be even more valuable. GVLT plans to start

(Continued on page 2)

The Mature Runner

By David Summerfield

Frank Newman Marathon – Did You Miss It? Not Again??

Well, here we go again. Most of you missed a fabulous day in some of the best scenery Montana has to offer. Hopefully this will impress you enough to not do that again. Frank Newman created a marathon many years ago, and wanted it to be simple, straightforward, and beautiful. Nothing has changed! Granted, there were the many Wind Drinkers present who normally attend our runs. But the solo marathon finishers could be counted on one hand. What's up with that? Where are the Phidippides out there? I think a little history lesson is in order. Phidippides was considered a professional long distance runner. We're talking 6th century B.C. His adventures started at the battlefield called Marathon (Greek word for "fennel" – so many of us obsessed by the marathon are really in love with fennel. It grows wild along our trails, I'll point it out to you someday - its tastes really good.) Back to the ancient days. News of the Persians coming to invade made the Greek generals enlist the help of Phidippides to run to Sparta to gain their help. It was 150 miles, and took him 2 days. The Spartans

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



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trail construction soon after the master plan is approved.

Run Dog Run is another partner and has raised funds to have a two plus acre fenced Dog Park at the north end of the park, this will be a great place for dogs to run and play off leash.

The Breakfast Optimist was instrumental in developing the existing park. They may assist in developing picnic shelters in the new section of the park. Haven is also looking into an option to integrate their campus with the park.

The development of Bozeman Pond Extension is a plus for the running community as it gives us more trails to run on. And access to parks and trails literally within steps of our homes is an important reason for living here.

-Bob Wade

DEAR WIND DRINKERS

Dear Wind Drinkers,

Since the last newsletter article I wrote, someone whom I love dearly let me know that she will be facing her second battle against cancer. Quite frankly, I believe she did a tremendous job of kicking cancer's ass the first time. She had an 18 month war against an unkind invader in her body. She endured multiple surgeries, a port that was put into her chest, then replaced, and then replaced for a third time. She had a year of chemo, 8 weeks of radiation, and sometimes had to sleep for up to 20 hours a day to keep healing. This woman is not a sleep-all-day kind of woman. She is a get-out-and-make-the-world-better kind of woman. She is a give-all-you-can-give-to-help-everyone-around-you-be-as-happy-as-possible kind of woman. And while she spent well over one year working diligently for her health, she never lost her optimism or her sense of humor. The idea of her facing another cancer-related hardship made cry... and then plan for my fastest-ever marathon. While I may be slow, at heart I am a runner. When life gets hard, I put on my Brooks Adrenaline GTS running shoes and head out the door until the miles have anesthetized my wounds.

I am also someone who collects running buddies the

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agreed, but their laws said they could only enter into battle on a full moon, which was several days away. Phidippides ran for naught, so he returned to the Plain of Marathon. I won't get into the story of how Pan got involved, but he played a key role in confusing the minds of the Persians, so they got confused and panicked (get the connection now?) and retreated. Victorious, Phidippides was again called upon to run to Athens and tell the powers that be (the archons) that the Athenians were victorious. And his race course? Let me tell you, it is ROCKY (I ran some of it in 1968). Nothing like the FNM course. So, count yourself lucky to have such a luscious, verdant course to negotiate.

Consider this: since the FNM is low-key and friendly, you can really start anytime you want, if you don't feel the need of competitors pushing you along. This is the 2nd year I started at 6am. And alone. The Bridgers were glistening in their white winter glory. About 6:15 they became rosy with alpenglow. It took my breath away. There was no traffic on Bridger Canyon Road. Then turning up Jackson Creek Road, I came upon 23 elk grazing in a field on my right. They saw me, and kept in a single file ahead of me for about a mile, then turned and gracefully stepped across the fence to get on the left side of the road and out of sight. Those who started at 8am said they also saw a moose. And some cranes. And, oh, those lush, green, rolling hills to get over the pass. The views kept changing – especially when you crest the Bozeman Pass, and catch sight of the Absaroka Range. Glistening white, with deep green everything below.

I walked 100% of the way – so you too can go for a long walk in paradise. Consider it, yes? And you can count yourself a follower of Phidippides. You can even take a sprig of fennel to make it authentic. Need more encouragement? Consider Robert Browning's poem "Pheidippides" written in 1879:

So, when Persia was dust, all cried, "To Acropolis!

Run, Pheidippides, one race more! the meed is thy due!

Athens is saved, thank Pan, go shout!" He flung down his shield

Ran like fire once more: and the space 'twixt the fennel-field

same way crazy cat ladies hoard cats (you can never have too many!). I run with people of a variety of paces and of both genders. Within the weeks following the news of more cancer in the body of my loved one, I ran with three different women and three different men.

As you can tell from my openness in these articles, I am not one to hold in my feelings. At some point in each of these runs, my unfortunate news came out. The men all responded with a long silence that I interpreted as containing one or more of the following thoughts:

- 1) "Oh God, please don't let her cry. Please don't cry, Dee. Don't cry."
- 2) "Oh God, please don't let me say the wrong thing. Please, I don't know what to say. Help me to say the right thing."
- 3) "I wonder if I should get the new Garmin 310 or 610. My wife will kill me if I spend more than \$200 but I bet I can find a refurbished 610 for under \$200. But do I really want technical equipment that doesn't come with a warranty?"

With these men, I brushed off my feelings and continued to run, changing the topic to something more comfortable for both of us. We spoke of upcoming races, technical gear, pacing, and training schedules.

With my female running buddies, I was able to say, "I am afraid", "I am sad", "I am angry". They let me tell stories of this woman and how much inspiration I gain from her perspective on life. They let me talk smack about cancer, ponder skills to cope with bad news, search for ways to grow from this experience. They shared their stories of learning to accept fear, difficult news, and change that they didn't wish for.

Both styles of running buddy support have value. All six people, whether they feared my tears or not, helped me to get out the door when I wanted to stay inside and cry. And today, while I ran with one of those loving women on Sourdough Creek Trail, I discovered that she will have her birthday on the same day as the next anti-cancer surgery for my loved one. This is such a perfect example of what running has brought me: days to celebrate when I want to be nervous, opportunities to wish people well in joy and in hope, and always, a connection to our world which is bigger and more complex than my needs and desires.

Fellow Wind Drinkers, thank you for helping me to get

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And Athens was stubble again, a field which a fire runs through,

Till in he broke: "Rejoice, we conquer!" Like wine through clay,

Joy in his blood bursting his heart, - the bliss!

- David Summerfield

Frank Newman Results

Marathon

1 Adam Sepulveda	3:04
2 Kama Werner	3:42
3 Michelle Flenniken	3:54
4 Terry Leist	3:59
5 Brian Berger	4:06
6 Tom Walsh	4:09
7 Stephania Anderson	4:27
8 Greg Young	4:41
9 Michael Haskett	5:10
10 David "Super-handsome" Summerfield	5:53

Half Marathon (first half)

1. Kyle Klicker	1:32
2. Lisa Verwys	1:41
3. Leigh Holleman	1:47
4. Rob Pudner	1:55
5. Laura Burkle	1:57
6. Lori Johnson	2:07
7. Roger Root	2:18
8. Allen Bross	2:19
9. Julie Hergert	2:19
10. Amanda Henry	2:23

Half Marathon (second half)

1. Rob Maher	1:38
2. Matt Bigelow	1:46
3. Kasey Young	1:52
4. Kati Collver	1:56
5. Amy Gibson	2:01
6. Melissa Hanson	2:02
7. Erika Matsuda	2:03

out into the mountains and beyond my own mind.

Your devoted editor,
Dee

Want help yourself or someone else to get into this year's Bridger Ridge Run? Reach Inc. is going to sell raffle tickets for \$10 each from April 1 through June 6th at 5pm, when the winning name will be pulled. The entry is transferable but the race participant information must be given to Dee Metrick within 24 hours of the raffle pull. All proceeds from this raffle benefit the people served by Reach Inc. This raffle is for in-state residents only (due to lottery laws). If you have questions or would like to purchase a ticket, please contact Dee at aikidonerd@yahoo.com or 406-570-5852. There is also more information at www.reachinc.org.

Layne Oliver– BSWD Scholarship Recipient:



My running career began in the 7th grade on the middle school cross country team. My freshman year I was All-State in Class B with a 6th place finish and my team was third in Class B. My junior year, bouncing back from illness and injury, I was again All-State in Class B with a 3rd place finish. Also, this spring I ran track for the first time; and I run the mile, the two mile, the 800, and a leg of the 4x100 relay. Additionally, I enjoy summer fun runs and participating in local races.

Next year I will be attending MSU-Bozeman to pursue a Mechanical Engineering degree and possibly a minor in Spanish.

- 8. LauraLee Caldwell 2:05
- 9. Amy Carey 2:05
- 10. Bill Claridge 2:08
- 11. Eric Severson 2:13
- 12. Sammy Severson 2:13
- 13. Joanne Kamplain 2:16
- 14. Daryl DeFrance 2:17
- 15. Karen Rutzen 2:18
- 16. Christene May 2:24
- 17. Lanette Jones 2:24
- 18. Susana Nijere 2:28
- 19. Lindsey Dean 2:39
- 20. Ann Seital 2:39
- 21. Jennie Thompson 2:42
- 22. Mason Coleman 2:52
- 23. Lori Newman 2:54
- 24. Katilin Drake 2:54

Half Marathon Relay

- 1. Ky Mickelson and Anna Michel 1:41
- 2. Sarah Partovi and Arianna Celis 1:49
- 3. Tom Seital and Katie Walters 2:36

Marathon Relay

- 1. Jacques Family 3:21
Frank, Pamela and Phoebe
- 2. Team Eichenberger 3:38
Abby, Charlie, Bonnie and Bob
- 3. Tri Team 3:51
Lawrence Samson and Art Thompson
- 4. The Chocolate Croissants 3:59
Shari Kepner, Tom Gauthier, Joe and Lynne Scalia
- 5. Mumery/Gallagher 4:14
Brenden Mumey and Susan Gallagher
- 6. Mother Daughter 4:27
Suswan Sullivan and Laura Sullivan-Russett
- 7. Baker Hubert 4:41
Daryl Baker and Lynn Hubert
- 8. Silver Snails 4:51
Bruce Robinson, Leon Sherman, Dan Harrington and Leonard Baluski
- 9. The McGuires 5:53
Steve and Jacki

¼ Marathon

Gail Cary 1:03

FUN RUN RESULTS

Bozeman Creek - 5/21/14- Another great bunch of runners showed up to run their allotted time while wearing no timing device. Thanks to the timers who were Leonard Baluski, Susan Sullivan and her daughter, Laura Sullivan Russett. Also thanks to the Dougher family (Frank, Jr, Frank, Sr., Sandy, Tracy) Times are as follows: **15 Minutes:** CJ Oostema and Simon Payne (Winners with the time of 14:24 Jean MacInnes 19:10; Frank Dougher, Sr. 22:31; Austin Fraker 23:45; Dallas Roots 24:08; Madison Oostema 26:49; Frank Dougher, Jr. 29:57; Celia Bertoia 30:02; Cody Hart 35:59; Lynn P Maher 43:32; Jo Hart 44:38. **30 Minutes:** Bob Wade 23:00; Lynn Hubert 24:46; Gary Hellenga 26:18; Terra Trom 26:36; Lydia Trom 26:37; Jackie McGuire 27:57; Shawna Oostema 27:58; Kelley Blatt 29:28; Laura Humberger 30:14; (Winner) Tracy Dougher 30:17; Andrew Holleman 30:45; Sarah Anderson 30:58; Daryl Baker 30:59; Shene Lewis 31:19; Kelly Munter 31:27; Bob Johnson 32:14; Leon Shearman 32:47; Charlie Eichenberger 33:01; Leigh Holleman 35:07; Tobias Holleman 35:19; Kay Newman 35:43; Carly Urban 35:52; Nathan Gurine 35:54; Abby Eichenberger 36:27; Sandy Dougher 36:45; Sierra Holleman 36:50; John Rosa 38:34; Cassie Rosa 39:01; Kim Rollefson 39:46; Gail Cary 39:55; Hazel Roulson 40:19; Pam McCutcheon 41:29; Natalie Fraker & Chelle Berkland 45:16. **45 Minutes:** Ruth Forrest 34:02; Bob Eichenberger 35:16; Andy Garza 37:20; Kurt Buchl 38:06; Chelsee Pummell 39:47; Rob Maher 39:54; Dave Gibson 39:59; Bonnie Eichenberger 40:23; Randy & Jake Oostema 40:26; Erika Matsuda 43:10; Lukas Geyer 43:34; Kyle McKenzie 44:19; Kyle Klicker 44:59 (Winner) Tom Moore 45:19; Leanne Roulson 46:11; Susan Gallagher 46:29; Barbara Bakwin 47:52; Pam McCutcheon 48:03; Jeff Johnson 48:39; Martin Rollefson 49:47; Karen Vandzura 50:01; Jessica Tuttle 51:30; Nicki Kutzko 51:41; Lori Johnson 53:18. Steve Garwinz & Jon Cummins also ran with no times recorded.



On Saturday May 17, the Big Sky Wind Drinkers hosted the infamous and adventurous **Baldy Blitz**. We had 30 brave runners come out for this adventure run. This is a rugged 10 mile course from the M parking lot to the top of Mt Baldy and back down the Sypes Ridge. This year was challenged with snow cover for at least half of the run. A few ran the alternate course, which was retracing steps back down the ridgeline. The run is put on each year as a fund raiser for the Southwest Climbing Coalition, and this year's accomplished the goal of providing a challenge to all. (Written by Darryl Baker)

Baldy Blitz - 5/17/14 - Original Course (Baldy to Sypes and back) - Craig Hertz 2:09:00; Dan Campbel 2:16:50; Rasmus Karlander 2:18:08; Rich Smith 2:18:10; James Mauch 2:18:54; Jonathan Hockett 2:22:18; Ed Detzi 2:22:57; Kyle Mehrens 2:29:04; Terry Leist 2:39:10; Jeff Johnson 2:44:11; Lukas Geyer 2:46:50; Jason Tanquay 2:52:15; Peter Harned 2:53:25; Michael Haskett 2:55:03; Kala Jauquet 2:57:12; Rebecca Sorenson 2:57:12; Jen Swica 3:02:10; Darryl Baker 3:02:15; Bryant Schwartz 3:02:20; Kevin Dean 3:02:38; Holly Robertson 3:04:31; Katie Adams 3:26:55; Tamara Allen 3:32:15; Roger Roots 4:46:26. Kurt Buchl & Bill Flanagan had no times recorded. **Baldy Blitz Snow Course (Out & Back):** Lyndsey Owens 2:59:22; Melinda Turner 3:01:58; Allison Curtin 3:21:24; Joseph Larson 3:30:22.

Triple Tree Trails Run - 5/14/14 - It was a calm warm evening so typical of the weather for most of our fun runs. Thanks to Frank Stock for setting up the courses and directing the event. Also, thanks to the timers who were Theresa Leland and Barbara Winchester. Results are: **1 Mile:** Miles Hundhausen 7:24; Issac Stock 13:51; Henry Stock 13:56; Garrett Coley 18:24; Kelley Blatt 20:38; Ray Blatt 20:41; Kay Newman 25:00. **3**

(Continued on page 6)

Miles: Cody Hundhausen 16:39; Andrew Holleman 20:04; Jason Hundhausen 20:29; Robert Pudner 20:34; Elizabeth Coughlin 20:59; Teresa Kessler 21:06; Laura Sullivan Russett 21:34; Frank Dougher, Jr. 21:51; Shane Lewis 22:07; Tom Moore 22:09; Gail Cary 23:08; Jill Abbott Stoltzfus 23:13; Leonard Baluski 23:15; Karen Funke 24:27; Susan Sullivan 25:53; Tracy Dougher 26:23; Suzanne Winchester 28:06; Ruth Forrest 28:30; Sierra Holleman 28:58; Bob Johnson 30:10; Tobias Holleman 30:14; Lynne Hubert 32:43; Jacki McGuire 33:50; Frank Dougher, Sr. 34:10; CJ Oostema 38:41; Sandy Dougher 39:09; Simon Payne 40:29; Mia Dudas 42:06; Kim Rollefson 43:14; Susan McCall 49:48; Sarah Maileot 54:21; Madison Oostema 56:31; Shawna & Jake Oostema 56:40; Sharon Iltis 1:00:56; Jack & John Dudas with no time recorded. **5 Miles:** Marika Haskett 42:06; Mike Laverly 42:08; Mike Carey 42:38; Kyle Klicker 44:13; Rick Landers 45:07; Rob Maher 45:34; Kyle McKenie 46:44; Elle Lauchnor 46:54; Lucas Geyer 48:20; David Dickensheets 49:02; Lisa Verwys 49:36; Patrick Murphy 50:42; Kurt Buchl 51:14; Andy Garza 52:18; Jenny Sheets 52:19; Martin Rollefson 53:30; Darryl Baker 53:30; Carly Urban 53:53; Frank Stock 54:41; Leigh Holleman 54:59; Michael Haskett 55:11; Bob Eichenberger 55:43; Sherri Renck 57:49; Susan Gallagher 1:03:17; Lori Johnson 1:03:23; Roger Roots 1:03:57; David King 1:05:57; Randy Oostema 1:11:07; Anita Moore Nall 1:11:20; Bill Davis 1:18:22; Leon Shearman 1:20:00.

Highland Glen: 5/7/14 - It was windy and cold but that didn't stop a lot of folks from running this new trail run. Thanks to Frank and Tracy Dougher for planning and executing the event. Also thanks to the timers who were Gary Hellenga, Craig Hildreth and Barbara Winchester. **1 Mile:** Andrew Holleman 15:37; Garret Coley 16:11; David Seymour 16:33; Nash Coley 18:38; Pilar 19:01; Erin Gimar 19:36; Cooper Johnson 19:55; Carrie Gaffney 19:55; Celia Bertoia 20:07; Klara Dumbrovsky 21:11; Tomas Dumbrovsky 21:12; Hazel Roulson 23:24; Leanne Roulson 23:28; Sierra Holleman 24:04; Ruth Forrest 24:24; Theresa Leland 24:39; Tobias Holleman 26:32; Sandy Dougher 26:56; Avery Johnson 30:17; Lori Johnson 30:18; Lucy Coley 30:54; CJ Oostema 31:43; Kelley Blatt 36:43. Jack & John Dudas No time recorded. **3 Miles:** Rob Maher 26:47; Jeff Johnson 28:11; Elizabeth Coughlin 29:18; Lisa Verwys 31:53;

Robert Pudner 31:53; Yuriko Yano 31:54; Laura Sullivan Russett 32:06; Daryl Baker 33:04; Bob Eichenberger 33:06; Becky Hochstein 33:35; Shane Lewis 34:19; Denise Wiedenheft 35:03; Bill Wiedenheft 35:04; Frank Dougher, Jr 36:50; Gail Cary 37:15; Sarah Anderson 37:40; Leonard Baluski 37:41; Randy Oostema 37:46; David King 38:12; Susan Sullivan 39:54; Lynne Hubert 44:18; Leon Shearman 46:32; Mia Dudas 48:02; Bob Wade 54:23; Katie Stinson 55:43; Nicole Creighton 55:44. **5 Miles:** Chelsee Pummel 24:24; Mike Laven 38:03; Kyle Klicker 41:41; Lukas Geyer 41:52; Kyle McKenzie 42:03; Andy Garza 42:44; Hillary Boyce 44:40; Kurt Buchl 44:52; Ciaran O'Connor 44:58; Leigh Holleman 47:06; Tom Moore 47:10; Patrick Murphy 48:13; Carly Urban 51:44; Molly Todd 52:35; Jeremy Ditto 52:36; Chelle Berkland 1:02:32; Susan McCall 1:02:34; Scott MacCall 1:02:36.

Regional Park - 4/30/14. The first run of the 2014 Summer Season was under bright blue skies with warm temperatures. A large group showed up to enjoy the sunshine. Thanks to Tomas Dumbrovsky for setting up the courses, etc. The timers were Daryl Baker, Leonard Baluski and Craig Hildreth. Thanks to them as well. Results are: **1 Mile:** Cooper Johnson 8:28; Andrew Holleman 8:30; Jeff Johnson 8:40; Leif Growney 9:25; Elizabeth Growney 9:26; Carrie Gaffney 9:27; Klara Dumbrovsky 10:49; Isaac Stock 11:05; Kelley Blatt 12:21; Sierra Holleman 13:23; Jenny Grover 13:24; CJ Oostema 13:50; Tobias Holleman 14:05; Bob Wade 14:16; Mia Dudas 14:32; Simon Payne 14:40; Jean MacInnes 16:28; Abby Hyatt 17:01; Scott Hyatt 17:02; Kim Rollefson 20:26; Kay Newman 20:27; Madison Oostema 23:33; Shawna & Jake Oostema 24:54. **3 Miles:** Bob Eichenberger 17:15; Susan Sullivan 20:37; Celia Bertoia 20:55; Martin Rollefson 24:31; Leon Shearman 24:54; Gary Hellenga 25:26; Elizabeth Coughlin 25:46; Lisa Verwys & Jenny Sheets 26:00; Curt Smith 27:18; Ben LaFrance 27:37; Tom Moore 27:38; Frank Stock 28:31; Shane Lewis 28:44; Lynne Hubert 29:52; Jill Abbot-Stoltzfus 30:34; Barbara Bakwin 31:24; Pam McCutcheon 31:30; Karen Funke 33:38; Barbara Winchester 33:52; Suzanne Winchester 36:12; Carly Urban 36:45; Teri Kassens-Crowe 38:12;

Jacki McGuire 38:14; Jack & John Dudas no time recorded. **5 Miles:** Kyle Klicker 39:36; Mike Carey 39:39; Kyle McKenzie 41:43; Patrick Murphy 42:05; Leigh Holleman 42:26; Jeremy Ditto 42:44; Molly Todd 45:41; Laura Sullivan Russett 46:42. Andy Garza no time recorded.

June

4 BSWD Sypes Canyon 6:30 pm

7 Masons Mountain Run. Red Lodge. 10K & 2 mile Trail Run at Lion's Camp 9 1/2 miles south on Hwy 212 to Lake Fork Turnoff. 10:30 am start. Register at www.active.com

7 Dash & Splash. Bozeman, To benefit the Children's Museum. 9:00 am start for the 5K. Kids 1 & 2 mile plus a toddler tumble at 10:00 am. Bogert Park. Enter at RaceMontana.

7 Pengelly Double and Single Dip. Missoula. Double at 9:00 am and Single at 9:30 @Riverbowl East Field U of M. www.runwildmissoula.org.

11 BSWD Linear Trail Run. Buchl Potluck to follow. Bring a dish to share.

14 Thrive Girls on the Run 5K for Fathers Day. 9:00 am start at River Rock Community Center in Belgrade. Info: hmakoutz@allthrive.org or 922-4236. Additional information at <https://www.allthrive.org/girls-on-the-run-5K-fathers-day/>

14 35th Annual Heart&Sole Race. Billings 5&10K plus 2 Mile Health Walk. Proceeds benefit the Y. Register at www.heartandsolerace.org.

14 Governors Cup. Helena. Marathon, 1/2 Marathon, 10K, 5K and 1 Mile fun run. Limited entries for 1/2 and Marathon. www.govcupmt.com

14 Prison Break Run. Deer Lodge. 3 & 6 Miles starting at 8:00 am. Race day registration at 7:00 at Newland Company (212 Missouri Ave. Proceeds benefit Deer Lodge Athletic Assn Scholarship Information: Candice Miller 846-1197

18 BSWD Historic Run at the Depot (Tamarack & Front Street) 6:30 pm

19-21 Montana Senior Olympics Summer Games in Great Falls for individuals 50 years of age and older. 5 & 10K Road Races. Race Walk on the track plus Track & Field events. Call 586-5543 or email kayjn3@gmail.com

21 Yellowstone River Run. Livingston. 5 & 10K and Kids Run. Free pancake breakfast follows. Enter at RaceMontana.

21 Old Gabe. Bozeman. 25 & 50K. Most

challenging 50K in the USA using the Middle Cottonwood Truman Sypes Trail. Starts at 6:00 am. Must be 18. Enter at RaceMontana.com

25 BSWD Tour de Wolves at Franklin Cole's Home on Jackson Creek Road 6:30 pm.

28 Stache Dash. Bozeman at Bogert Park. 10K starts at 9:00 am, 5K at 9:15 and 3K walk at 9:25. Mustaches welcomed. Register at Race Montana.

28 20th Annual Jim Bridger 10 Mile Trail Run starting at 9:00 am. Must be at least 15 years of age to enter. Questions at www.bridgerskifoundation.org or 587-2445. Register at Race Montana.

July

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.

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.

26 Headwaters Run. Three Forks. 1/2 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

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

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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 mhpatterson@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.

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

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.

GUEST COLUMNEST— Don Demetriades

Reckless and Lucky: A Running Life

In January, 1976, I was a 15 yr old freshman on the Laguna Beach High (CA) track team. In Oregon, Pre had died and Nike was born. Nationwide, the “running boom” was in full swing, and LSD (Long Slow Distance) was all the rage. Goaded by our crazy high-mileage high school coach, I ran the Mission Bay Marathon (San Diego) in 2:56:34, wearing the flagship version of the Nike Waffle trainers. My first sub-3 clocking didn’t impress me much, since my Laguna Beach teammate Eric Hulst ran 2:27. “Man, I have a lot of work to do,” I thought. Hulst was my hero: a 9:04 two miler as a high school freshman, and the 1976 junior World X-country champion (beating Alberto Salazar, among others). Eleven years later he died from brain cancer. And so it goes.

A year later I ran 2:49 in the Rose Bowl marathon,

which was my last marathon as a teenager.

Little did I know that these early marathons, though ill-advised, would starting building an unusual running resume.

As the years passed, I managed to run sub-2:50 in each successive decade:

1976 Mission Bay: 2:56:34 (15 yrs old)

1986 Boston: 2:34:38 (25 yrs old)

1994 Columbus: 2:25:54 (33 yrs old)

2002 Seattle: 2:45:05 (41 yrs old)

2011 Martian Marathon: 2:47:11 (50 yrs old)

As a result, I now belong to the 5 decades Sub-3 Club (5DSub3). USATF statistician Ken Young has documented that, thus far, 33 athletes in history have run sub-three in 5 different calendar decades, and only 10 of those (myself included) in 5 different age decades.

Most runners on the list are regular guys like me, who were reckless enough to run marathons as teenagers, and then lucky enough to remain healthy in their later running years.

The list does include a few legends, whose accomplishments are light-years beyond the 5DSub3 club.

There’s the ultrarunning phenom, Scotsman Don Ritchie. Way back in the 1970’s, before most people ever heard of ultrarunning, Ritchie set world ultra records that still stand today: a 4:51 track 50 mile and 6:10 track 100K. That’s sub-6’s for 62 miles. Wow.

Then there is a Doug Kurtis, a long-time Michigan marathoner. He holds what is perhaps the most astonishing of all marathon durability records. Kurtis has ran 76 sub-2:20 marathons, a world record. That’s 1,976 miles at 5:15 pace. Also, at age 61, he just completed his 200th sub-3:00 marathon, another world record.

The only woman on the list is Joan Benoit-Samuelson, the grand dame of U.S. woman marathoning. There isn’t much Joanie hasn’t done. To me, what stands out is that she qualified for seven straight Olympic trial marathons.

The last time I checked, no one on the list has hit 6 decades yet (either calendar or age). No doubt some

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runners on the list will reach six decades anytime now. I hope to be one of them, although my window of opportunity begins way down the road: 2020.

However, I do have a decent chance at extending the “span” longer than anyone. This is the span of time between one’s first and last sub-3. Of all the runners on the list, I have the youngest sub-3 marathon, so I have the best chance, other things being equal, of the longest span. With his recent 2:59:08 in Detroit, ironman Doug Kurtis extended his record span to 39 years and 6 months. I’m only a year away from a longer one. Hopefully I’ll be a little caught up on sleep by then, as my 15 month old daughter has finally started to sleep through the night.

I wouldn’t recommend running a marathon in your teens; but if you do, I wish you the best of running health for the rest of your life.



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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.

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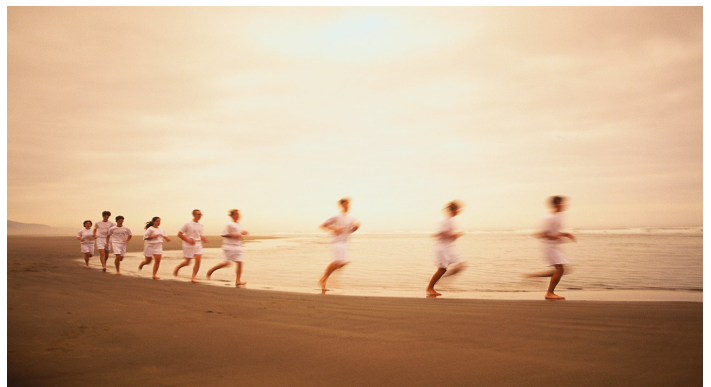
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