



October 2014 Newsletter # 445



THE WIND DRINKER IS A
NEWSLETTER FOR RUNNERS OF
ALL ABILITIES

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

The Wind Drinker

Dear Wind Drinkers

By Dee Metrick

Dear Wind Drinkers,

Yellow tress along Bridger Drive inspired me to ask out my man-hunk exactly eight years ago this month. My young life was spent on the east coast, where deciduous trees made fall spectacular. But there, on Bridger Drive that early morning, a huge cluster of yellow trees took my breath away. I saw yellow like I had never seen it before. I suddenly felt fearless, connected to all that is good, and I wanted to ask out that hot guy from my aikido class. I called him from the car on a phone that was not smart and asked him if he wanted to go for a hike the next day. He said yes.

Later that morning, high from the possibility of love, I drove with a girlfriend to climb around on Reservoir Flats. I was feeling joyful about the arrival of cool, autumnal weather as we worked our way to the top of a cliff sans safety gear or much knowledge of safe climbing technique. As has happened so many times in my life, I arrived where I intended to go unharmed when ignorance could have had dire consequences, surprised by the power of curiosity. At the top of those rocks, I felt powerful and happy. Almost a year earlier, my friend and I had just come out of similar situations that, to say the least, were not healthy.

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The Mature Runner

By David Summerfield

Search For The Golden Mean In Running

It's 14 hours before the gun goes off (well, no gun, just a "go") for the Opera Run 10-miler. I've marked the course over 4 days – no one better get lost!!! And the newly re-measured 5km is exact (3.11 miles). Our beloved Dee Metrick just emailed me and needs an article. What else can I do?...so what's been brewing in this noggin' of mine? The biggest development is that after 17 years of "running my age" – (with minor adjustments to keep sane, like biking 2.5 miles equals a mile of running, or similar equations for x-country skiing), I have stopped that nonsense (though I secretly loved every second of it, but don't tell anyone!) Yes, it did keep me out on the trails and roads for many hours everyday (more hours each year!). It kept my stamina up, my caloric intake high, I was a happy camper. Then this summer many things conspired to change all that. I didn't have a choice. Once I hit a negative 400 miles in my "mile bank" – it was clear I needed a new program. Perhaps I'm easier to live with, I don't know. But for the 1st time in 17 years, I'm NOT COUNTING MILES. I kept the tally going in my head everyday, it was a fun pastime, but rather weird, I must admit. I'd like to think I have replaced that activity with something a bit more constructive, pleasurable,

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



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They involved escaping relationships that bordered on needing police protection after the “final” break-up. They involved major depressions, excessive intake of intoxicating and addictive substances. Our friendship was founded on a mutual desire to recreate our lives so we could actually enjoy them. We committed to more time outside, eating healthier foods, seeking support from people who knew more than we did about how to live the good life. We committed to exploration, life-long learning, and relationships based on respect.

That day, at the top of the cliff we had climbed, as I sat and looked out at the sky and landscape of Montana, I thought, “Life does not get better than this. I have made the best choice.” As my spirit filled with gratitude, my friend turned to me and said, “I am going back. I can’t do this any more. I wanted to tell you in person.” We both knew her partner’s control and the resuming of her old lifestyle would be a quick end to our friendship. She was saying goodbye.

Suddenly, my new lifestyle hurt. Mental clarity sucked. Loneliness was a beast that cried for me to go back to anything comfortable, even if it would destroy me. I drove home to a one-bedroom apartment that didn’t allow pets. I pondered the fact that I wasn’t even mature or thoughtful enough to own a plant. All that resided in that small space on Willson Avenue was me and my crappy, healthy foods. After years of my most favorite dinner of Ben and Jerry’s Fish Food ice cream and a bottle of wine, my most unhealthy option for emotional indulgence was tortilla chips and carbonated water. I felt, in a nutshell, like a big, solitary loser.

Luckily, my emotions were fickle and in a better mood, I had made a commitment for early the next day. Getting to sleep seemed like more of a priority than wine and ice cream. Love is a powerful drug. More powerful, even, than chunks of chocolate in creamy vanilla deliciousness.

Two months before my first date with the old man-hunk, my twin sister and I ran the Bridger Ridge Run. It was my first “running” race. I didn’t realize the level of training that was required. Before race day, my longest run was 10 miles on the Bozeman Creek Trail. But, by our first official date, I was almost a year from my last cigarette and I was strong enough

beneficial. By being a bit more rested now, I find myself going to the track several times a week to really loosen up and hammer out a “fast” mile (for me!). But the difference is not very noticeable. I feel the same (almost), I probably eat less, I don’t have to wash clothes as often – but things are pretty much the same. Interesting.

So, if you google “run your age in miles per week” – you get the darnedest links. I don’t subscribe to any of them....like “excessive running will shorten your life”, “3 reasons you should NOT run a marathon,” or “the health benefits of running 6 miles per week.” Rubbish. No medical professional I know will publicly endorse running like we all like to do, and I also know several docs who run much more than I do. I believe it all comes down to how each one of us FEELS because of running. Fast walking counts, but there’s still nothing like running – the thing that gets sweat going, breath being taxed, and actually going somewhere – fresh air, and all that. I went to Maine several weeks ago to help take care of my sister in a hospice center. I went over a week without so much as a walk. The hospice served great cookies baked fresh every morning. fresh coffee cake at noon, muffins for an afternoon snack. The drink of choice was coffee, tea, or hot chocolate. I woke up one morning and just had it. I forced myself to go run a mile in hot, humid heat, and kept my sister waiting a few extra minutes. My body finally woke up a little, and demanded I take better care of it. As if I didn’t know, my mental attitude and excitement in life is directly linked to what type of physical activity I’m engaged in. And, scaling back from 67 mile-weeks is okay – that was wearing me down, but only because there were so many other very legitimate demands on my time.

I’m looking for a moral to this story, and there is none! We’re all different, and have different bodies, different metabolisms, different paths in life. Running is obviously good for only a very small percentage of the population. I suspect the majority of the earth’s populace is more concerned with the simple act of survival. Running is a luxury then. And it is. And it brings untold joy to most of us wind drinkers. And that really explains why we all (who were present at the BSWD Annual Meeting) were so excited to see the 1st 5 minutes of Eric Bendick’s movie about the Ridge Run. You got to crawl into the heads of those poor souls who were charged with carrying a GoPro camera to record why we go up there and beat ourselves silly and live life to the fullest. So, long live running (no matter how far you go each week.....:-)

to keep up with a muscled student from my aikido class as we hiked to the top of Mount Blackmore. The sun was setting as we hiked back down and I told him a bit of my dark past. He did not flinch. He was interested in the woman I was in that moment and the woman I hoped to become.

Over these last eight years, we have made running part of our lifestyle and our relationship. We have travelled for races and running adventures. We have seen each other through a variety of injuries and all sorts of work towards exciting running goals. Most importantly, that first date was a success because running had been a part of my transition to a healthy life. Man-hunk has told me he would not have dated a smoker and I could not have stayed a non-smoker without adding running to my routine. That first date was only a success because the Big Sky Wind Drinkers created a culture in Bozeman where anyone, even a recovering smoker with a history of obesity, could run an elite race and discover her truest of true loves.

Thank you, dear wind drinkers, for helping me to be ready when the path in front of me split and I faced the choice between better health and a return to a toxic, depressed lifestyle.

Your devoted editor,
Dee

RACE CALENDAR

October

11 9th Annual Raw Deal Run Community Fund Raiser. McLeod. Located at the Raw Deal Ranch, 16 Miles south of Big Timber 3 Mile Run/Walk and 6 Mile Run along with a 1 Mile Cow Poke Lope (kids run). Winners receive prizes of locally produced meat. Enjoy a Halloween Costume Contest and free Chili Feed. Registration available in early June at www.sghw.org. Contact at 932-3090 or programs@sghw.org.

12 SHATS Race # 4. Goat Grind. Clancy. 10:00 am. Elkhorn Endurance 597 McClellan Creek Road 4 Miles. Steep hills, Creek Crossing & Technical Singletrack. Pancake Brunch follows. Contact Brian at bquick50K@hotmail.com or Bquickrunning.com

18 Back to Bridger. BSWD Tradition. Bozeman. 6 Distances with all starting points marked with self check in at each start. 17.5 starts at 9:00 am at the Elks Parking Lot (205 Haggerty Lane.) 12.5 Miles starts at

(Continued on page 4)

- David Summerfield



“This is where I want to be right now... approaching Saddle Peak.” -photo above by David Summerfield

RESULTS

Middle Cottonwood Trail - 8/27/14 - It was a beautiful evening and many runners enjoyed the trail.

Thanks to Tracy & Sandy Dougher for arranging the event. Theron Burling marked the course on his bicycle while Rachael Hundhausen, Lynn Hubert and Kyle Klicker were the timers. We appreciated their help! Times are: **5 Miles:** Tomas Dumbrovsky 42:00; Rob Maher 43:36; Andy Garza 44:10; Lisa Verwys 47:16; Lukas Geyer 47:50; Tommy Bass 48:18; Martin Rollefson 51:21; Dave Ferguson 51:38; Jenna Fallaw 53:39; Darryl Baker 54:14; Yurkio Yano 55:03; Kelly Munter 56:17; Tricia Seifert 56:21; Drew Bened 56:21; Roger Roots 56:23; Tom Moore 56:36; David Ayala 1:01:29; Teresa Galli 1:02:43; Ana Brown 1:03:29; Jennifer Wirth 1:03:30; Leanne Roulson 1:24:39; Laura Humberger 1:24:41. **2.4 Miles:** Cody Hundhausen 20:18; Erik Lehnhoff 20:18; Miles Hundhausen 21:36; Casey Bloomer 23:48; Andrew Holleman 25:39; Bridget Boyle 25:49; Bob Eichenberger 27:31; Shane Lewis 27:35; Celia Bertoia 30:04; Karen Funke 32:02; Tracy Dougher 33:53; Tobias Holleman 33:59; Barbara Winchester 36:57; Alyssa White 36:57; Leonard Baluski 38:29; Tyra Kucinski 39:27; Sierra Holleman 39:29; Hazel Roulson 46:42; Klara Dumbrovsky 52:33; Lori Johnson 1:01:36; Mac Johnson 1:01:38. **1 Mile:** CJ Oostema 17:25; Sandy Dougher 17:26; Ellen Lammers 19:11; Theresa Leland 19:12; Avery Johnson 19:43; Robert Johnson 19:46; Garret Coley 24:51; Austin Fraker 24:53; Kay Newman 27:02; Kim Rollefson 37:34; Mia Dudas 44:41; Madison Oostema 46:16;

9:30 am on Kelly Canyon Road & Sawmill Gulch, 10 Miles starts at 9:50 at junction of Kelly Canyon Road and Bridger Canyon Road, 7 Miles starts at 10:10 at junction of Bridger Canyon Road and Jackson Creek Road, 3 Miles starts on Bridger Canyon Road at 10:30 at a point 2.5 miles south of Bridger Bowl Road, 1.5 Miles starts at 10:40 at a point 1 mile south of turnoff to Bridger Bowl. Finish line closes at 12:30. Select a distance you can finish by that time. No head phones
19 Chase Hawk Memorial Association Shoes and Brews. Billings/Laurel. Half Marathon starts at 10:00 am and is run on Thiel Creek Road. 5 & 10K Runs plus 2 Miles (pick your own course) at 11:00 am.

www.chasehawks.com or questions to Crista 571-5209.

25 BSWD Halloween Costume Run. Bozeman. MSU Campus at corner of S 11th & Grant 9:00 am. Distances of 1.1, 3.0 and 4.4 Miles.

November

2 2nd Annual Livingston Education Foundation 5K Zombie Run. 9:00 am proceeded by a free kids run at 8:30 am. Questions evjeendurance@gmail.com or lef4kids@gmail.com

8 Jim Banks Turkey Trot. BSWD Tradition. Meet on Springhill Road at Foothills Fellowship Church on Centennial Drive. 9:00 am. Distances of 1.3, 2.7 & 4.4 Miles. Predict your time and win a turkey for the holidays. www.winddrinkers.org.

15 Bon Appetite. BSWD Fun Run. Meet at the Elks Parking Lot (205 Haggerty Lane) at 9:00 am to run any course and any distance followed by a no host breakfast at a local restaurant (to be decided that morning) at 10:00 am Call 586-5543 for information.

27 Huffing for Stuffing. Thanksgiving Day Run for the whole family with proceeds going to The Gallatin Valley Food Bank. Starting at 8:00 am. 5 & 10K Runs with a 5K Untimed Run/Walk and a Kids Run.

December

6 BSWD Jingle Jog. Starting at 9:00 am at the Lindley Center. Bring a Christmas goody to share. www.winddrinkers.org

Shawna & Jake Oostema 46:19. Guny Bloomer, Carina Humberger, Jack & John Dudas all ran with no times recorded.

South Cottonwood - 9/3/14 - Timers were Tobias Holleman, Linda & Dave Skelton. Martin Rollefson arranged the event. Thanks to them all. Times are: **2 Miles:** Austin Fraker 18:18; Terra Trom 19:41; Lydia Trom 21:09; Amanda Ricker 24:30; Sierra Holleman 24:35; Tracy Dougher 25:23; Frank Dougher 25:24; Hazel Roulson 26:18; Sandy Dougher 31:01; Lynne Hubert 35:47; Kay Newman 49:13; Mia Dudas 57:38. **4 Miles:** Casey Bloomer 35:22; Leigh Holleman 39:40; Eric Bendick 40:06; Carly Gebhardt 40:38; Amanda Hofer 40:40; Craig Hildreth 41:27; Laura Sullivan Russett 43:41; Fabian Menalled 46:39; Celia Bertoia 47:02; Karen Funke 48:56; Susan Sullivan 48:57; Leonard Baluski 54:08; Bob Wade 1:02:26; Jacki McGuire 1:09:17; Suzanne Winchester 1:09:54. **5 Miles:** Kyle Klicker 38:56; Mac Johnson 39:50; Lukas Geyer 40:12; Ana Brown 41:05; Lisa Verwys 43:05; Martin Rollefson 44:45; David Ayala 45:28; Aubree Roth 45:48; Tricia Seifert 46:06; Kurt Buchl 47:05; Tom Moore 47:11; Roger Roots 48:25; Teresa Galli 48:27; Darryl Baker 50:19; Erica Garoutte 51:07; Lori Johnson 53:21; Jane Foster 1:00:17; Melissa Rogain 1:00:21; Leanne Roulson 1:02:26. Jack & John Dudas also ran with no time recorded.

Painted Hills - 9/10/14 - There were only 27 hardy runners who ran or walked in the cold rain. The Doughers, Frank, Tracy & Sandy set up the event and the courses.. Timers were Leanne Roulson & Andy Garza. Thanks to them all. Times are: **5 Miles:** Roger Roots 44:36; Lucas Geyer 47:13. **3 Miles:** Jenny Sheets 29:11; Lisa Verwys 29:12; Robert Pudner 29:15; Thomas Dumbrovsky 29:30; Daryl Baker 29:58; Tom Moore 30:08; Yuriko Yano 31:04; Leigh Holleman 32:38; Leonard Baluski 37:36. **2 Miles:** Jacki McGuire 30:21. **1 Mile Trail:** Andrew Holleman 10:49; Karen Funke 10:51; Sandy Dougher 11:31; Leon Shearman 12:38; Sierra Holleman 12:58; Tobias Holleman 13:12; Susan Sullivan 18:34; Laura Sullivan Russett 18:35; Kay Newman 19:07; Mia Dudas 19:36. **Road:** Theresa Leland 19:07; Jean MacInnes 19:36; Suzanne Winchester 19:37; Gail Cary 22:29.

Killian Jornet at the Rut 2014



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 2014

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Vice Presidents: Tracy and Frank Dougher, Frank Stock, Tomas Dumbrovsky, Martin Rollefson
Membership: Darryl Baker, 582-5410

Treasurer: Jacki McGuire

Results, Calendar: Kay Newman
kayjn3@gmail.com

Secretary: Shawna Oostema
Equipment Mgr: Leigh Holleman
leighholleman@msn.com

Publisher: 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

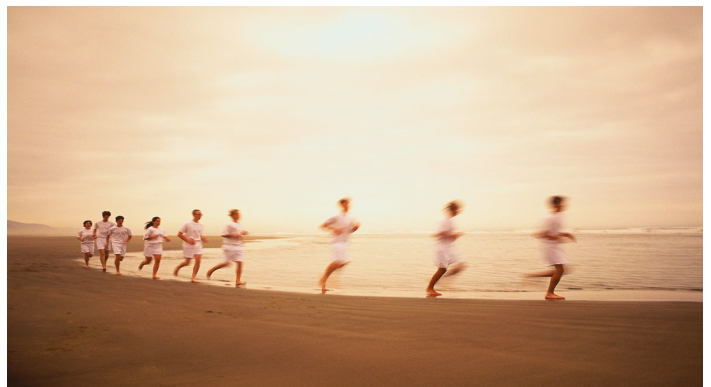
Four Zero Six Shirt Screening, Pete Sveen, 10% off, 600-5753

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.”