



# March 2015 Newsletter # 450



THE WIND DRINKER IS A  
NEWSLETTER FOR RUNNERS OF  
ALL ABILITIES

Renew your BSWD membership this month at:  
[www.winddrinkers.org](http://www.winddrinkers.org)

# The Wind Drinker

## Dear Wind Drinkers

By Dee Metrick

Dear Wind Drinkers,

For the first eighteen years of my life, I was raised in a family that highly appreciated cats. There were always two of them laying claim to the sunspot streaming in from the window. They would lay upon the heat vent, any human lap that would tolerate their weight, or a television set that was creating background noise and, most importantly, warmth. For those of you young readers out there, these were the days when televisions were fat and heavy and wide enough for even the fattest of fat cats. The pets my family picked were ideal representations of our personalities and preferences: let's find the warmest, most comfortable spot in the house and lay there until we get hungry. When the urge to move strikes, let's be obsessive-compulsive about cleanliness, act so silly that we make each other laugh, and then return to the reclined position. Outdoor adventures were limited. Occasionally, one of us would hiss or bear our claws but we would never hurt any of our fellow home-dwellers. We were curious, we were cautious at the hint of change, and, most importantly, we were not prone to long-distance running.

As an adult, I continue to have cats in my home. I still relish a winter afternoon under an electric blanket with a gripping book and a purring cat

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## The Mature Runner

By David Summerfield

Andropause, my foot!

Here's a topic I never thought would come up in an article for runners. The other day I was feeling a little "moody" (I remember calling it "low energy"). Then the thought came – do men have the equivalent of "menopause"? So, of course I googled it. Having no medical training, don't believe a word I say, but you could also google it yourself! (or, as all the articles mention, consult your medical professional before doing anything about it....:-) Men go through slightly similar conditions as women – as the body slows down its production of (women) estrogen, and (men) testosterone. For some reason the medical community prefers calling the male hormone "androgen", so what guys go through is called "andropause". I will quickly point out that what men "go through" is not at all like what women go through (again, this is just personal observation)! The initial symptoms are similar – moodiness, loss of libido (who, me?), fatigue, weight gain (right!), depression, decreased muscle mass and bone loss. But it stops there. Men can continue fathering children, and nowhere in the material I read did it

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NING CLUB FOR ALL  
AGES AND  
ABILITIES IN  
BOZEMAN, MT



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upon my lap. But I have also been changed, through the influence of my man-hunk and my own desire not to die of smoking related illness or obesity, into a dog-appreciator. My “puppy energy” loves to run through snow, in sunshine, through puddles. Since moving to Montana, over 2500 miles from my origins, I have come to be someone who wants to chase animals that could kill me. I want to splash in puddles and smell the air. When my instinct says, “RUN!!!!”, I run.

Running makes me present. Running encourages my mind to wander. Running makes me hungry for treats and less likely to chew on my own fingers. Running makes me appreciate an animal who always smells gross to me, who slobbers water all over the floor when she drinks, and who will literally run her paws off compulsively chasing a Frisbee.

Dear Wind Drinkers, thank you for accepting the part of my personality that seeks out warmth and relaxation and, most importantly, for encouraging the part of me that wants to run on mountain trails until my tongue is hanging out.

Your devoted editor,  
Dee



(Continued from page 1) *Mature...*

include “hot flashes”. So, we guys have it easy.

The only mention of a cure (or a way to alleviate the symptoms) was through “exercise, better diet, and a decrease in alcohol consumption”. That’s it. So, it’s easy to see why I witnessed a doubling of effort to keep an intense physical routine going these past 15 years. It does take a chunk out of the day (an hour or 2 here or there, everyday). But I also have experienced a normal flow of energy, and a very rare spate of moodiness. Actually, I don’t think that’s the correct word. I just call it “low energy” – where I don’t feel like doing much of anything. I sat in front of my computer wanting to write this article yesterday, and NOTHING came out. I just sat there, and actually fell asleep staring at the computer screen. At first I attributed it all to my lack of desire to confront this topic, but – no – it was just me “falling asleep at the wheel” from several intense cross-country ski workouts in a row.

What else can one do, besides hours on the road/on the skis/on the bike/on the trail? I can’t say how much I have enjoyed the prospect of “growing mature” (I did NOT say “growing old” – okay?). My only regret so far is that my hair hasn’t started turning white yet. I want that ultimate sign of wisdom. (hmmm, that implies I know I really am NOT wise, but just want the symbol to suggest it might be true!) Turning 50, and then 60, and soon 70 – I’ve waited for these years as a chance to finally do what I really have always wanted to do. I call it following “noble pursuits” – being more involved in community events, being kind to animals, helping old ladies cross the street – you know the schtick...and basically not having to work to earn a living! I’m talking about doing something that really makes a difference... (I know, I know, our everyday work is supposed to be productive AND constructive, but sometimes the routine makes it all seem a bit blah.) (...lapse of time...) Oh dear, I just fell asleep again at the computer. Andropause, my foot! Actually, many medical professionals do not subscribe to the existence of such a phenomenon, so I’m probably off the hook anyway. I’m not about to take supplements since I don’t really think it’s real (in my case of course), and besides, the downside to supplements are pretty heavy.

I have heard some people in my age bracket who occasionally take stock of their lives, and wonder if their lives have been, what? Worthwhile, productive, did they

## RACE CALENDAR

### March

**14 AOH St Pats Run.** Anaconda. 3 & 6 Mile Fast downhill courses starting at 11:00 am. Buses to the start at 10:00 am. Info at [jason@thesquaremarketing.com](mailto:jason@thesquaremarketing.com)

**14 Bozeman Run To The Pub.** ½ Marathon starting at 10:00 am and 10K starting at 10:30

[www.406running.com](http://www.406running.com)

**21 35th Annual BSWD Handicapped Fun Run** with your starting time determined by your finish time at the Froze Nose run held last month. If you did not participate in the Froze Nose the 5 Mile runners will start at 9:20 am, the 3 Mile runners at 9:30 and the 1.1 Milers will start at 9:45am. Challenge yourself to run faster!!

### April

**18 34TH Annual Back from Bridger Fun Run.**

Distances of 17.5, 12.5, 9.7, 7.0 and 3.0 offered. All start at Bridger Bowl at 9:00 am. Sign up at the Bridger Bowl parking lot starting at 8:30 am. Course closes at 12:30 so pick a distance you can finish by that time. No shuttle service provided and headphones not allowed. [www.winddrinkers.org](http://www.winddrinkers.org)

**22 BSWD Kick Off Potluck** for the upcoming fun runs. The guest speaker will be Dr. Peder Anderson, overall winner of the 2014 Bridger Ridge Run. He will address topics of interest to all BSWD members such as health, training, conditioning, and injuries. Plus, he will share his personal Ridge Run experiences. Bring a dish to share.

**26 Peaks to Prairies.** Run, Bike & Paddle with the start near Red Lodge. More information to follow.

### May

**9 Don't Fence Me In** Trail Runs. Helena. 30K at 7:30am, 12K at 10:00am, and 5K at 10:30am, plus non-competitive dog walk starting at 10:45am. Start/finish near Anchor Park. A fundraiser for Prickly Pear Land Trust. "May we all have trails to run forever." Contact Martin Miller at 459-6296 or [mpmiller93@yahoo.com](mailto:mpmiller93@yahoo.com). Register online at [www.pricklypearlt.org](http://www.pricklypearlt.org).

**16 Baldy Blitz.** Run to the top of Baldy and down. Starts at the M Parking Lot at 9:00am. No entry fee, however, for a \$5 donation to the South West Montana Climbers Coalition you receive a memento and inclusion in the Record Books. No preregistration.

**23 Frank Newman Spring Marathon or Marathon**

(Continued on page 4)

make a difference, the whole legacy-thing – what am I leaving behind that matters? That has never bothered me much, since I'm too busy gearing up for the next workout (... or falling asleep at the computer!). But now that I bring it all up, yes, I think I should start spending more time/energy on weighing in on the "worthwhile" factor of things as I choose what to do each day. There. Its done, and now I can go take a nap, or go skiing, or any other worthwhile activity!!

- David Summerfield

## A MESSAGE FROM THE PREZ

Hey Fellow runners!

Good news from our friends at the Governor's Cup Marathon and Half Marathon. They will be granting all BSWD's a 25% discount on the half and full marathon but you have to act fast as the discount expires March 31, 2015. To take advantage of the discount please note:

The codes for 25% off are BSWD26 for the marathon and BSWD13 for the half. Club runners can simply go to this link and enter the code at checkout to apply the discount: <https://runsignup.com/Race/MT/Helena/govcupmt>

For any questions on the run itself please check out their website.

Thanks and see you on the trails!

Kurt

## A MESSAGE FROM THE NON-PROFIT SECTOR:

Once again, Reach Inc., Thrive, and HAVEN are going to team up for a 5K trifecta that will enable you to receive a super-cool medal and be entered to win an amazing prize package, which, last year, was valued at over \$550. HAVEN is going to put on the first of the three races:

The 4th annual HAVEN Mother's Day 5K, presented by First Security Bank, is open for registration! Head on over to [www.racemontana.com](http://www.racemontana.com) today and register

**Relay.** More information to follow.

**June**

**6 Jeremiah Sipes Memorial Run.** Belgrade. 9K and 1 mile family run/walk. Lewis and Clark Park. Contact [cptjsmj@gmail.com](mailto:cptjsmj@gmail.com).

**13 The Governors Cup.** Helena. 26.2 miles, 13.1 miles, and 1.2 miles plus 5K and 10K distances. The marathon is USATF certified qualifier for the Boston Marathon. [govcup@bcbsmt.com](mailto:govcup@bcbsmt.com)

**18-20 30th Annual Montana Senior Olympics** in Helena for ages 50 and older. 13 sports including 5K and 10K road races, race walk, and track and field events. [Kayjn3@gmail.com](mailto:Kayjn3@gmail.com). [www.montanaseniorolympics.org](http://www.montanaseniorolympics.org) or call 406-586-5543

**20 Old Gabe** Middle Cottonwood Trail out of Bozeman. One of the toughest 50K runs in the world. 6:00am start. Contact Tom Hayes at [runski@bresnan.net](mailto:runski@bresnan.net).

**July**

**4 Reach Inc. Race for Independence.** 1K, 5K, and 10K mostly trail race to raise money for the people served by Reach Inc. For more information, visit [www.reachinc.org](http://www.reachinc.org), email [dee@reachinc.org](mailto:dee@reachinc.org), or call 406-570-5852.

**September**

**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)

**RACE RESULTS**

Froze Nose - 2/7/15 - Well, there were actually no froze noses at our annual February run but there were some chilly runners. We welcomed many new faces as well and hope that they come back to the Handicapped Run next month. Thanks to Bob Wade and Kathy Brown for arranging the event. Thanks to the timers who were John Aitchison, Teresa Galli and Bob Wade. Times are as follows:

as an individual, or a team (prizes available for those teams who raise at least \$150 in team sponsorships). This fun family event raises awareness of and funds for HAVEN's programs serving survivors of domestic violence in our community. Promote healthy families and healthy relationships by registering today.

When: 10am, Sunday, May 10th

Where: The Ridge Athletic Club, 4181 Fallon

Registration fee: \$25 per person

For more information on HAVEN's programs, visit [havenmt.org](http://havenmt.org).



**5 Miles:** Trisha Nelson 35:18; Rob Maher 35:41; Kyle Klicker 36:00; Tom Walsh 36:43; Charles Smith 40:11; Clint May 40:12; Craig Hildreth 43:54; Andy Krause 44:43; Martin Rollefson 45:02; Connie Little 1:10:23. **3 Miles:** Hannah May Fletcher 21:09; Kevin Griswell 23:35; Lori Ryan 25:03; Kurt Buchl 25:59; Bob Eichenberger 26:49; Daryl Baker 27:19; Tawny Griswell 29:43; Jessica Scherr 30:16; Celia Bertoia 30:24; Garrett Brence 30:35; Elizabeth McCutcheon 30:59; Mindy May 31:05; Leonard Baluski 31:06; Whitney Adams 31:15; Kate Tomchin 31:43; Elizabeth Weber 32:46; Barbara Bakum 32:46; Bonnie Bakum 32:46; Gabriel Gouchenour 32:46; Tracy Dougher 33:41; Barbara Bessette 34:13; Brenda Truman 34:16; Amanda Thompson 34:17; Jane Foster 35:11; Gail Cary 35:11; Martha Ellis 35:35; Emily Kimmel 35:36; Tom Londe 35:40; Jacki McGuire 43:18; Kasey Fallang 43:28; Teri Kjellren 43:28. **1 Mile:** Kensey May 9:35; Mike Rubsam 10:28; Elena Rubsam 10:40; Kiara Wilson 15:48; Asher Rodgers 16:31; Don Rodgers 17:30; Connie Cok 17:58; Bev Adams 19:21; Leon Shearman 21:11; Kay Newman 21:18. Also ran with no time recorded Pam McCutcheon.



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

### OFFICERS FOR 2014

**Prez:** Kyle McKenzie 599-2815, Kurt Buchl 587-0756

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

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570-5852 or aikidonerd@yahoo.com

Find email addresses at [www.winddrinkers.org](http://www.winddrinkers.org)

For recent updates on what's happening with the BSWD, get on the web; [www.winddrinkers.org](http://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](http://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

**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

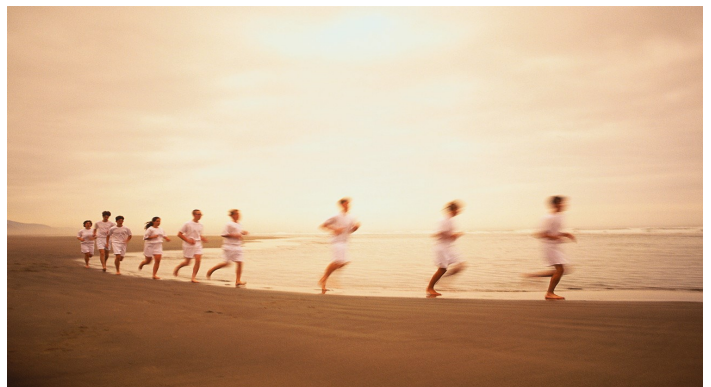
**Four Zero Six Shirt Screening**, Pete Sveen, 10% off, 600-5753

**Bozeman Running Compay**. Casey Jermyrn, 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.”**