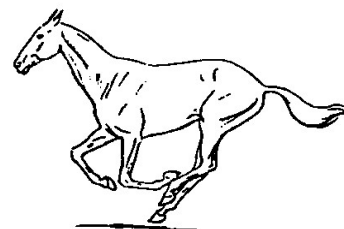




October 2013 Newsletter # 433



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 President's Corner

By Bob Wade

Last month I wrote about “memorable races” and indicated that in general I preferred small, no frills runs with an interesting or challenging course. Many of our Fun Runs fit that criterion.

Once in a while I am surprised by how much I enjoy a large event with many frills and a lots of participants. The revived John Colter Run certainly was a “memorable run”. It has a memorable course with not one but two river crossings. And Kathy and Darryl met me at the finish line with hugs and Liz was there with a hug and a cold beer. What more could one want?

However, this was not a simple run to put on. Kurt Buchl headed up a hard-core group of dedicated Colter supporters worked for over a year to bring the run back. The Colter Run was canceled in 2012 because Montana Rail Link decided 300 runners crossing a railroad track in the middle of a field was not a good idea. (It had been done for over 30 years!)

When confronted with an insurmountable obstacle some people quit. But hardcore runners say if you can't go over lets go under. Within 400 yards of the old crossing is a stream flowing under the

The Mature Runner

By David Summerfield

Billy Mills finally defined a Real Mature Runner

I was in the presence of true greatness last September 19th. I'm so sorry most of you couldn't be there. Leonard Baluski was in the front row, of course; and Scott Creel was in the back of the bleachers. Maybe some of you were there too, but I didn't notice. I was so focused on every word coming out of Billy Mills' mouth. Over the decades, he has taken on a cult status in my life. I never dreamed I would ever attend one of his talks. I'll do my best to share what he came to Bozeman for... well...it was really to discuss what to do with one's life – and he was talking directly to the Native Americans in the audience. I'd say they were in the majority. Especially the young kids sitting in the front rows.

I was a junior in high school. My parents traveled to Tokyo to see the Olympics – and they were the most unathletic people I had ever known. Why didn't they take me? They witnessed an unknown Indian from the Pine Ridge Reservation in South Dakota win the 10,000 meters and set an Olympic record in the process. I had just started running secretly, no

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



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tracks. Would the Rail Link let runners go under the tracks? The answer was yes!

The major obstacle was conquered but the course is mostly on private land. There were several more groups that that would need to approve the run. They included the Montana State Parks, Holcim Cement plant, the City of Three Forks and several private landowners. All this was accomplished. Then there were 101 details about the course, the awards, and the sponsors that needed to be dealt with. Kurt and the Colter group kept on plugging away and got it done.

The 2013 John Colter Run was a huge success and John “Colter” Dudas lost his loincloth on the trail but not his life.

BSWD can host the whole gamut of runs so everyone should be able to find a “memorable run” The Summer Fun Run also had many “memorable runs”. Shawna Oostema kept track of all the participants and there were a lot. 324 different runners ran at least one Fun. An average of sixty-one runners participate in each run. The Bogert Park Run had the most participants at 96! The drinking Horse Run and the Bear Canyon had the least runners. The participation was low because of extreme weather at run time.

A John Colter Race Report From John Dudas:

Colter race yesterday was fun - except for all the pain and anxiety about not "getting killed". I've never been leading a race before and so when the gun went off, I panicked and sprinted for as long as I could before slowing considerably due to exhaustion. I had to wonder how does someone pace themselves for 7 miles when "running for his life"?....not the way I did it.

The leaders caught me at about 1 mile. I "killed" a few with water balloons, but then the guy who captured the flag also caused me a wardrobe malfunction. While the leading women and pack surged by me, it took me a minute or two to repair what little I had available in order to finish the race. Being a distance runner on roads, that course humbled me incredibly. The first water crossing involved shoe-swallowing mud. Then, crossing the Gallatin was wonderfully refreshing. Post race activities were terrific. I believe I finished about 37th place, which is decent for me but lethal for John Colter.

one was ever to know. I was a pudgy high schooler who had never participated in any sports, ever. Everyday I ran 2 miles down the hill to Lincoln High School in my penny loafers. I walked back every afternoon. My senior year, I figured out how to jog back uphill. Billy Mills exploits were not wasted on me. I started dreaming about running 10,000 meters. It became my obsession, again, secretly. No one was ever to know. I can talk about it now because of having finally been with my idol. He reminded me of where it all came from.

Makata Taka Hela was born in 1938, an Oglala Lakota Sioux. He talked about growing up in amazing poverty, but was always cared for by a huge family – being orphaned at 12 didn't stop him from prospering. His grandmother raised him – as well as his father's brother who married his mother's sister. He had 25 siblings. Enough biography. Billy charged every story with a very obvious lesson – aimed at each of those little kids sitting in front of him. No matter what your situation in life, you have to have a dream. If you can dream, then that creates your destiny, period. That alone was a rich take-home lesson for me. He spoke of learning early on from his elders that the Olympians were chosen by the gods. Well, he wanted to be chosen by the gods. He didn't know what the Olympics were, but he found out it included running 6 miles, so he told us he began dreaming about winning a gold medal in that event. He rehearsed the dream many times a day – he actually said about 100 times a day, probably 1000 times a week. In his high school years he got a job at a grain mill – but didn't have any place to stay. The owner of the operation said he didn't have any room at his house, but told Billy he could stay in any of his abandoned cars parked on the edge of the property. Billy chose a 1947 Packard. I laughed out loud – I know about that car – I was born in 1947, and know exactly what one looks like. That made Billy smile – he looked up at me and said, “he knows what I'm talking about!”. Ah, at last – I was personally connected to Billy. The front of the car was smashed in, but the back seat was comfortable. He earned enough money to buy clothes to go to school. He worked every night, and ran an hour every day. He got recognized for his running, and attended the Haskell Indian Nations University – eventually getting an athletic scholarship to the U. of Kansas. He won many races!

Dear Wind Drinkers,

Last week, the post I daydreamed about putting on Facebook said, “This morning I woke up hating myself. The only logical solution was to take on a few huge hills over the course of a six mile run. Rain, hail and wind enhanced my suffering in a way that seemed poetic. The fatigue in my muscles as I ran up two hills mirrored my spirit. Now, dear running friends, I ask you, is it not worth a huge serving of self-pity if that darkness helps to set a PR and discover that yes, indeed, we can outrun our demons?”

These words did not appear on my Facebook page, most importantly, because of my mother. My mother cannot stand the notion that I, like all other humans on this planet, sometimes wake up beneath a dark cloud, feeling worthless and burdensome to society. My mother is also not, nor has she ever been, a runner.

Which leads me to the second reason I did not type those words onto my profile: about half of my Facebook friends are not runners. They would not understand that my run during inclement weather, my PR, and my feelings of fulfillment after the run made me feel strong on a day that I could have spent feeling weak. They may have seen compulsion, noting that only crazy people would run on a day like today. Or they may have thought to themselves, “ANOTHER post about running. I am taking her off my news feed.” I am certain there is someone on my list of “friends” who thought, “I hate you too! I hope you fall into a puddle.”

No matter what the reason or who inspired my restraint, the notion became clear to me once again that my life is divided up into people who understand running and people who don't. That solidarity has nothing to do with speed, body-type, or time spent dedicated to our sport. When I wake up feeling worthless, put on my running shoes, and set a PR in “horrible” weather, only my running friends can comprehend how that would be a choice to heal myself and not hurt myself. Only my running friends would read about my suffering and my PR and congratulate me on setting a new record.

This month, I will schedule pre-work runs in darkness. On most weekdays, in order to keep my mileage up, I will face the choice between black ice and the gym. Neither leaves me as excited as pre-work trail runs,

(Continued on page 4)

But his talk wasn't about running, really. It was about how to get that dream going, and not lose it. “Perceptions” form a huge part of our lives, and most of them are usually inaccurate. To point this out, he told how he was at the London Olympics (he gets to attend them all!!). After the 10,000 meter, he was in a pub with friends and family. He was sitting near a table of journalists who started talking about the greatest 10,000 meter races in history. One of them talked about that Indian – what's his name – but he's probably a drunken Indian on drugs and about no good. His daughter whispered in his ear “Daddy, tell them who you are”. “Shhh” he said. They went on and on trying to remember his name. His daughter kept whispering in his ear “Daddy, tell them who you are!” “Shhhh” he kept telling her. They all got up to leave, and in passing the journalists, Billy told them that the Indian's name was Billy Mills, and that he's actually going around the world helping people lead productive lives. One of the journalists said, “Well, you must know him then.” Billy simply said, “I am he.” Whew. A lesson in perceptions as well as in humility. With each story, I could so easily imagine sitting around a little campfire inside a teepee, listening to my elder tell important lessons for me to pass on to my family when I am their elder.

This newsletter can't print an entire book (which I would write of course), so I have to stop. So, (as always) google Billy Mills, and find some of his talks and read from the horse's mouth yourself. Your destiny is always completely in your own hands. Just get that dream going again, and go over it at least 1000 times a week. Or, put another way, figure out what you DO go over in your head 1000's times a week – and that is what's driving your destiny. No, Billy didn't say that. Its just a thought....

- David Summerfield

PS- OPERA RUN BOZEMAN

Coming this Saturday, October 5th: Come out and BE SUNG TO – in various languages, even!

weekend races, and sunshine on my bare shoulders. The math on when the light will return outside of my work hours leaves me wishing I could hibernate until March. Luckily, there is work to be done, rest to be had, and other runners who will help me to stay focused on my goals: remain strong, be ready when the opportunity for a spontaneous race appears, stick with the friends who understand that running is the greatest medicine for my spirit and my body, and always avoid Facebook on the gloomiest of days.

Thank you, dear Wind Drinkers, for encouraging me to run through the puddles when I want to drown in them.

Wishing you well-reflected runs,
Dee

RESULTS

Middle Cottonwood Trail on August 27, 2013. Thanks to timers Kyle Klicker, Randy Oostema and Dave Skelton. Thanks to Theron Burling who marked the course. Mark Raymond 10:59; Barbara Winchester 13:24; Sierra Holleman 15:48; CJ Oostema 15:49; Jacki McGuire 16:42; Linda Skelton 22:47; Kay Newman 23:19; Madison Oostema 23:39; Avery Johnson 23:40; Lori Johnson 23:45; Hazel Roulson 25:51; Cindy Mermin 28:17; Jack & John Dudas No time recorded **3 Miles:** Preston Franck 23:44; Dylan Humberger 25:21; Kurt Buchl 29:55; Tillman Bartholomew 31:11; Ryan Bartholomew 31:12; Craig Hildreth 31:19; Mac Johnson 31:45; Leigh Holleman 32:00; Sarah Spartas 32:47; Elizabeth Spartas 32:47; Austin Fraker 33:49; Garret Coley 34:17; Natasha Fraker 34:18; Stuart Smith 34:27; Tamara Engellant 35:33; Elizabeth Coughlin 35:34; Bob Johnson 36:05; Karen Funke 37:08; Bruce McCallum 40:14; Tobias Holleman 40:19; Geoffery Godfrey 40:21; Allison Banfield 41:22; Leonard Baluski 42:33; Mia Dudas 43:22; Kelly Munter 43:54; Paige Lebbly 43:55; Andrew Holleman 43:56; Laura Humberger 44:03; Leon Shearman 44:16; Gail Cary 44:49; Steve Garcia 45:00; Marc Mergy 45:14; Kim Rollefson 49:09; Ruth Forrest 50:39. **5 Miles:** Tomas Dumbrovsky 49:52; Alexandre Lussier 40:53; Peter Lindahl 43:23; Rob Maher 44:10; Drew Tyger 46:10; Tommy Bass 46:49; David Dickensheets 47:04; Lucas Geyer 47:12; Jon Cummins 49:02; Kirk Keller 52:01; Martin Rollefson 52:24; Darryl Baker 52:51; Blair Speed 52:59; Rob Pudner 53:00; Lisa Verwys 53:01; Ben LaFrance 54:39; Tom Moore 54:42; Brian Shaw 57:15; Molly Todd 1:01:32; Leanne Roulson 1:06:07;

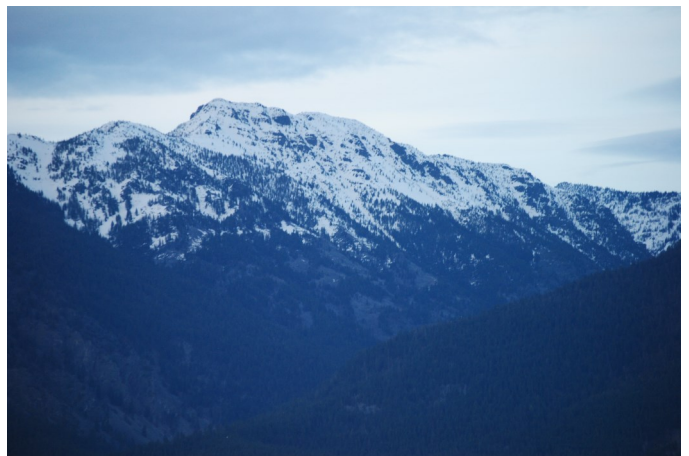
The Intermountain Opera is staging Verdi's La Traviata October 11th and 13th at the Willson Auditorium. In preparation for this great event (Verdi's 200th anniversary – and the Intermountain Opera's 35th anniversary...) – we (BSWD) are helping to put on this run, to expose all open-minded people to the world of opera. David Summerfield is this year's race director, and he promises the 10 mile run is EXACTLY 10 miles long – well-marked and mostly on the trail system south of town. That starts at 9am – Lindley Park Pavilion. You can register at racemontana.com and find out lots more.

To make your running life more interesting, we are having 10 water stations along the route with opera singers singing their hearts out for you as you run by. The 5km run starts at 9:30am – and will use the Linear Trail to the Climbing Rock and back – hitting about 8 of those opera singers in action.

Right after the 10 milers take off, there is a kids' run (9:05am) which will go around Lindley Park – of course with opera singers along the way, and Hilde Viking hats to all participants!

Come join the fun – rain, snow, or shine!

(oh, afterwards, we'll be giving away lots of prizes, one of which is a guaranteed entry into the Ridge Run.....sneaky, no?)



Story Hills: 9/4/13. The warm summer days with the fun runs are drawing to a close. It's always a little sad to say goodbye to summer but we look forward to the winter activities. Once again we have 60 plus participants. Thanks to Kyle McKenzie for setting up the courses. Thanks to the timers who were Mia Dudas, Kyle Klicker, Ben LaFrance and Tom Moore. **1 Mile:** Austin Franker 13:01; Natasha Fraker 13:02; Ethan Douma 15:00; Klara Dumbrovsky 16:10; Ritt Hoblitt 18:05; Leon Shearman 18:06; Jacki McGuire 18:23; Hazel Roulson 19:07; Suzanne Winchester 21:04; Theresa Leland 21:38; Jean MacInnes 21:38; Sierra Holleman 23:30; Sandy Dougher 23:30; Cindy Mermin 23:34; Kim Rollefson 25:57; Madison Oostema 28:24; Linda Skelton 28:38; Kay Newman 28:38. No time recorded for Shawna & Jake Oostema. **3 Miles:** Rob Maher 20:22; Dylan Humberger 22:33; Mac Johnson 23:34; Bryce Ledbetter 25:25; Craig Hildreth 25:42; Elizabeth Spartas 28:43; Sarah Spartas 28:43; Mariah McCallum 30:23; Leonard Baluski 31:31; Bruce McCallum 31:33; Bill MacDonald 32:07; Laura Humberger 32:43; Tracy Dougher 33:50; Karen Funke 34:11; Mac Mergy 34:17; Leanne Roulson 34:47; Andrew Holleman 35:08; Frankie Dougher, Jr 35:23; Coco Douma 35:42; Tobias Holleman 37:25; Jerry Coffey 39:23; Barbara Winchester 44:07; Chris Pummel 46:59; No times recorded for Kelly Munter, Jenny Sheets and Karen Williams. **4.2 Miles:** Alexandre Lussier 28:39; Tomas Dumbrovsky 28:41; Lukas Geyer 31:49; Kyle McKenzie 32:25; Kurt Buchl 34:31; Leigh Holleman 36:09; Martin Rollefson 36:21; Elizabeth Coughlin 36:44; Nicholas Wicker 36:56; Daryl Baker 37:17; Bob Eichenberger 37:29; Randy Oostema 38:15; Lori Johnson 39:28; Yuriko Yano 40:36. No time recorded for John & Jack Dudas.

The inaugural Food Bank Run was held on trails around the Food Bank on Gold Street. Thanks to Bob Wade for planning and marking the courses. Timers were Jerry Coffey, Kim and Martin Rollefson. Thanks to them as well. Results are: **1.2 Miles:** Dylan Humberger 8:52; Andrew Holleman 12:00; Ethan Douma 12:08; Frank Dougher, Sr 12:10; Sierra Holleman 12:26; Tobias Holleman 12:28; Barbara Winchester 14:32; Chris Pummel 14:33; Jean MacInnes 19:57; Karen Williams 19:59; Kay Newman 23:54; Madison Oostema 28:30; Shawna Oostema 28:32. Gail Cary, Dave Skelton, Jack & John Dudas all ran with no times recorded. **3.2 Miles:** Rob Maaher 22:17; Daryl Baker 27:22; Craig Hildreth 27:58; Sarah Spartas 28:38; Theron Burling 32:29; Leonard Baluski

32:46; Marc Mergy 32:53; Allison Banfield 33:04; Laura Humberger 33:21; Bruce McCallum 34:08; Coco Douma 34:14; Leanne Roulson 34:22; Mia Dudas 35:11; Sue Hjalmarsson 35:17; Mary Stein 35:18; Tanner Wiegand 35:19; Leon Shearman 35:37; Ruth Forrest 40:03; Jacki McGuire 45:29; Ester Schwier & Wallis Morger Bryan ran with no times recorded. **5 Miles:** Alexandre Lussier 35:03; Kyle McKenzie 35:29; Tomas Dumbrovsky 35:43; Lukas Geyer 37:28; Kurt Buchl 38:38; Kyle Klicker 38:40; Kirk Keller 38:41; Tom Moore 39:11; Pat Murphy 40:13; Elizabeth Spartas 40:15; Leigh Holleman 41:21; Bob Eichenberger 41:51; Becky Hochstein 44:19; Kelly Munter 47:06.

Lindley Park: 9/18/13. The last fun run of the season was held despite the cloudy skies. There was a smaller group of runners than usual and lots of guests that enjoyed the traditional pizza party following the run. Thanks to Kyle McKenzie and Patrick Murphy who made the arrangements and set up the courses. Thanks to the timers who were Becky Hochstein and Dave Skelton. Times are: **1 Mile:** Ritt Hoblitt 14:42; Bill Macdonald 14:43; Hazel Roulson 15:44; Leanne Roulson 15:44; Sierra Holleman 16:00; Tobias Holleman 16:30; Sandy Dougher 16:54; Eric Humberger 19:26; Andrew Holleman 20:59; Tabor Roulson 26:16; Chris Roulson 26:17; Natalie Patch 26:42; Jenny Gover 26:43; Bob Wade 26:51; Kay Newman 26:51; Madison Oostema 27:07; Shawna Oostema 28:29; Rosalie Elder 28:30; Estella Withmann, Jack & John Dudas had no times recorded. **3 Miles:** Lukas Geyer 22:15; Lisa Verwys 24:59; Dylan Humberger 25:27; Tillman Bartholomew 25:31; Bob Eichenberger 25:42; Kurt Buchl 26:23; Daryl Baker 26:24; Ryan Bartholomew 26:28; Craig Hildreth 26:43; Leigh Holleman 27:07; Kelly Munter 28:23; Cole Simlox 28:46; Craig Simlox 28:47; Theron Burling 30:15; Shane Lewis 30:24; Tessa Boehnke 30:54; Leonard Baluski 32:49; Frank Dougher, Jr 33:09; Tracy Dougher 33:19; Laura Humberger 33:29; Mia Dudas 35:38; Leon Shearman 37:43; Ruth Forrest 40:47; Jacki McGuire 45:47; **5 Miles:** Kyle Klicker 30:28; Alexandre Lussier 32:46; Ben LaFrance 33:20; Randy Oostema 33:36; Tom Moore 35:27.

RACE CALENDAR

October

5 It Ain't Over 'Til the FIT Lady Sings. Bozeman Start/finish at Lindley Park Pavilion. Register 8-9 am

day of the race. Pre Register at Inter-Mountain Opera Office at 104 E Main. 9:00 am start for 10 Miles. Kids Run at 9:05 am. 5K Run/Walk at 9:30 am.

5 34th Annual Stillwater Run. Absarokee. Annual 5 & 10K Walk/Run along the scenic Stillwater River to benefit the town sidewalks & winter snow removal. Absarokeearea.com

11 The Raw Deal Run. McLeod. (16 Miles South of Big Timber) A Community Fund Raiser. 6 Mile Run, 3 Mile Run/Walk. 1 Mile Kids Lopec. www.sghw.org or call 932-3090

12 32nd Annual LeGrizz Ultramarathon Seeley Lake. 8:00 am start. 50 Miles. www.cheetahherders.com

19 Back to Bridger Run. BSWD Tradition. All five distances have well marked starting points and all end at Bridger Bowl. Course closes at 12:30 so select your distance accordingly. 17.5 starts at the Elks on Haggerty Lane at 9:00 am. 12.5 mile starts at Sawmill Gulch Rd on Kelly Canyon Road at 9:30. 10 miles starts at junction of Bridger Canyon & Kelly Canyon Roads at 9:50 am. The 7 miles starts at the junction of Bridger Canyon & Jackson Creek Roads at 10:10 am. Finally the 3 miles starts 2.5 Miles South of the Bridger Bowl Rd at 10:30 am. No shuttle.

26 Halloween Costume Run. BSWD 9:00 am. LINDLEY PARK (NEW LOCATION)

27 Livingston Education Foundation 5K Zombie Run at Sacajawea Park 9:00 am; Keep the Zombies from capturing one of the 3 flags attached to your belt. Finish with at least one flag remaining to qualify for prizes. Proceeds go to Livingston Education Foundation supporting public schools. For mail in only registration forms go to www.livingstoneducationfoundation.org. Questions @ lef4kids@gmail.com

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

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.

28 Huffing for Stuffing Thanksgiving Day Run. Bozeman. Benefits the Gallatin Valley Food Bank. See

www.huffingforstuffing.com for details. Volunteers needed.

December

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.

Big Sky Wind Drinkers

Fall / Winter Runs

2013 - 2014 Season

Saturday, October 19 Back to Bridger 9AM
5distances: All starting points are marked as well as self check-in registration sheets. *17.5 miles starting at the Elks on Haggerty Lane at 9 am. *12.5 miles starting at Sawmill Gulch Rd. on Kelly Canyon Rd. at 9:30 am. *10 miles starting at the junction of Kelly Canyon Rd. and Bridger Canyon Dr. at 9:50 am *7 miles starting at Jackson Creek Rd. and Bridger Canyon Dr. at 10:10 am. *3 miles starting on Bridger Canyon Rd. 2.5 miles South of Bridger Bowl Rd at 10:30 am. Finish line closes at 12:30 pm.

Saturday, October 26 Halloween Costume Run 9AM
Meet at MSU: MSU parking lot located at Grant & 11th

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

(Continued from page 6)

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.

THE WIND DRINKER

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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

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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

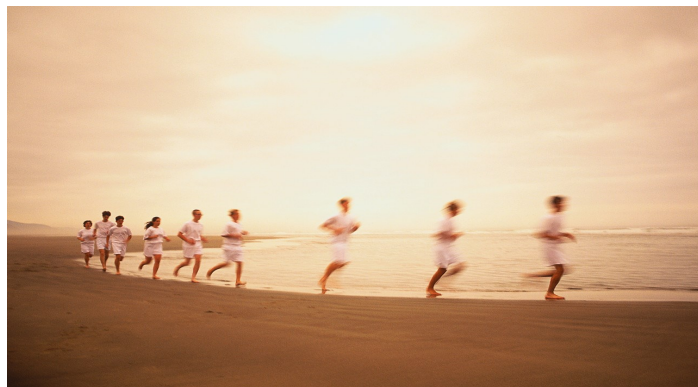
Four Zero Six Shirt Screening, Pete Sveen, 10% off, 600-5753

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.”