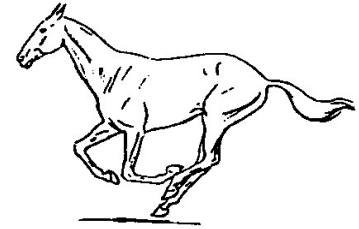




November 2013 Newsletter # 434



THE WIND DRINKER IS A
NEWSLETTER FOR RUNNERS OF
ALL ABILITIES

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

The Wind Drinker

The Old Timer's Corner

By Bob Wade

You have probably already gotten the idea that I am a big fan of small no frills events such as our Fun Runs. You're right. I started running 50+ years ago as a collegiate cross-country runner. After graduation I was living north of Buffalo N. Y. and looked for races for adults in the area. Guess what? There were only one or two events nearby in the whole year.

In order for the sport to grow, more people needed to be involved. In the late 1960's and early 70's several things came together and the running boom was born. I was a small part of this growth by helping to organize the first Guam Marathon (10 runners) and the Guam Running Club. In March 2013 the 42nd Guam Marathon was run. Guam now has 40+ road races a year that have at least 200 runners and a few runs attract over 1000 runners. Why so many runs on a small island with a population of about 150,000? Various groups have discovered that money can be raised putting on the events.

Over the years I become involved in these major events without thinking about what was happening or how much work was involved. Kathy and I worked on many large events but it wasn't until we took over as race directors of the Bozeman Classic that I realized what it actually takes to put on a major running event. It takes months of planning, hundreds of

The Mature Runner

By David Summerfield

Do Mature Runners always HAVE to run marathons?

Well, for me, I guess so. Especially if your daughter expressly invites you to train (remotely) and run one in 4 months...and then your son throws in the towel and buys his airplane ticket to join the 2 of you! I had seriously considered NOT running a marathon this year – why not break a 35 year old record? After all, it is a way of life for some of us...somewhere during each year I have always found a marathon (or 3 or 4) to run. (Why not? It's fun...invigorating...what more do you need?). The lure this time was to follow my daughter's training regimen from Runner's World (Hal Higdon's proven key to marathon success). Jelica was determined to get a breakthrough and fun freely without abdominal pain for 5 hours or less! She texted me one day: "I ran the prescribed 9 miler on Sunday...how are you doing?" So I did the same the following week. I even joined a "health" club (Gold's Gym – I still shake my head in disbelief!) – to improve core strength. A few months into the regime, I WAS stronger and not losing muscle mass. Yea! The 2 of us progressed to 11-milers, a 13-

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



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volunteer hours, attention to detail, the ability to fix the mistakes made along the way and of course, sponsors and money.

The race (now The Stampede) is in August but planning starts in February or March. The race directors apply to the City for a parade permit and the City has to know the route and traffic control plans. No permit no run! Then the sponsors are contacted. As this is an established race, most of the sponsors have a long-standing association with it. The First Security Bank is the major sponsor. They provide a significant monetary donation, a place for registration and many volunteers on race day. Many other sponsors are involved who may donate goods, services and many, many, volunteers, some of whom you can count on year after year.

So why put on an event this size? The proceeds from this race and our other major events, fund most of the activities for the club each year, including scholarships, support for the Bozeman Track Club, and donations to groups such as the Senior Olympics and GVLTA. We are also able to host many free events for our members and friends.

According to the BSWD's treasurers report the Stampede had a total income of about \$27,000. This is from race fees, and sponsorship money. The net income was about \$7,000. So it cost \$20,000 to put on the Stampede plus hundreds of volunteer hours.

Where does the money go? Race shirts cost about \$10 each. The timing company charges \$3.00 per entrant. Race numbers cost at least \$0.25 each. Other expenses include advertising, printing, race supplies and the director's fee.

I think about this and my mind is boggled at what it takes to put on one of our major events. But I work on them because they support the events that are my favorite- the Fun Runs.

On a personal note, I am having knee surgery on November 20. So you won't see this column for a few months as I work on recovery. I may be back walking fun runs in the spring.

-Bob

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

miler, and a 15-miler. I was out one early August morning running on Monforton Road and passed another runner going the opposite direction – we both had the “I’m in training” mode – we could see it in our focused smile. As we passed, she quipped “training for a marathon?” I quickly replied back, “Yup, Portland.” She came back with “Me too – this is my 15 miler.” I had to reply, “Me too! See you in Portland.” I had joined that elite club again. Elation. At that point, it was a done deal. Nothing was going to stop me from actually running a marathon again. (No, I never saw my Monforton Road buddy again.)

Then the temptation: join a group of running friends after the Ridge Run to go up Gallatin Peak. We’d done it several years ago in September during a snowstorm – but this time would be different. My training would hold up... I was psyched. Well, the terrain is steep, rocky, and I was so at home back in the mountains running again...and I fell apart coming down from the summit – my “training” had finally caught up with me – and my weekend long runs came to a screeching halt. Darn it all!!!

So, with tickets bought, a joyous family affair just waiting to happen, and me wondering “how am I going to pull this one off?” – I had to dig deeper. Whenever I get stuck these days, I’ve learned to “google” my way out of it. Seriously. I googled “Inspiring Stories about Running”. Up came what I needed: Teddy Roosevelt said “When you get to the end of your rope, tie a knot and hang on.” Unable to train, I decided to hang on with whatever I had...which was I could still walk, though not too comfortably. Bill Rodgers said “My whole feeling in terms of racing is that you have to be very bold. You sometimes have to be aggressive and gamble.” Okay. I decided to gamble – and just go for it, no matter how I was feeling at the moment. Steve Prefontaine said “A lot of people run a race to see who’s the fastest. I run to see who has the most guts.” I quickly found out that to fly to Portland in no shape to run, and to act like I was really going to run a marathon WAS going to take guts...and I wouldn’t let on what I really felt like. Finally, Alberto Salazar said “...hang back and risk nothing...Or you can push, challenge the others (myself), make it an exciting race, risking everything. Maybe you lose, but as for me, I’d rather run a gutsy race, pushing all the way and lose,

Dear Wind Drinkers,

Last week I had the privilege of travelling to Nashville to meet up with my father and other family members. What a joy to have a reunion with my beloved dad, who, like most normal people, was excited at the prospect of listening to quality live music in the Music City. I, on the other hand, being a runner, was more excited to explore Nashville's Greenway.

The Greenway is a many mile long trail system that winds through the city along rivers, surrounded on both sides by lush trees and vines. While the path is paved, the lack of cars and plethora of wildlife made each run feel adventurous and unrestrained. I told my dad, after my first 6 mile exploration, that any day he was willing, I would walk with him so we could share the experience of getting to know the flora and fauna of Nashville. We planned on heading out together the next morning.

As daylight broke and I pulled on my running shoes, temperatures remained lower than we expected. The weather report and the view out our window revealed that Nashville was covered in fog. My dad informed me that if my feelings would not be hurt, he was going to wait until the weather was better to take on the trails. He didn't see any point to walking through fog. I went for a solo run that morning, scoping out the area that I was hoping to show him during "better" weather. The fog made the path look spooky and beautiful. Water droplets illuminated intricate spider webs that seemed to cover every open space. An intoxicating smell of wet leaves and earth that is rarely experienced in our dry country fed my exuberance. Slowly, over the course of my hour-long run, the fog lifted. The hint of fall colors arrived again as the air warmed and the spider webs slowly faded into wisps too fine to be seen by my eyes. I was witness to the Greenway waking up that morning and I felt blessed.

My main thought, as I returned to our hotel was, "Dad missed out." This, my dear wind drinkers, is one major difference between those of us who run compulsively and those who use their spare time to watch television. Fog would never keep us from a run. Rain rarely keeps us from a run. Snow makes running more fun. Any temperature above 10 degrees Fahrenheit or below 80 degrees Fahrenheit is perfect for a run. Hail will always pass and then we can run. Wind may change a route, but it will not keep us inside. Headlamps can light the darkness. Wool socks can keep feet warm. There are

(Continued on page 4)

than run a conservative, easy race only for a win." Well, I wasn't thinking about "winning" – except to survive the distance and not keep my kids waiting at a Starbucks until nightfall! Winning here was being able to enjoy the whole day with my kids and end up inspired and having the best times of our lives. And yes, that is exactly what happened. Just doing it together provided tons of inspiration – we had a blast from start to finish. I kept pace with them for 5 miles, then we settled into our individual paces. We passed each other on the turn-arounds, we iphoned each other along the way, we joked and teased and played in that zone called the "runner's high". They only had to wait 34 minutes for 'ole Dad to come along, with a Chai Latte waiting. Advice? Whenever you can make it happen, no matter how you feel at the moment, go for it. Making the commitment usually is half the battle...or as Will Rodgers said "Even if you're on the right track, you'll get run over if you just sit there." Enough said!

- David Summerfield

RESULTS

Back to Bridger- 10/19/13 - An enthusiastic group of runners gathered at various starting points to run the course under rather windy conditions. 17.5 miles: Jeff Rowe 2:45:29; Lukas Geyer 2:45:32; Karey Young 2:45:37; Andy Garza 2:45:38; 12 Miles: Rick Hartman 2:16:30; 10 Miles: Ben LaFrance 1:31:53; Tom Moore 1:31:54. 7 Miles: Joel Barton 54:41; Kurt Buchl 1:06:29; Daryl Baker 1:06:30; Jon Swira 1:13:22; Sandy Nabarro 1:13:23; Sonia Williamson 1:28:13; Lindsey Hanna 1:28:13; 3 Miles: Craig Hildreth 28:38; Leonard Baluski 34:35; Gail Cary 34:36; Celia Bertoia 34:39; Ruth Forrest 41:54; James Lambert 42:12; Kay Newman 57:58. Thanks to Kathy Brown, Tomas Dumbrovsky & Bob Wade for coordinating and timing the event.

Costume Run - 10/26/13- It was a beautiful fall morning (the calm before the storm or so I heard) for the annual Costume Run. Thanks to the timers and Run Director who were Rob Maher, Bob Wade, Suzanne Winchester & Martin Rollefson. Times are

ever-increasing opportunities for us to purchase products that will enable us to take off into any external condition.

Not running is more difficult than stepping out into challenging climates. Too many days off from running feels like leaving the house without brushing my teeth: I don't want to talk to people, I want to hurry back and resume my routine, and my mind urges me to fix the problem as soon as possible. Why would fog keep me inside while my body is working? Hip pain has kept me from running, as have plantar fasciitis and knee surgery. Truly, only desperate, screaming pain will restrain me.

My father and I did walk the next day. The temperature hovered around 55, the sun shined, and I led him to my favorite spot two miles into the trail. We walked for an hour and a half discussing our differing perspectives on the "God gene" and making up ridiculous names for each colorful bird that crossed our path.

That night, when my dad wanted to listen to live music in downtown Nashville, I told him I was too tired and wanted to get to bed. He looked at me like I was crazy and I knew what he was thinking, "We are in Nashville. How can you be too tired to listen to live music?" But I had more trail to explore and was getting up early the next day. Tired seemed like a perfectly good excuse. Plus, the temperatures had dropped and downtown would be too cold.

Thank you, dear wind drinkers, for helping me to learn the value of getting my patootie outside year round no matter what the environs may bring.

Happy Halloween.

Your devoted editor,
Dee

November

2 Montana Cup. Deer Lodge. Organized by Buttes Piss & Moan Running Club. Men & Women's Cross Country team event. 5 & 8K distances. Starting at noon. A team event with a travelling trophy. Information at www.montanacup.com

2 Halloween Hustle. 5K Run in Billings starting at 9:00 am. Kids Mile at 9:45. Starting at Granite Health & Fitness. Register @ iamathlete.com. Info at Zent@billingssschools.org

as follows: **1.1 Mile:** Angie Kociolek & Evan Karza 11:25; Sierra Holleman 12:54; Kay Newman 19:56. **3.0 Miles:** Leonard Baluski 28:51; Gail Cary 30:49; Leon Shearman 34:48; Andrew Holleman 38:59. **5.3 Miles:** Kurt Buchl 41:10; Tom Moore 41:14; Vanesa Zaragoza 43:01; Juan Cholbi 43:02; Leigh Holleman 45:08; Lindsey Hanna 55:01. Best costume contest winners were Juan Cholbi, Vanesa Zaragoza & Gail Cary.



9 Jim Banks Turkey Trot BSWD 9:00 am. Spirit Hills at Foothills Fellow-Ship Church
23 Bon Appetite BSWD at Elks Parking Lot on Haggerty Lane 9:00 am. No designated courses. Run your selected distance then go for a No host breakfast at a designated restaurant. Info: 586-5543
28 Huffing for Stuffing Thanksgiving Day Run. Bozeman. Benefits the Gallatin Valley Food Bank. See www.huffingforstuffing.com for details. Volunteers needed.
28 3rd Annual Run! Turkey Run! 5K & Street Mile in Billings at 9:00 am. To battle hunger. Starting at Good Earth Market. Costumes encouraged. www.runturkeyrun.org
28 31st Annual Turkey Trot: 1,5, 10K Flat & Fast Courses in Helena starting at Crossroads Sports & Fitness. www.crossroadsportsfitness.com. 442-6733

December

14 Jingle Bell Fun Run: 5K & 1 Mile in Billings at 9 & 9:45 am Festive Holiday wear encouraged. Free entry if you bring a Toy donation for "Toys for Tots". www.runmt.com/2013JingleBellFunRunEntry.pdf 690-8680/
21 Jingle Bell Jog. BSWD 9:00 am at the Lindley Center. Bring a Christmas goody to share at the party & raffle

January

4 BSWD FA 50K at Headwaters State Park at Three Forks. Run as many 5Ks as you wish. Road, trail or combination of courses possible. 9:00 am start. With official Timing closing at 3:00 pm.
10 HURL Fat Ass 50K. Helena. 9:00 am start. The course is one big road loop with a one mile rails to trails detour. Starts at the intersection of 9th & Raleigh. Relay options. No fee, no aid or support. Post race potluck dinner at 815 11th Ave. Contact Martin Miller for info at 459-6296 or mpmiller93@yahoo.com

Big Sky Wind Drinkers Fall / Winter Runs 2013 - 2014 Season

Saturday, November 9 Jim Banks Turkey Trot
9AM – Foothills Fellowship at Spirit Hills

Saturday, November 23 Bon Appetite 9AM

*Meet at Elk's Club @ 205 Haggerty to run any distance desired. Meet for breakfast afterward.
Race Director: Kay Newman; No VP participation needed unless requested by Kay

Thursday, November 28 Huffing For Stuffing 8:00 AM Kids' Run Thanksgiving Day Run 8:50 AM 10K 9:15 AM 5K *Fund raiser to benefit the Gallatin Valley Food Bank. "See: www.huffingforstuffing.com for details" Race Director: John Dudas

Saturday, December 21 Jingle Bell Jog 9AM
Lindley Center Christmas Cookie Pot Luck and Raffle

Saturday January 4 BSWD Fat Ass 50K Start 9:00 AM Headwaters State Park, Three Forks, 5k out and back trail or road options. Run as many 5Ks as you wish. Runners finishing after 3:00 PM will call in their times. Race Directors VP's self-timed.

Saturday, February 22 Froze Nose 9 AM *Meet at MSU: Grant & 11th

Saturday, March 22 Handicap Run 9 AM *Meet at MSU: Grant & 11th

Saturday, April 19 Back from Bridger 9AM *Meet at Bridger Bowl parking lot. 5 distances: 3, 7, 10, 12.5, or 17.5 miles. Finish line closes at 12:30

Saturday, May 24 Frank Newman Marathon / Relay 8AM 27th Annual! *Meet on Bridger Canyon Road south of Bridger Bowl. *Post race lunch at Sacajawea Park in Livingston.



Photos of Montana Autumn by Dorothy Bradley



Notable examples of Greenways in the United States:

Boise River Greenbelt in Boise, Idaho

Capital Area Greenbelt in Harrisburg, Pennsylvania

Capital Area Greenway in Raleigh, North Carolina

Central Valley Greenway through Metro Vancouver

Cherry Creek Greenway, Denver, Colorado's premiere urban greenway

Dequindre Cut in Detroit, Michigan

Greater Grand Forks Greenway in Grand Forks, North Dakota and East Grand Forks, Minnesota

High Line (New York City)

Leon Creek Greenway in San Antonio, Texas

Little Sugar Creek Greenway in Mecklenburg County, North Carolina

Manhattan Waterfront Greenway around Manhattan Island in NY

Maryville Alcoa Greenway in Alcoa, Tennessee

Midtown Greenway through Minneapolis, Minnesota

MillionMile Greenway, across metro Atlanta, the state of Georgia and the eastern United States

Mountains to Sound Greenway in Washington State

Ohlone Greenway in the East Bay region of the San Francisco Bay Area

Rachel Carson Greenway in Maryland

The River Ring, encircling St. Louis, Missouri

Rose Kennedy Greenway in Boston, Massachusetts

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

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Prez:

Kurt Buchl 587-0756

Vice Presidents: Kyle McKenzie, Bob Wade, Frank Stock

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Results, Calendar: Kay Newman 586-5543

kayjn@imt.net, Craig Hildreth

Secretary: Shawna Oostema

Equipment Mgr: Leigh Holleman

leighholleman@msn.com

Publisher for life: Jim Banks 587-7629

Newsletter Editor: Dee Metrick
570-5852 or aikidonerd@yahoo.com

Find email addresses at www.winddrinkers.org

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:

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

Pro-Light Gear, 421 W Griffin, Brad, 20% discount, 582-0508

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, \$45, 581-6242

Homestake Lodge, Chris Axelson, 10% off tkts & gear, 585-8052

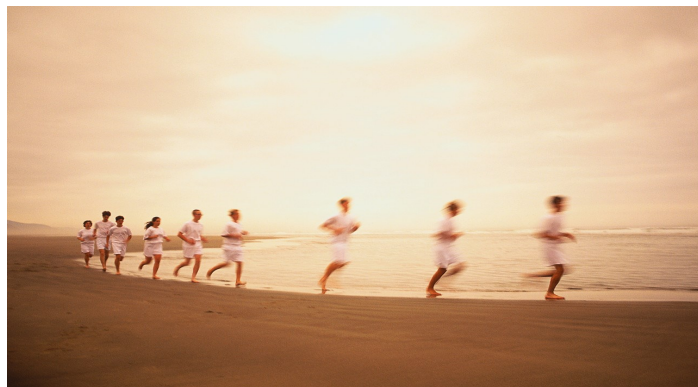
Four Zero Six Shirt Screening, Pete Sveen, 10% off, 600-5753

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 for updates and more information.



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