



January 2016 Newsletter # 460



**THE WIND DRINKER IS A
NEWSLETTER FOR RUNNERS OF
ALL ABILITIES**

Renew your BSWD membership this month at:
www.winddrinkers.org

The Wind Drinker

From the Prez

By Rob Maher

This year was the 9th Annual Huffing for Stuffing run on Thanksgiving Day. HFS has become a legendary Bozeman tradition, already earning the same vaunted echelon as the Sweet Pea, John Colter, and the Ridge Run. When a community the size of Bozeman can turn out 2,500 people on Thanksgiving morning when the 8AM temperature for the Kids Run was 1° F, “warming” to 5° F by the time the 10k started at 8:50AM, you know this is a town full of hardcore, community-minded runners and walkers! Thank you!

This was my seventh year wearing the turkey suit for the HFS Kids Run and for the 5k run. Along with the official lady turkey, the fun-and-formidable Dee Metrick, it makes for a fun and festive morning.

As I greeted folks before, during, and after the race, I was yet again delighted to see the age range of participants. There were an amazing number of 6-9 month old kids all bundled up in jog strollers. There were youngsters 2 or 3 years old tromping around in winter boots with rosy cheeks and twinkly smiles in the rising sunlight. Many members of the Bozeman High School cross country team—who recently won the state cross country championship—all dressed up with helmets, shields, and toy swords. A wonderful contingent of 20-30-something year old runners showed up in force. And the masters age group is always full and competitive, too.

After the event I saw a report about 90 year old Kate Evans who came out with her family to participate in the 5k walk:

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The Mature Runner

By David Summerfield

Are Mature Runners Even Real or Just Simulated?

OK, so we’re starting a new year. Does that possibly have any significance? I’m even questioning whether or not time is linear, or is the past, future, and present all happening simultaneously? And I want 2016 to be a year of progress, evolution, confidence, and feeling GREAT. But I want to know the “truth” about my life and the path I’m on. Don’t we all? Does this have anything to do with running? Well, anything you do as a habit over and over and over, well...it better have some meaning. And if it’s just thoughtless action, well...that’s pretty dumb!

I ran across an article that started out with the question “suppose this journey was/is just an elaborate cosmic experiment of which you are caught in the middle...what would your plan of action look like in order to extricate yourself from the experiment...?” True to my nature, I googled “human life is an elaborate cosmic experiment” just to see what would come up. Oh my. If you have any notion to “think outside the box” I beg of you to do the same. The stuff that comes up is absolutely fascinating. My favorite was “10 Reasons Life May Be A Computer Simulation” (listverse.com). There are obviously 1000’s of people out there working on this very issue. And it breathes new life into some of those classics I watched years ago (Star Trek: Next Generation – “Ship in a Bottle”) (Inception) (Matrix) etc.

So, dear runner/walker/skier/thinker/ doer....what DO you think about when

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



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the first 5 kilometer race of her life. Yes, Bozeman is truly a town full of hardcore, community-minded runners and walkers!

In reflecting on the Huffing for Stuffing and the ever-increasing number of local running events, I thought back to my own early experiences as a runner. Growing up in southern Wisconsin, I participated on the school cross country while in middle school, but we didn't have very good coaching and didn't get hooked on the sport at all. I remember late in high school when I started dating my future wife, Lynn, that she and her sisters would cajole me to go out "jogging" with them, only to leave me gasping and just about tripping over my tongue while those gazelle-like gals ran with seemingly no effort, all the while carrying on a lively conversation.

It wasn't until the early 1990s when I was in my 30s that I considered getting into shape by doing some running. My faculty colleagues at the University of Nebraska-Lincoln would play pick-up basketball during the noon hour once or twice per week, and I decided to join them and then go jogging on the other days to improve my basketball stamina. I eventually ran in the "Lincoln Corporate Run" a few years in a row as part of the UNL employee team, but running still wasn't my favorite activity.

My big step into running came when we moved to Boulder, Colorado, in 1996, when I became the VP of Engineering for a start-up audio signal processing company located there. My business partner was an avid hiker, and he encouraged me to get in shape for hiking by doing some road running and participating in the Bolder Boulder 10k race held on Memorial Day. The weather in Boulder was sufficiently nice all year round that my initial interest in using running to get in shape for hiking gradually transitioned into running to get in shape for running! By my late 30s I found myself actually running half-marathons and marathons. And now, after moving to Bozeman 14 years ago, my challenge has been to get comfortable leaving the roads and learning how to enjoy trail running. In the chilly sunrise on Thanksgiving morning, I felt a great sense of thanks and joy seeing our running community out with full smiles and cold-defying determination: young and old, short and tall, small and large, and as is nearly always the case these days here in Bozeman, 50% more women than men! Bravo to all those who choose to drink the wind!

RACE CALENDAR

January

2 BSWD Fat Ass 50K Run. At Headwaters State Park out of Three Forks. Run as many 5K

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

you're out there hitting the trail? Does it matter at all? It got my ire up to think I might be part of someone's experiment – wanting to see what happens when certain factors are programmed into humans (me) – "let's see where the silly humans go with this?" Grrrrr. Is someone really pulling my strings? Let me summarize a few of the notions of how simulations can go. And I know I'm WAY behind the curve, since the current generation is so well versed in simulation games. The article even quoted "Grand Theft Auto" – something I've learned to loathe.

Computers are getting faster and faster. We know that. And they can program what history will look like into the future: "Harvard's Odyssey supercomputer can simulate 14 billion years in only a few months" (think Isaac Asimov's trilogy "Foundation" which developed "psychohistory" to predict exactly what would transpire in the future). So, whole universes can now be created inside a computer. "If a simulation is advanced enough, those inside needn't recognize it as a simulation at all." Watch out!! The Human Genome Project did its work by breaking down all information into a binary code, and that begs the question, "would we even know if we were just living in a complete simulation"? The Anthropic Principle asks why did the conditions here on earth come about to be so perfect for us to exist? This is where the vast lab experiment comes into play. These conditions are way too perfect to be happenstance. So, it was all done deliberately (one theory). And those behind the simulation needn't be human at all. "Perhaps alien life knows how to manipulate the computer program and can make themselves invisible to us." Parallel worlds (multiverses)? Could "the simulation's creator plug in different variables to test different scenarios and observe different outcomes?" Then there's the Fermi Paradox – where is everybody? Why is it we seem to be all alone (so far)? So, this universe we're in just puts us alone to see how we react...this universe was created just for us... "The simulation made various populated planets each wrongly think themselves alone in the universe. Perhaps the simulation aims to test the effects of ego-boosting on civilization?" We know that a programmer can create worlds out of a binary code. So why were we encoded with the "desire to worship our creator"? That caught my eye. That would explain why mankind has always had this innate feeling of having been created. And this all leads to multiple layers of simulation – which scientists are having a hay-day with. To send us all off on an exciting new year, here's a final quote (Nick Bostrom, Oxford philosopher): "The post-humans running our simulation are themselves simulated beings; and their creators, in turn, may also be simulated beings. Here may be room for a large number of levels of reality, and the number could be increasing over time." OK. Catch your breath. Go out for a little run. Come back, relax, warm up, and sit in front of a fire and ponder..."what did I just do?" "Did I really go out for a run, or was that just a simulation to make me think I had gone out for a run?" Have a great pondering new year!!!! - David Summerfield

distances as you choose (choice of trail or road or any combination). Starts at 9:00 am with course closing at 3:00 pm. Self timed. If the temperature in Bozeman is 0 degrees or below that morning, the run will be held the following Saturday (1/9/16)

9 HURL Fat Ass 50K Run. Start & finish at 815 11th Ave in Helena. One 31 mile loop with 2800 feet of ascent on frozen/snow-packed/icy paved or dirt roads. Relay options available with two persons, Half-Ass Relay and the multiperson Skinny Ass Relay. No fee, aid, support, awards, whimps, weenies or whiners. Post race potluck dinner at 5:00pm (815 11th Ave) Info: mpmiller93@yahoo.com or phone 459-6296. Run at your own risk.

24 All Comers Indoor Track Meet. Brick Breeden Field House in Bozeman. Contact Dave Skelton at bztclub@gmail.com. Or check the web site at www.bztclub.com

February

6 BSWD Annual Froze Nose Run starting at 9:00 am at the Corner of S 11th & Grant. Distances of 1, 3 & 5 Mile courses. Your time at this run will determine your handicap for the annual BSWD Handicapped Run in March.

27 Montana Senior Olympic Nordic Ski Races for those 45 years of age and older at Bohart Ranch in Bozeman. 5 & 10K Classic races at 10:00 am followed by 5 & 10K Freestyle races at 1:00 pm. Medals awarded in 5 year age groups. 6:00 pm no host pizza party at McKenzie River Pizza. Info: 406-586-5543 or kayjn3@gmail.com

TBA Frigid Digger Run. Butte. 3 & 7.3 Miles on mostly dirt roads and trails. Details to follow.

March

5 Handicapped Run. Annual BSWD Traditional Fun Run with your starting time determined mathematically according to your finish time at the Handicapped Run. If you did not run the handicapped run your start will be at 9:15 for the 5 mile distance 9:30 for the 3 miles and 9:45 for the 1 mile. Start at S11 and Grant Street intersection on the MSU Campus

12 Run to the Pub. Bozeman. 10K or ½ Marathon. Voted the #2 best half marathon in the country by Runners World. Run, walk, jog or crawl to the finish. Possibly win a trip to Dublin, Ireland in a drawing & compete in the Dublin Marathon. Registration is open. Entrant numbers capped at 2800 for the 10K and 1200 for the ½ so don't be late. Sponsored by Pub 317 with proceeds donated to local non profits. See the web site at run.to.the.pub.com

12 St Pat's Race. Anaconda. Participants at staging area (Locker Room 117 E Park) at 10:30 for transportation to the starting line at 11:00 am. 3 miles walk/run and 6 miles run. Bring a donation for the Anaconda Food Bank. Register at RunSignUp.com

April

16 Back from Bridger Run. Run 17.5, 12.5, 10, 7 or 3 miles. Choose a distance you can finish by 12:30 when the

Interview with Jim Banks

By Tom Hayes

How many of you know a person who has volunteered for a civic organization for 40 years? Jim Banks is the only person who has been a member of the Wind Drinkers since its inception. His name appears on a 1975 list of 38 Charter Members (those who joined by December 1975) and he has tirelessly been editor or publisher of our newsletter ever since. Our Turkey Trot funrun bears his name to honor his service and long time membership in the club. For anybody who hasn't heard the story, Frank Newman, a professor in Veterinary Sciences and Andy Blank, Director of MSU Campus Living, started the club over supper in Red Lodge after having completed the Beartooth Run in June 1973. Frank was a pretty fast runner in those days typically running around 6 minute miles. Jim remembers Andy being a big bear of a man (maybe 6'4", 215 pounds), not built like your typical road runner. This combination of founding fathers no doubt explains the dominant basis of our club welcoming runners of all abilities.

Considering how active Jim has been in the club and the influences he has had since its inception, it is surprising to learn that he really did not start running until a few years before he joined the nascent Wind Drinkers. He was in the Air Force and had spent the bulk of his career as a chemistry professor at the Air Force Academy in Colorado Springs. During that time he climbed all the fourteeners, several of them multiple times. He was assigned to lead the Air Force ROTC at MSU in 1972 (coincidentally the year I began Army ROTC at MSU where I was also a dorm RA working for Andy Blank, but then this story is not about me). Jim and I surely crossed paths in those Quonset huts used for ROTC.

Jim did some climbing in the Bozeman area and knew Ed Anacker and Pat Callis at the time but says both were more into technical aspects of climbing where he was a scrambler. Jim and Anne went up the Froze to Death Plateau to look over the approaches to Granite Peak in those early years. However, the snow bridge was too intimidating and, much to Anne's relief, Jim and she headed back to the trail head. Not much later he decided he should run in the mountains, having heard about this crazy race along the Bridger Ridge that Ed Anacker started in 1985. Jim first ran it in 1988, finishing in 6 hours 43 minutes (remember, this is before there was much of a trail and no course markings). He finished for the 7th and last time in 2003 about an hour slower at age 73. Jim was oldest finisher several times (whenever Bob Hayes was not also running).

When Jim started running in the early 70's he remembers only one place to buy running shoes, Universal Athletics. He had a choice of Nike, Brooks and Tiger (later Asics). He chose Brooks and was still wearing Brooks when I interviewed him in 2015. His earliest memory of a funrun

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course closes. No dogs, ear phones or shuttle provided. Start at Bridger Bowl Parking lot at 9:00am.

20 BSWD Kick Off Pot Luck at the Lindley Center. Bring a dish to share and get ready for the Summer Fun Runs. No organized runs. Potluck starts at 6:00 pm.

RACE RESULTS

Jingle Jog - 12/5/15 - The ever popular traditional run was held for the second year at the GVLТ office on South Wallace Street. Thanks to GVLТ for allowing us to use their facility. Also, we appreciate that Jenna Fallaw set up the event and also timed along with Rob Maher. Results are: **1.2 Miles:** Sierra Holleman 9:28; Leigh Holleman 9:30; Andrew Holleman 10:25; Tobias Holleman 10:30; Klara Dumbrovsky 11:07; Gary Helenga 12:15; Hazel Roulson 13:57; Leanne Roulson 13:58; Carter "Santa Claus" Glaspey 14:52; Bo Glaspey 15:30; Autrey Hannum 16:43; Dallas Ott 16:44; Tyris Moss 16:54; Leon Shearman 18:41; Tomas Dumbrovsky 19:08; Sam Bass 19:18; Tommy Bass 19:19; Tomas Evans 19:55; Finn Wirth 20:03; Wren Wirth 20:09; Jon Wirth 20:10; Andrea Evans 20:21; Angie Cheff 20:39; Ashers Rogers 26:22; Kara Wilson 26:22; Don Rogers 26:23; Bob Wade 36:43; Ruth Story 39:54. **3.4 Miles:** Jennifer Wirth 33:01; Tom Walsh 33:02; Leslie Schmidt 34:40; Daryl Baker 34:42; Craig Hildreth 35:47; Gail Cary 36:12; Mary Ann Quinn 36:17; Leonaard Baluski 37:29; Lynne Huber 37:58; Susan Sullivan 37:59; Pam McCutcheon 38:59; Cory Vellinga 39:00; Andrew Albers 43:28; Emily Kimmel 43:39; Jamie Booth 43:41; Evan Sweeney 43:44; Tom Londe 48:25; Mia Dudas 48:55; Sandy Dougher 55:38; Tracy Dougher 55:44; Jacki McGuire 57:57. **4.6 Miles:** Scott Flatlip 35:07; Andrew Martin 35:09; Roland Bachmann 35:14; Ana Brown 37:33; David Ayala 37:34; James Jong 37:56; Whitney Adams 37:57; Bob Eichenberger 39:50; Martin Rollefson 43:17; Alycia VanKirk 44:22; Ryan Samson 44:23; Teresa Galli 46:45; Bonnie Eichenberger 46:46; Carter Evans 47:54; Dane Evans 47:55; Frank Dougher, Sr 51:23; Shannon M Miller 1:08:20; Anjie Mikesell 1:08:21. John, Jack & Jay Dudas also ran with no times recorded.



Above: Jim Banks, Bob Wade, and Frank Newman
2011

was the North 19th downhill 6 miler that started at Hyalite and ran to Romney Gym. He was running down the road and realized a six or seven year old boy was trying to follow his father, who was far ahead. Jim took responsibility to walk with the boy all the way to the finish line. Liz McGoff has another early example of Jim's caring nature. At a young age her son chose the long run at Kirk Hills. Jim was timer and happily stayed late for Owen and encouraged him to keep up the good work.

By now you are probably wondering a little bit about Jim and Anne. Jim was born in May of 1930, Anne a few years later. He was born in Fort Morgan, Colorado and grew up in small towns in Colorado, Nebraska and Wyoming. Jim attended Colorado State College of Education but needed more of a challenge so transferred to Stanford University in California. He majored in chemistry, earning a PhD. Despite all the hard work, he had time to woo Anne, a French major at Stanford. Jim was in ROTC so he had a military commitment. After a few years into it they both decided a career in the Air Force sounded like quite an adventure. Anne never did use her French degree but did get to teach in exotic places like the Philippines and Colorado.

How Jim became involved in the Wind Drinkers is lost in the mists of antiquity. Cliff Montagne, another Charter Member, recalls a very active lunchtime running group in the MSU gym. The nucleus of the club undoubtedly came from these people and included Jim. When is more clear. Frank and Andy began discussion of the aims of the club in the summer of 1973. They even laid the ground work for the first Governors Cup Marathon which would be held in Bozeman the following summer. Somehow Jim was recruited by them and ran in their 24 hour run in September of 1973. He was one of a ten-person relay team running a mile each at a time which completed over 216 miles on the Manhattan High School track. Jim, in his early 40's, was oldest on the team and ran 24 miles, the last ten or eleven consistently at around a 6:50 pace. Jim's involvement in the club-to-be rapidly increased. Frank considered the club official when he appointed various committees in July 1975. Jim was appointed editor of a newsletter which meant he wrote most or all of it each month beginning that July. That first newsletter was called Big Sky Wind Drinkers and has a galloping horse on the header plus our motto about fitness being like honor in the footer. The idea of a galloping horse was in reference to the wild horses known to inhabit the Pryor Mountains and thought to drink the wind as they galloped thither and yon. Jim was the second president of the club (following Frank Newman), 1976-77. He was also to be the director of a 1776 mile relay in honor of our country's bicentennial, an event that was ultimately cancelled due to lack of runners!

Fun runs were initially very laid back sometimes with word

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of mouth where the next one would occur. Social events included both picnics and potlucks after runs. Women were much more scarce in those days as opposed to being in the majority these days. A few MSU college runners often showed up at fun runs, most notably Chris Nurre from Billings who won many of the organized monthly "citizen" races (normally reported in the Chronicle). Several of Cliff Montagne's MSU cross country skiers were the hotshots of the early runs. Jim ran in the fun runs but rarely did the races since he was helping out. Jim did the 19th Ave Race in 1974 in 36:51 being beat by Frank Newman by a whisker. There is record of Jim running in the Froze Noze Run in 1975 and the Back From Bridger in 1979. The Handicap run was also going on then but hard to tell if Ed Anacker or Bob Wade were determining the handicaps. The one hour run started in 1975 and still claims Andy Blank as part of its name. The Governor's Cup was originated by Andy and Frank in 1974, right here in Bozeman. Governor Tom Judge (serving 1973-1981) started that first race which ran twice around a big loop including South 3rd, Goldenstein and South 19th Ave.

The New Years run began in 1974 or 1975 and used to start at Romney Gym and run to the clock tower at one of the banks in town. Afterwards runners would retire to Lloyd Berg's house for cookies and further celebration. Eventually the Banks took over the run so celebrants got a longer course to the clock tower but the same good left-over Christmas cookies afterwards.

I will conclude with memories of a few other early Wind Drinkers.

Pat Callis remembers good times talking and running with Jim, but not sure when that started. There is one little story he can tell about Jim, because it stuck in his mind for some reason. He said his favorite thing about an early run was getting up early to eat eating his cereal, and then going back to bed just lying there dozing in and out of sleep until time to get up and head to the run.

Jean MacInnes' and Mike Carignan remember Jim helping out at any run he didn't do. He was also a big help scoring for MSU Basketball and Volleyball and helping at MSU Track and Field. He rode his bike everywhere, even after recovering from a pretty severe run-in with a car in his early 70's.

Several people described Jim as sometimes having a gruff exterior but being the kindest, most supportive and self sacrificing members in the club. It was this sort of attitude that made the Wind Drinkers ever since an all inclusive club. Feel free to go talk to Jim and Anne after emailing anban@bresnan.net.

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

OFFICERS FOR 2015

Prez: Rob Maher rcmaher@hotmail.com

Vice Presidents: Whitney Adams, Craig Hildreth, Tracy & Frank Dougher, Bob Eichenberger, Jenna Fallaw, Carrie Gaffney, Leanne Roulson
Membership: Darryl Baker, 582-5410

Treasurer: Jacki McGuire

Results, Calendar: Kay Newman

kayjn3@gmail.com

Secretary: Kathy Brown

Equipment Mgr: Leigh Holleman

leighholleman@msn.com

Publisher: Tom Hayes

Newsletter Editor: Dee Metrick

570-5852 or aikidonerd@yahoo.com

For recent updates on what's happening with the BSWD, get on the web; www.winddrinkers.org

Race Directors, please submit your calendar information by the 25th of the month to Kay Newman. Please include contact information, date, and distances. Please do not send an attachment with huge flowery descriptions; just the simple facts. Race Calendar: Always check www.runmt.com for race updates and more details.

DISCOUNTS FOR MEMBERS:

Bozeman Running Co., \$15 credit in store for every \$150 spent, Casey 587-1135

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

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Universal Athletics, 10% off all shoes and gear, 587-1220,

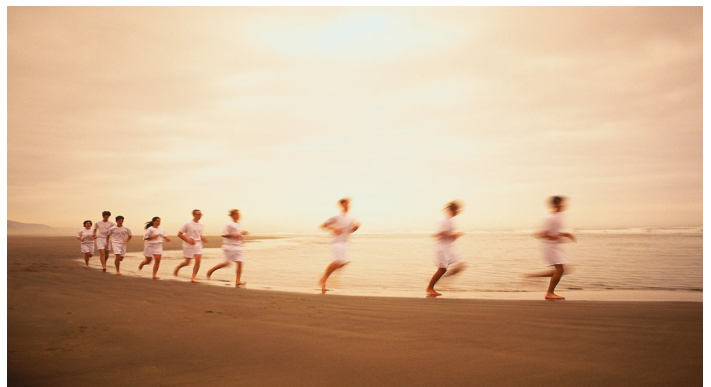
Advanced Training Project, Steve Conant, 10% off, 581-5545

Clinical Massage Concepts, Paul Sergerston, \$55, 581-6242

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

Wholistic Running, Damian Stoy, 507-972-9720, \$30 off workshop or private lesson

See www.winddrinkers.org for updates and more information.



“FITNESS CANNOT BE BORROWED, BOUGHT OR BESTOWED; LIKE HONOR, IT MUST BE EARNED.”