

The Wind Drinker



November 2015 Newsletter # 458



THE WIND DRINKER IS A
NEWSLETTER FOR RUNNERS OF
ALL ABILITIES

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

Message from the Prez

By Rob Maher

"Therefore, it is not important how fast one runs, but that one runs."
--Frank Newman (1931-2011),
founding member of the Big Sky Wind Drinkers.

Greetings! It is my pleasure to write a few words for inclusion in this month's newsletter. While I did not seek to become president of our club, I was very flattered to be asked to volunteer in this capacity because I am a "true believer" in all that the Wind Drinkers stands for. I'd like to share a few remarks about BSWD--especially on behalf of the newcomers to our group.

Like most of you, I belong to a variety of organizations. Most of my official memberships are in professional groups devoted to furthering learning and discovery in science and engineering, but none bring me as much joy and satisfaction as being a member of the Wind Drinkers. Our group gets together not for individual recognition or advancement, but simply because we share an interest in staying fit, getting exercise, enjoying a smile and a laugh with friends, and welcoming new members of our community who share these simple interests and values. As described so well in Frank Newman's words quoted above from our charter, BSWD is an inclusive group, not an exclusive group. Runners of all ages, shapes,

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The Mature Runner

By David Summerfield

Perhaps It's Time To Change The Mature Runner Into the Supernatural Runner

If anyone is out there who has weathered the past several articles about changing how you think about your body – to help alter it to be a more useful, healthful body – well, let's take it one step further. Hold on!! I'm asking us (you, me, and anyone open to this) – to take the leap to actually become a supernatural individual, or runner (if that's the label you prefer for yourself). If anyone has gone so far as to start reading Joe Dispenza's book (You Are the Placebo), this takes place at the end of the whole book. You've gone through many exercises which pretty much prove to yourself how to actually rewrite your genes, which in turn rewrite your genetic code which in turn changes your body. Too much for you already? Sigh. Then read no further!

I found my heart pounding as I approached the end of the book. I had long ago stopped arguing with Joe. Like many "over-the-hill" runners, I'm "sick and tired" (but not tired enough to make myself sick!!) of putting up with the general mind-set of getting old. The body has long since stopped obeying my commands. I needed a new method, and this was good enough for me. Progress is slow. Painful. I get discouraged, trying to really change

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



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sizes, and abilities are welcome. No one needs an elite runner's résumé for membership--although we do welcome elite runners, too!

BSWD is a non-profit group. Funds raised from membership fees and race proceeds from our various major events get distributed back to the community through donations to running-related organizations such as the Gallatin Valley Land Trust, youth running groups like the Bozeman Track Club, purchase of running-related equipment that can be borrowed at no charge, and scholarships for high school seniors who have been active in track and cross country. BSWD also gives members participation incentive awards by attending Fun Runs and volunteering for events.

BSWD is built upon the hard work of many volunteers. We have a very capable group of Vice-Presidents who do much of the day-to-day work for our organization. The VPs are the ones who coordinate the Fun Runs throughout the year (weekly in the summer, monthly in the winter) by marking the courses, setting up the sign-in and timing table, bringing water and post-race snacks, cleaning up afterwards, and generally coordinating everything. While the Vice-Presidents do the setup and take down, we also need two or three additional volunteers for each Fun Run to help by timing the runners and accounting for everyone who is out on the course. Volunteers to help with Fun Runs can sign up on the BSWD website: winddrinkers.org.

Among the cool things about the Fun Runs are that there is no charge, and you do not have to be a BSWD member to participate. We do require everyone to sign-in for the event to know how many are out on the course and as an acknowledgement of accepting the customary liability waiver, but we welcome anyone who wants to participate. Please invite friends, family members, and neighbors to come to any of the Fun Runs as guests—and prospective members.

Besides the Fun Runs, BSWD's major events each year include the late-summer events: the Sweet Pea Run (first full weekend in August), the Bridger Ridge Run (middle of August), and the John Colter Run (September). There are also spring events that include the Baldy Blitz (middle of May) and the Frank Newman Marathon (weekend prior to Memorial Day weekend). Other Wind Drinker-

how I view the body. It's hard. But every whisper of a breakthrough feels like an organ playing with all the stops out.

Last weekend, leading up to a mighty challenge of doing the "Rim to Rim" in the Grand Canyon next weekend, Stacy and I decided the time was right to actually do the whole "Back to Bridger" run, all 18.1 (on my car's odometer) miles. I've run this many times doing 8 minute miles. I love the route....the feeling of ending a fun season of running, and thinking of finally being able to ski my workouts until next April! This one had to be walked. The mind-set was simple – next week we've got to do 24 miles of very rugged terrain (6,000 feet of elevation loss and gain) over rocky paths....and a deadline of hearty Bozemanites waiting for us at the North Rim trailhead at a specific time. No room for error of judgment. Oh, I love the challenge. My mind is already racing just thinking about it. So, we took off all alone at the Elk's Club on Haggerty Lane – at first light. A practice of what would really happen in one week. Again, no room for error – every challenge had to be met (dehydration, aches and pains, bonking, soreness, you know the routine). It worked. Gobs and gobs of energy were consumed just making it happen. The day after was comical – total sluggishness, mind in a blur, "what were we thinking", etc. But we made the decision to actually become supernatural – I'm not talking about becoming superman-superwoman. Supernatural is just doing what is not natural for humans to do. That's all. We have opportunities to do this every day. I'd say, be supernatural as much as you can every day. And get in the habit.

When we got to Bridger Bowl at the foot of the Jim Bridger Lodge, there was a welcoming committee – 5 faithful Wind Drinkers who had volunteered to put this on. They were there welcoming all those who chose to be supernatural that day. Turns out, only Rob (our new president) and Kyle (a returning Bozemanite – and Bozeman Brewery brewer) were the only other long-haulers. They RAN it probably twice as fast as we did. But....their supernatural feats made us feel absolutely supernatural as well. Just "step into the unknown, and that's when the supernatural starts to unfold." (page 301). Joe talks about "mirror neurons" in the book, and that's when you see (witness) someone else doing something so beautifully, you instinctively want to do the same, and in essence, you begin to. Joe must be a tennis player, because he uses the act of watching Serena Williams hitting a ball – which allows him to hit the ball better than he ever did before. I've got to wrap this up. This is Joe's recipe for being supernatural (page 300...and sorry if it sounds a

affiliated events are the Old Gabe 25k/50k (June) and the Devil's Backbone 50 mile (July). These major events are open to BSWD members and non-members alike, but unlike the Fun Runs, these races have a formal registration process, a limit on the number of runners, and a nominal entry fee.

If you ever want to know more, or want to get involved in any of the Wind Drinkers activities, a great place to start is the group website: winddrinkers.org. We also have a presence on Facebook. And even better, just talk to any of the volunteers listed in the newsletter: we would all be delighted to get to know you and welcome you to BSWD.

RACE CALENDAR

November

7 Jim Banks Tukey Trot. Spirit Hills. Off of Springhill Road at Foothills Fellowship Church on Centennial Dr. Distances of 1.3, 2.7 & 4.4 Miles at 9:00 am. Predict your time and win a turkey.

www.winddrinkers.org

11 Veterans Day Run. Butte. Starts at 11:11 am at Stodden Park ending at the American Legion Club. 2.5 Miles & 5.2 Miles. Race day registration at Stodden Park.

21 Bon Appetite. BSWD Run with no definite course and no timing. Meet at 9:00 am at the Elks Parking Lot on Haggerty Lane. Run for 30 minutes then gather for a no host breakfast at a local restaurant. Call 586-5543 for information.

26 Huffing for Stuffing. Bozeman. Thanksgiving Day Run for the Whole Family. 5 & 10K Distances with an untimed 5K Run/Walk. A benefit for the Bozeman Food Bank. Starts at 8:00am.

www.huffingforstuffing.com

26 Run Turkey Run. Billings. Runturkeyrun.org
Another Thanksgiving Tradition

December

5 BSWD Jingle Jog. Starting at 9:00 am at the GVLTA office behind the library at 212 Wallace Street. Three distances. Bring a Christmas goody to share.

January

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

little preachy – it just seems too true to neglect including it) – “We have to begin to do what’s unnatural – that is, to give in the midst of crisis, when everyone is feeling lack and poverty; to love when everyone is angry and judging others; to demonstrate courage and peace when everyone else is in fear; to show kindness when others are displaying hostility and aggression; to surrender to possibility when the rest of the world is aggressively pushing to be first, trying to control outcomes, and fiercely competing in an endless drive to get to the top; to knowingly smile in the face of adversity; and to cultivate the feeling of wholeness when we’re diagnosed as sick.” - Bon voyage, you supernaturals..... – David Summerfield

DEAR WIND DRINKERS

Dear Wind Drinkers,

Man-hunk and I are engaged. I hate to promote the belief in our culture that getting married is a woman's way to unending bliss, safety, and peace, but I would like to share my excitement with you. Our community includes many people who could understand how a conversation about the Bridger Ridge Run could turn into a nine year relationship and then a marriage.

My fiancé is a runner. He has been since I met him. His enthusiasm for the sport waxes and wanes with the seasons and the alignment of his body but he has always appreciated the power of runner's high. We started out talking about running and martial arts. Nine years later, we still talk running and martial arts. When it comes to these activities, we are both seeking the deeper lessons. We are both committed to the action that comes after the conversation. How do we use these opportunities to run in our beautiful country to make ourselves better? How do we use running and martial arts to be a positive part of our community? Man-hunk and I are dramatically different if one only looks at political beliefs, spiritual practices, personality types, food preferences, housekeeping choices, and appreciation for the sound of incessant meowing from a small black cat named “Lois”. Yet we still get along quite swimmingly, enough so that I will sell-out, much to the dismay of my inner 19 year old, and celebrate our commitment in front of our parents and many other family members.

Saying yes was an obvious answer. This lovely man has waited for me at innumerable finish lines, often in

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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)

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.

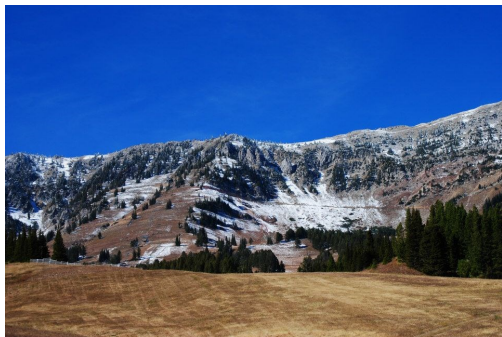
RACE RESULTS

Back to Bridger Run - 10/17/15 - It was a beautiful fall day. Thanks to Carrie Gaffney and her dad Paul Gaffney for setting up the courses. Thanks to Bob Eichenberger and Elizabeth Growney for helping with logistics and timing. Times are as follows: **17.5**

Miles: Rob Maher 2:39:00; Cale Hofferber 2:39:00; Stacy AuCoin 4:46:00; David Summerfield 4:46:00. **7**

Miles: Casey Bloomer 58:00; Darryl Baker 1:11:00; Bill Wiedenheft 1:12:00; John Williams 1:30:00; Steve McGuire 1:35:00; Jacki McGuire 1:56:00; **2.2 Miles:** Leif Growney 22:00; Cooper Johnson 22:00; Teresa Galli 23:00; Leonard Baluski 24:00; Gail Cary 25:00; Elizabeth Growney 25:00; Ryen Growney 25:00; Betty Bloomer 26:00; Tom Moore 30:00; Jean MacInnes 36:00; Suzanne Winchester 38:00; Kay Newman 42:00.

The Halloween Costume Run - 10/24/15 - The Halloween Costume Run attracted only nine runners but they managed to eat lots of the food supplied by Bonnie and Bob Eichenberger. Thanks to them for setting up the courses and for timing. Results are **5 Miles:** Scott Flatlip 38:06; Rob Maher 38:07; Alycia Vankirk 41:19; James Jong 41:19. **3 Miles:** Leonard Baluski 8:11; Jane Foster 35:43; Gail Cary 35:46. **1 Mile:** Leon Shearman 22:10; Kay Newman 22:11.



adverse weather and/or after he had run a hard-core race himself. He has seen me through the dark days of knee surgery, a hamstring injury, a new job that kept me from running as much as I wanted, and missing race goals by almost an hour. He has purchased accessories to help me with healing. He has handed me books about the power of female running buddies. He has inspired me to laugh when the mental challenge of the taper felt overwhelming. He has been enthusiastic about camping vacations so we could start our mornings running on new trails and then he has gracefully accommodated my compulsive need to find a shower soon after.

I do not believe that marriage is the key to happiness. Nor do I believe that a woman needs a man to be satisfied. But I am thrilled that my life has worked out as it has, the same way I am consistently thrilled to see the owl that lives in my neighborhood, the fox that lives by the hospital, or my funny cats when I come home from work. My man-hunk makes my life more adventurous, more fun, and more active. The owl in my neighborhood inspires me keep my eyes in the trees, keeps me aware of my surroundings when the sun is rising or setting, and encourages me to learn more about owls than I knew the day before. What comes to me makes me better. I am excited to commit to a life with someone of integrity.

Dear Wind Drinkers, thank you for laughing with both of us for so many years. Thank you for providing a playground with fun games for us to play in together. Thank you for seeing us through the joy and the frustrations. You are as inspirational to me as the local owl, the local fox, and my fiancé.

Your devoted editor,
Dee



(Continued from page 4) ...

MARATHON RECAP AND THANK YOU FROM LEIGH HOLLEMAN:

I got up at 5am to meet the 5:45am marathon bus. I hopped right on and sat with a female marathon maniac from Russia. I arrived at the starting line and it was windy, went to the bathroom and hid from the wind by the side of the competitive timing van, until it moved and found a hole bunch of marathoners using it as a shield, first good laugh of the day. Saw one of my sons coaches, Elizabeth, and chatted with her a bit. Met an older gentleman from Nashville and chatted with him for a bit.

Casey from BRC started off the race with a few announcements and then got us started.

Ran with Elizabeth for a bit, but I did not feel comfortable at that pace so I moved ahead.

Started the first 5 miles around a 7/730 pace. Caught up with one of our amazing local runners, Kama Werner, in downtown Gallatin Gateway, past Stacy's bar, ran the tunnel underneath Huffine together and utilized this echo chamber to talk loudly and Kama had a quick sing. Ran past Gallatin Gateway Inn and Kama said that was where she first got married. I then told her that is the place I stayed when I first visited Montana. Had to let her go ahead, she is way too fast for me. Ran on Gooch Hill, through some back roads and met up with a gal named Carrie, before the big hill near Sourdough. Tried to hang with her for a bit but knew in order to finish I had to run my own pace. Kept wishing I was past the half way point and would start seeing some volunteers that I know. Did see some parents of BTC runners a lot and that helped and also a wonderful lady that was at almost every aid station in the first half, whenever she saw me, she would light up and say "there she is!!" and she was so happy it was awesome to see her!! Wish I could find her and thank her again, she was awesome!!

Got up the hill and it wasn't as bad as I remembered, I was able to run the entire hill. With the help of my ecaps and plenty of water, I got to the halfway point and was so relieved. Mostly downhill from here!!

Coming to South 3rd I got to see my fave lady and coach May-almost didn't see him b/c he was in a suit or something like that. Saw coach jen m from BTC and her crew, they were adorable!! Saw some guys in a dress and a skirt having a blast at another station.

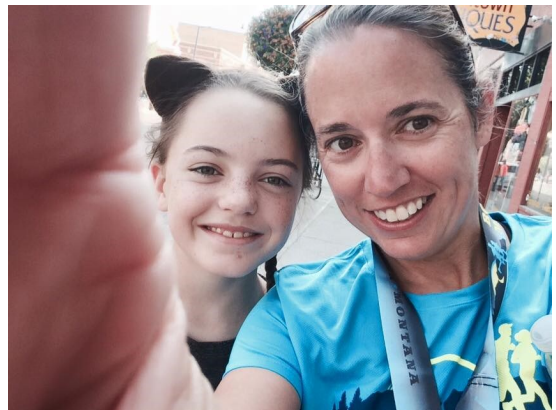
Then around mile 20, coach Dave and his crew cheered me on, filled up my water bottles and we had a quick chat, I am guessing I was talking to them in gibberish!!

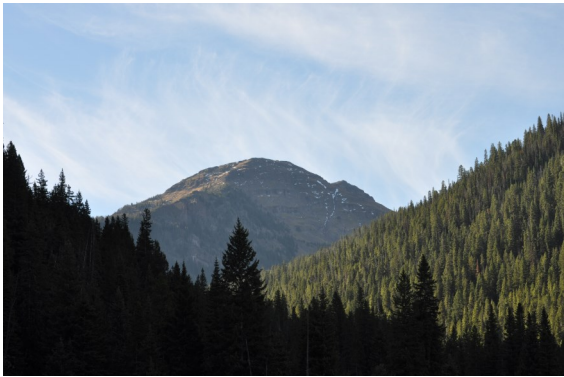
I was getting worried that I could not continue, so kept running until we passed Tuckerman Park and got to some neighborhoods. Used the green cones as strategy to get by, ran every 1-6 cones and then walked the 7th until the cones got too

(Continued from page 4) ...

close together in the downtown neighborhoods. Saw some volunteers throwing the football and told them, I love football, please throw it to me, they did and I caught it, woohoo! And threw it back. Got to another station and heard Laura H cheering me on, I needed that!! Next station I could see the Johnsons were there b/c I could see Mac's hair 1/4 mile away!! Lori knew at this point I would qualify for Boston!! Next few stations saw some of the hawks runners, congratulated them on their runs on Saturday (Keneni, Duncan etc.) and told Dylan that his mom was going crazy when I went by her (she was awesome) and Dylan said he knew she would!! Love these families, awesome people!! I felt I was getting closer to the finish and knew my family was at one of the last aid stations, I could see them and of course my son, Andrew was sitting on his butt!! I yelled for him to get up and cheer and of course toby and Sierra were cheering as soon as they saw me. I heard Sierra say can I run with you and I am sure toby and I said ok, b/c she ran with me to the finish, we passed Jill H (Duncan's mom) and her team at the next station and then Kurt B and an officer at the next busy crossing, Kurt looked in shock to see me and excited at the same time. We got to Main St. and turned right and saw Josephine (cutie from Girls on the run and Bozeman Track Club) and her family and Josephine hopped to my left and ran with us to the finish, her mom Katya is awesome for bringing the family down to cheer us on. Almost at the finish and I tried to walk but Sierra yelled at me to finish strong and then I gave it everything I had and finished my third and best marathon at 3:40:22, 4th overall, top masters women and qualified for Boston with about 15 minutes to spare. Got to see my awesome co-worker Erica at the finish and she got a pic of me and then I got water, food and hung with Sierra before going back to toby and Andrew to help them volunteer.

Hung out waiting for awards, saw another awesome co-worker, Raha, ran into the wonderful Laura H again and hung out while getting awards and having lunch with Andrew. Then went back to help the rest of my family cheer on the rest of the amazing runners at their volunteer station. Great day, great people, great event and community!!!





THE WIND DRINKER

Published monthly by the Big Sky Wind Drinkers, a non profit organization devoted to the promotion of physical fitness. Membership is obtained by sending dues to BSWD, PO Box 1766, Bozeman, MT 59771-1766. Memberships are \$15 per year starting in April, or \$10 after October 31.

Benefits of membership are receiving this newsletter, getting discounts listed on last page, and opportunity to vote at annual meeting (and of course all fun runs).

Submissions to newsletter must be in by 25th of month to

aikidonerd@yahoo.com

Website: www.winddrinkers.org

OFFICERS FOR 2015

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Vice Presidents: Whitney Adams, Craig Hildreth, Tracy & Frank Dougher, Bob Eichenberger, Jenna

Fallaw, Carrie Gaffney, Leanne Roulson

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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

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,

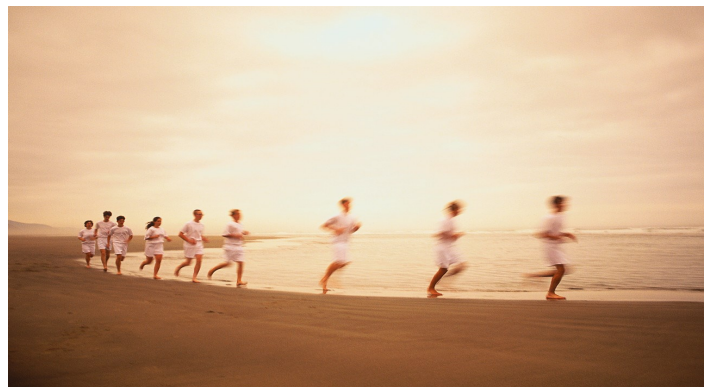
Advanced Training Project, Steve Conant, 10% off, 581-5545

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

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.”**