



Jérémie LeBlond Fontaine

# May 2015 Newsletter # 452



**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,

After a pathetic, injury-depressed non-running summer in 2014, insane work schedule through the fall and winter, and many months of hanging out in bed giving into my newest addiction (space operas!), I told myself and many of my running friends that I was going to attempt to finish the Run to the Pub in under two hours. Typically, this would not be a tremendous stretch. Looking down my nose, through rose-colored bifocals, at my transition into the Masters category, a sub-2 on a mostly downhill course seemed absolutely, without a doubt achievable. No problem.

On race day, for the 13.1 mile course, I put forth every bit of effort I had. My injured leg grumbled. My stomach tumbled. My feet stumbled. I felt like I was in a bad Dr. Seuss book. I ended up with a finish time of 2 hours and eleven seconds.

When I told my non-running friends that I set a goal of running the half marathon in under two hours and missed my target by eleven seconds, they would look at me facing the awkward, "What do I say now?" question. They would not know if they should congratulate me for getting so close or express regret that I had missed the mark. One non-running friend asked directly, "Is that good or

*(Continued on page 2)*

## The Mature Runner

By David Summerfield

Channeling Your Inner Mature Runner

While watching a live feed of the Boston Marathon today (April 20), it was impossible not to re-live the former "glory days" which all mature runners have tucked neatly away somewhere in their souls. Watching the 1000's of runners crossing the finish line around the 3 hour mark – all looking so smooth, effortless, and strong...well, I was transported into a different dimension of reality. Suddenly, I was there (consciously I knew it was 30 years ago, but time had obviously stopped). And I really mean "I was there". I was in the middle of the crowd of 3 hour finishers, floating along, looking to my right and left, seeing the runners in front of me that I would have to get by, looking down at my watch, "yep, I can still make it under 3:00". Then I started hearing music, but not the kind of music I'm accustomed to at finish lines. This was no adrenalin-infused victory scene. It was utterly peaceful music, ethereal music – flutes, violins, and a low throbbing heartbeat-like rhythm. The drone of runners' footsteps all around me had faded away. All the cheering was gone. "Hey, what's going on around here?" I yelled. The runner to

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NING CLUB FOR ALL  
AGES AND  
ABILITIES IN  
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bad?” The running friend responses were even more painful. When I expressed the eleven second miss, they would do the math, calculating that just one second per mile faster would have gotten me to my goal. Their faces scrunched up. One side of their bottom lip stuck out and pointed downward, as if even the muscles in their faces felt badly for me. They winced, made sad “ohhhhh” sounds, and walked away sheepishly. But the truth was, I felt pretty good about the whole race and was completely accepting of the outcome. I gave every mile all I had. There was no extra second per mile faster at any time during that race. When I finished, there was no doubt in my mind that every ounce of effort was spent. I did not feel badly for missing my goal.

Assuming my hamstring does actually heal, I plan to run many more half marathons. Some of them will be and have been completed in under two hours. Some have included racing my hardest, some have been purely for fun, and some have made me want to retire and travel the country running half marathons for the rest of my life. I hope for many more of each of those types of halves in my future.

Run to the Pub 2015 was a race that I ran my hardest. It taught me the value of giving my best and knowing I did all I could.

Since February of 2014, I have been working on a huge project in my job. That plan involves me writing a seven billion page grant with insane amounts of bureaucracy. More than my new addiction to space operas, this assignment has consumed the last three months of my life. Friends and pets have been neglected. Vacations were cancelled. I worked weekends, evenings, and holidays. I skipped social gatherings and martial arts classes. I ran before 6am and, with the exception of Run to the Pub, always for fewer than 7 miles. My martyr complex flared, as did self-pity, fatigue, and hopelessness. There were also days when hope flared along-side determination, confidence, and diligence. As with Run to the Pub, no matter what my guts have done or my brain has told me, I have given myself completely to the goal. Whatever develops in the end, whether or not the company I work for gets the grant, I will know, without a doubt, that I gave it my all. Every moment I had to focus and to work, I used to focus and to work. Had it not been for Run to the Pub, I may not have had the confidence to simply do

my left told me to shut up and listen, because the Coach was about to speak. Now this was all too weird.

The guy to my right had a vague familiarity to him. I took another closer look, and saw his eyes, and it was my Coach. Well, now I was confused. It wasn't really MY coach – I had never really liked my running coach – he had had no faith in me, and kept asking me to quit the team – I was so slow. But this was somehow my real Coach, or someone I wanted to be my coach. All I knew was that I admired him – I always had. Oh, maybe he was at one of those coaches' conferences I used to attend where famous runners give out coaching tips. Out of the corner of my eye, the runner on my right glanced over at me, and had this knowing smile on his face. All of a sudden, he started speaking to me. No! I thought. Not right in the middle of the home stretch of the Boston Marathon for heaven's sake! But he said very calmly, David, I'm here to remind you of your greatness, and to help you with your next step. I glanced around and realized that everyone around me was not only moving in slow motion, but they were basically motionless. It had been raining the whole run, I knew that. But the raindrops were suspended in air. There was no breeze. Mentally I felt like I was still building up to that last big surge to the finish line, but it didn't seem to matter anymore. The music stopped, and there was nothing but an inexpressible silence all around me. After what seemed like an eternity, I realized I could care less about whatever it was I had been doing. Time had vanished. There was no urgency. All that mattered was what had just been spoken by someone with such an amazing eye contact. The Coach gently said: I've been told you are wanting more out of life, and want to really wake-up and start doing something more satisfying than trying to hold onto past glories. I thought: How did you know? It doesn't matter how I know... you just get going now. And, don't forget!

I asked: Don't forget what? But when I glanced up into that serene face, the face was gone. And not only gone, but the runners behind me were yelling to watch out so they didn't trample over me. There was no problem stepping on the gas – and I exploded past the row of runners in front of me, and then realized the finish line was a distant memory and there I was all alone, on my normal, boring route I usually go on every morning. First chance I

my best and let the outcome unfold. I would not be able to set aside my ego and my concern about what people will think if my goals are not met and simply push forward to the finish line.

Thank you, Dear Wind Drinkers, for helping me to see that doing my best is enough, that acceptance creates peace, and that all of life's struggles have answers that can be found if I put on my running shoes and head out the door.

Your devoted editor,  
Dee

## **RACE CALENDAR**

### **May**

**2 Tater Trot.** Manhattan 5 & 10K starting at 8:00am on Camp Creek Road. Info at Run Sign Up .com

**6 BSWD Fun Run at Triple Tree.** 6:30pm start on Sourdough Road. [www.winddrinkers.org](http://www.winddrinkers.org)

**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).

**9 Women's Run.** Billings. 2 & 5 Miles to promote health and fitness. <http://womensrun.org>.

**10 HAVEN Mother's Day 5K.** Registration available at [www.racemontana.com](http://www.racemontana.com).

**13 BSWD Highland Glen Run** 6:30 pm start on Highland Blvd

**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.

**20 BSWD Dog Run at Bozeman Creek.** 6:30 pm. Prediction Run. No watches allowed. Dogs on leashes.

**23 Frank Newman Spring Marathon or Marathon Relay.** Marathon starts at 9:00 am on Bridger Canyon Road ½ Marathon starts later at the Bozeman Hill on the Frontage Road. More information to follow

**23 28<sup>th</sup> Annual Frank Newman Spring Marathon or Marathon Relay.** Marathon starts at 8:00 on Bridger Canyon Road and the ½ Marathon starts at the Bozeman Hill

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had, I stopped on someone's lawn, and just sat down. What had just happened? I closed my eyes, and could hear my heart pounding. I could feel the welling up of tears. Everything that had just happened seemed eerily familiar, though other-worldly. When I opened my eyes again, there I was in my chair, in front of my computer, and the live feed was still going on, the elapsed time was now around 3:25, with that endless crowd of runners bearing down on the finish line. The look in their eyes seemed strangely different this time. They looked bored, hanging onto life, plodding along, with the announcer at the finish line, in a monotone voice, saying over and over again on the loudspeakers: Let's give a big hand to all the runners....you're looking great....you're looking great....let's give a big hand to all the runners....you're looking great...you're looking great. But wait a minute....what was I supposed to remember? - David Summerfield

FYI: (referring to the picture below) "Meb" is probably the most famous current American marathoner – he won the Boston Marathon last year – 1st time an American has won it since 1983!! And this year, nearing the finish line – and out of contention to win (he was only a few minutes back) – he drew alongside this "elite" woman runner (the women were given a 25 minute head start, so some of them could finish with the "elite" men), grabbed her hand, and they crossed together, instead of dashing past her at the finish.



(Winslow Townson-USA TODAY Sports)

on the Frontage Road at 9:30. Entry fee is \$3.00 and the application is on the web site ([www.winddrinkers.org](http://www.winddrinkers.org)). Volunteers are needed. Starting early is an option for those who may take more than four and a half hours to finish. Run ends in Livingston at Saccajawea Park. With a picnic lunch  
**27 BSWD Southside Trail Run and Buchl Potluck.** 6:30 Bring a dish to share

## June

**3 BSWD Drinking Horse Trail.** 6:30 pm

**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).

**20 Girls on the Run 5K** Belgrade. This is Thrive's 3<sup>rd</sup> Annual Run/Walk. No official times will be reported as all finishers are considered as winners. Starts at River Rock Development at 9:00 am. Raffle prizes at 11:00 am. Dogs on leashes are allowed. Race day registration at 8:00 am at the Community Center. Information: Amber at [aking@allthrive.org](mailto:aking@allthrive.org) or 922-4262

**20 Heart and Sole.** Billings. Starting at St Vincent Hospital and ending at Dehler Park 5K starts at 8:00 am, 2 Miles Starts at 8:20, 10K starts at 8:30. <http://heartandsolerace.org>.

## 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.

## 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/](http://Runsignup.com/run/MT/) Bozeman. Walk in packet pick up

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## EXCITING RUNNING FORUM

On Monday, May 4th, from 6-7pm at the Bozeman Public Library, Excel Physical Therapy is hosting "Bozeman's Running Experts Forum," an interactive, moderated panel discussion about all things running. Our panel consists of Nikki Kimball, UltraRunner; Jason Lunden, DPT, SCS, Sports Physical Therapist; Casey Jermyn, Boz. Running Company; and Damian Stoy, UltraRunner, Wholistic Running. Our Moderator is Megan Peach, DPT, OCS of Excel Physical Therapy. Questions from attendees are encouraged and the event is free and open to the public, plus door prizes. For more info, [www.excelptmt.com/seminars](http://www.excelptmt.com/seminars) (to be posted in the next week) or Megan at 406.556.0562 or [megan@excelptmt.com](mailto:megan@excelptmt.com).

## Frank Newman Marathon and Relay

The 28th Frank Newman Marathon and Relay is just around the corner. The run will take place on May 23, 2015. This event has a Marathon, two different Half Marathons and a Marathon relay.

The Marathon, the Relay and Option 1 Half Marathon start on Bridger Canyon Drive at 8:00 AM. The start line is about 10 miles up Bridger Canyon Road. The Option 2 Half Marathon starts on the Frontage Road at the top of Bozeman Pass at 9:30.

The applications for the run are available on the Wind Drinker's web site. [winddrinkers.org](http://winddrinkers.org) you can print them out and mail them in or you can bring them to the starting line.

If you aren't running the event we need about 6 volunteers to help with the race. If you can help let the race directors know.

The Frank Newman Race is a low-key local race put on for local runners with very little fan fare. The entry fee is just \$3.00. (The Boston Marathon entry fee is \$175 for US residents and \$225 for international runners.) What is provided for the \$3.00? The course has mile markers at every mile. There are 3 water stops on the course. Runners finish times are recorded quickly at the finish area. Runners who may take more than four and a half hours to finish are allowed

available.

**15 Ed Anacker Ridge Run.** [www.winddrinkers.org](http://www.winddrinkers.org)  
Volunteers needed call 586-5543 or Kayjn3@gmail.com

## **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](http://www.RRCA.org)/programs

**19 John Colter Run.** Details to follow.

## **RACE RESULTS**

**Back From Bridger - 4/18/15** - The annual Back from Bridger run was held with warm temperatures and no wind. A large group came to enjoy the spring like weather. Thanks to the vigilant timers who were Brian & Dawn Berger, Bob Eichenberger & Allan Miller. Thanks to Frank, Tracy & Sandy Dougher who organized the event. Times are as follows: **17.5 Miles:** Terry Leist 2:09:37; Tom Walsh 2:23:37; Bruce Heppner 2:42:46; Kasey Cummings 2:50:06; Tim Griffiths 2:50:10. **12.5 Miles:** Mary Meccage 1:45:35; Steve Eaton 1:53:08; Lindsey Hanna 2:12:03; Allen Bross 2:12:20; Julianna Martila 2:17:14; Julie Tekka 2:17:15; Janie Tekka 2:17:16. **10 Miles:** Kirsten Holland 1:17:00; Kim Salloux 1:24:00; Tracy Glass 1:30:00; Trina Rainey 1:36:00; Barbara Bakwin 1:40:00; Patricia Bross 1:41:00; Vicki DeBoer 1:45:00; Grace Hammond 1:47:00; Melissa Griffiths 1:48:00. **7 Miles:** Kurt Buchl 53:30; Craig Hildreth 57:06; Whitney Adams 58:50; Darryl Baker 58:56; Teresa Galli 1:04:55; Deanna Crow 1:05:55; Megan Dehaan 1:05:58; Pam McCutcheon 1:07:17; Kathleen Karlsen 1:13:57; Leanne Roulson 1:16:17; Molly Ward 1:16:56; Joseph Karlson 1:18:40; Steve McGuire 1:19:30; Jacki McGuire 1:36:37. **3 Miles:** Kale Kelsey 18:51; Caden Howlett 21:19; Zach Schmidt 21:46; Gus Chisholm 25:35; Randall Lynch 26:11; Gail Cary 26:12; Woody West 26:24; Charles West 26:25; Michelle West 26:31; Leonard Baluski 26:36; Siri Wilmoth 26:53; Cindy Leary 28:36; Kayla Forman 28:38; Jean MacInnes 47:54; Ginny Heinman 47:54; Bev Adams 54:52; Kay Newman 54:52.

to start early.

All runners are treated to lunch at the finish area. Ribbons are provided for category winners. Usually there is some memento of the run provided to each runner.

This race is kept small on purpose so runners can run with friends or make new friends. The budget for this run is less than \$500. Due to the generous support of the Newman Family we sometimes make a profit on the run.

Volunteer for this very different and interesting run. Contact: Bob Wade or Kathy Brown at 406 522-7064. You can leave a message if we don't answer.

## **ANNOUNCEMENT: DISCOUNT ON MADISON ADVENTURE SERIES:**

[www.themadisonmarathon.com](http://www.themadisonmarathon.com)

Big Sky Wind Drinkers Club is being offered a series of discounts for the races listed below. Registration is on Active.com the discount code for Big Sky Wind Drinkers members enables us to receive a 10 percent discount for any of the races we sign up for. The discount code is **BSWD2015**. This should automatically result in a 10% reduction in the entry fee.

The races and race dates are as follows:

20<sup>th</sup> Annual Madison River Run 5K – Water To Whiskey – May 30, 2015 in Ennis

4<sup>th</sup> Annual Madison Duathlon (bike: 14 miles; run: 7 miles) – Ennis to Virginia City on July 5, 2015

8<sup>th</sup> Annual Madison Marathon (full, half and team marathons) – Gravelly Range Road near Ennis on July 18, 2015

The Inaugural Big Sky Marathon (full and half marathon) – Starting on the Madison Marathon route and descending to Ennis on July 19, 2015

4<sup>th</sup> Annual Madison Triathlon (swim: 1,200 yards, bike: 23 miles, run: 6 miles) Ennis Lake to Harrison to Pony Montana on August 2, 2015.

### **BTC Summer Track & Field**

As members and friends of the BSWD gear up for the summer fun runs and races, I want to take the opportunity to thank everyone for their support this past year and share with everyone a special activity the Bozeman Track Club will be hosting this summer.

While one might think our youth program is just for competitive athletes with all of our success --- here's an eye opener. After competing for MSU in the late 70's I had the pleasure of being involved with the BSWD and truly learned the real passion for running from Jim Banks and Frank Newman. Both were wonderful mentors that have guided me down a path that helped mold the vision for a youth track club. That vision indoctrinated the concept "it is not important how fast one runs but that one runs" which has been a cornerstone for our club for the past 28 years.

As we built the club based on that simple concept, we found that there are a ton of children who love to run in our community. However, many more are reluctant to take that first step because of a lack of physical activity, self-confidence or possible embarrassment. Thus, our challenge to capture those children who would benefit from the program and learn the many benefits from a life-time devotion to running also became a priority.

Tom Hayes, a good friend and former MSU teammate helped frame this goal when the club offered a youth cross-country program 13 years ago by encouraging young children to take "that first step" --- regardless of their skill or ability. While some of these children developed into great runners many more found a new, profound magical world with running.

That brings us to today and the exciting event I want to share with you. This May the track club will host an event that I truly feel measures the real value of being actively involved through running. If you have

children in the family or friends with children between the ages of 7-14 and they love to run, jump or throw; plus, enjoy ice cream --- here's an event for you!

The Bozeman Track Club and Bozeman Optimist Club will host the Gallatin Valley youth track meet on May 16, 2015 at the MSU track complex. Intended as a grass-roots program, the purpose of the event is to promote physical fitness and being actively involved for youth in the Gallatin Valley through basic track & field events. No uniforms or competition shoes are necessary --- just the excitement to run, jump or throw! In addition to basic track events the meet offers such fun events as the softball throw and mini-javelin; plus, an ice cream social for family and friends following the meet.

The event is just as pure and fun as the sport of track & field can get for our younger generation. Should you have family or friends who might be interested in this event feel free to share this information with everyone and don't hesitate to visit us at [www.bozemantrackclub.org](http://www.bozemantrackclub.org) or email me at [bztclub@gmail.com](mailto:bztclub@gmail.com).

Later in the season, the club will also be hosting the USATF Montana Junior Olympic Track and Field championships as a qualifier for regional and national advancement.

Looking forward to seeing everyone on the trails this summer!

Dave Skelton

Bozeman Track Club

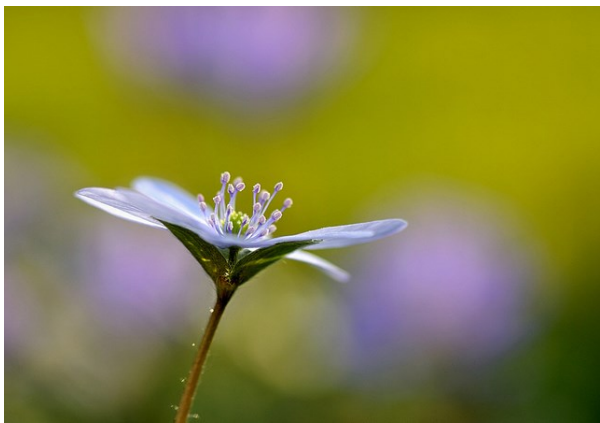




## THE WIND DRINKER

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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](mailto: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:** Whitney Adams, Craig Hildreth, Tracy & Frank Dougher,

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Treasurer: Jacki McGuire

Results, Calendar: Kay Newman  
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Newsletter Editor: Dee Metrick  
570-5852 or [aikidonerd@yahoo.com](mailto:aikidonerd@yahoo.com)



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

**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

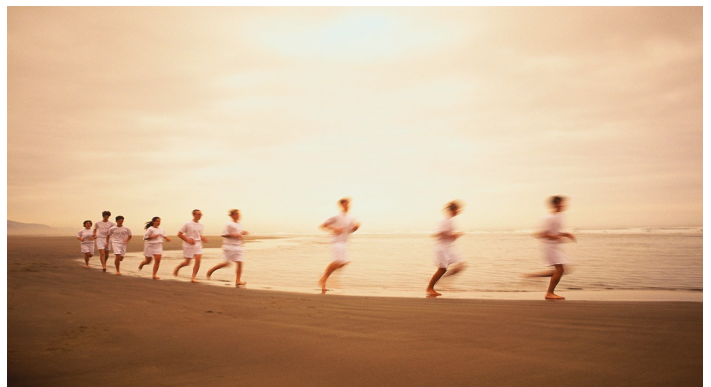
**Four Zero Six** Shirt Screening, Pete Sveen, 10% off, 600-5753

**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.”**