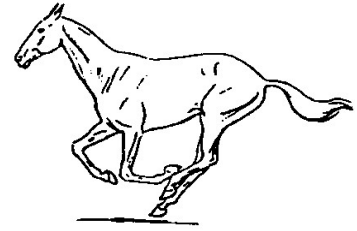




September 2013 Newsletter # 432



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

What is a Memorable Race?

Once upon a time a running club scheduled a 10-mile race. This was long ago when there were few runners and fewer races. The race day and time came and 4 runners were at the starting line. However there was no official! What to do? A stopwatch was started and placed in the back of a pickup. The first runner in was automatically the timer. After everyone finished we all had a drink (usually beer), went home and relaxed.

We've come a long way baby! But there is a cost. The race I just described had no entry fee, no awards and certainly no shirt. But it was memorable.

In my opinion a memorable race is one where the course is interesting and challenging, the timing is accurate and there is a cold drink at the end. Finally the entry fee should be reasonable. All the rest of the stuff such as race fees, shirts, awards and food, ranges from OK to annoying.

Race entry fees have become a fact of running. The race fees vary from under \$20 for a 5 K to over \$150 for a large marathon. How are race fees determined? That seems to be a mystery.

The Mature Runner

By David Summerfield

Want to Mature Fast? Get a Prosthetic Leg!!!

This is the story I wished had appeared in the Daily Chronicle the day after the Ridge Run. I knew nothing about Kraig Kempt until a few days before the race, and found out he had requested to start early at 6am. Kendra and Tomas (in charge of registration) told me he was an early starter. Feeling a bit peeved I hadn't been consulted, I asked why. Well, he is an amputee, you know. No, I didn't know. The obvious question coursed through my head: "What's an amputee doing in the BRR, for heaven's sake? I know people do the BRR for all sorts of reasons – to heal this or that, mostly, it seems. But this is a liability!" Kendra patiently reassured me that he had done trial runs of Fairy Lake to Bridger, and Bridger to the "M" in decent time, and felt he could pull it off. I shrugged my shoulders and thought: "this'll be interesting..."

I met Kraig at the starting line at 5:50am. He was exuding tons of energy – he looked strong – and ready and focused. Something told me this was an amazing story in the making. He was in my mind all day long as I

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



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At \$75 the Ridge run is BSWD's most expensive event. The Ridge is, for the most part, self-supporting. It is also the most prestigious event around. If the Ridge run has any money left over it is usually donated to GVL. The race fee is reasonable for such a prestigious, challenging race.

The BSWD Stampede costs \$15 with a shirt \$10 extra. This fee is below average for a 5K/10K. First Security Bank is the major sponsor of the Stampede. Their support is invaluable. The Stampede generates the majority of money to finance the activities for BSWD. These expenses include membership in the Road Runners Club of America. This membership provides liability insurance for the club, its officers and volunteers. The Fun Runs do not have any fees but they cost the club for snacks and participation awards. BSWD also donates money for scholarships, and various other running groups.

The Frank Newman Marathon is a memorable race and costs \$3.00--with lunch. We believe this is the least expensive marathon in the country and we plan to keep it that way. BSWD actually made money on the Frank Newman race this year!

After a race I am tired, hot and cranky. I don't really want to socialize. I want a cold drink or two, preferably beer. Then I want to go eat at a quiet restaurant with my wife. Go home take a shower and a nap. The last thing I want is to wait around for post race activities.

I think run organizers would do well to remember KIS (Keep It Simple.) Good course, correct times and a cold drink. What else do you need? This sounds amazingly like BSWD's Fun Runs. These runs are my favorite part of the BSWD program.

Next month I want to look at the expenses for putting on a major event. And what do you do with 125 race shirts?

-Bob Wade

watched 100's of runners cross the finish line. I kept watching for bib #151 in the log kept by the HAM radio operators in their little trailer – no he hadn't scratched at Sac or Ross Pass or Bridger. Really? Oh my gosh – he's going to have to go the distance now! And he was never the last runner going through any checkpoint. Oh my. As he crossed the finish line in 8:23:28 (adjusted to 9:23:28 for the 6am start), I snapped a picture of him – and could see only a partial effect of the adventure written on his face. There was determination oozing out of his eyes. The focus was beyond strong. BRR history was rewritten for sure! Here's his story, in his own words:

"I lost my leg October 14th, 2011. I was injured skiing at Big Sky while coaching the Big Sky Junior freeskiing team in February 2009...(while) coaching a group of kids, I dropped a cliff on my way down to video the kids. When I landed my left ski hit a rock. It caused me to slowly start spinning around backwards. Somewhere along the way my ski needed to release, but didn't. I felt the pressure build and then my Tib-fib shatter to pieces. I had my first of eleven surgeries later that night. After 18 months my Tibia was deemed a 'non-union'. I left Bozeman and went to Vail Colorado's Steadman Clinic. After more surgeries, bone infection was discovered. So they took out all the hard wear, put me in an external fixator and sent me home. Long story short, which included an aneurism that led to sepsis (blood poisoning) and near death, I exhausted all my options for healing. My tibia was dead, so on October 14th, 2011, I had below the knee amputation. I'm coming up on two years. I have made great progress physically and mentally (went through some depression issues). I'm not where I want to be yet, but I'm getting there." (did Kraig really say "I'm getting there?" I think he's gone way beyond most all of us!!)

I think it's useful for us all to know a bit more about Kraig, a Ridge Run finisher like no other. Kraig has been a professional ski racing coach since leaving college – coaching all over the country. He was an elite junior ski racer, and went on to compete in the NCAA Division I at MSU (1981-1986). He's competed in the big mountain competitions as a collegiate and master skier. He has a world championship title in Ultimate Frisbee, by the way... His recovery started with hiking – since "being back outside did wonders for my head....I started walking

Dear Wind Drinkers,

After five successful, joyful Ridge Runs, this year's experience left me with a clear understanding why a few of my friends would complete the event and then say, "One was plenty!" They would speak of how they were happy to accomplish a finish on such a difficult event. They would wonder aloud why people (like me) would be so positive about such a painful experience. I would excitedly counter, "The views!" , "The camaraderie!" , "That sweet feeling of exhaustion and excitement combined into this ridiculous high that can't be bought in any pill or plant!" Yes, the Ridge Run was difficult. Yes, getting to the end took time and determination. Yes, we may even have to let a few toenails turn dark... But truly, the training was wonderful, taking me to places where I hope to one day have my ashes spread.

This year, however, mile 11 to mile 20 was not fun. I finished in the required times but I was grumbling for most of the second half. I had met people who inspired me, people who were literally defying their doctors by living with terminal illnesses after their doctors had predicted they would be dead years before, people who were participating after having cancerous tumors removed and just stopping their toxic treatments. These people weren't just living with these challenges, they were also participating in the Ridge Run, they were smiling about being out there, and they were trying to help me through my whining and self-pity. I felt ridiculous. I felt crabby. I felt like cursing ...

My man-hunk also suffered his worst experience (and finish time) to date. We skipped the celebratory party and laughed together about the misery we endured. Once I stumbled past the finish line, my experiences seemed funny, our mutual suffering romantic, and the camaraderie still a force to inspire.

One week later I met my siblings and father in Midway, British Columbia. For those of you who have not yet been there, I highly recommend that you quit your job right now and go. The land of Canada is beautiful and they use the Metric(k) system, which I think is fantastic.

The plan was for my sister and brother to ride their bicycles along the Kettle Valley Rail Trail for about 45 miles per day while my dad and I provided car support: carrying their supplies, checking in at the next location, etc. Their riding went from one Saturday to the next.

(Continued on page 4)

our dogs at Pete's Hill. Then moved to Drinking Horse, and finally the M. My wife and I were at 'Black Ties and Levi's' alpine BSF fundraiser last November. One of the items was an automatic entry into the ridge run. Before I even thought about it (I) raised my hand and bought it.

"I trained hard to try and ready myself for the race. I did many trips up towards Baldy. As the race got closer I started doing sections of the course. After completing Fairy Lake to Bridger in 4hrs and ten minutes I started worrying about making the time cutoffs. Doing half the course was exhausting and I wondered what I had gotten myself into! Being able to start early was great for me, for two reasons. One, it helped me beat the heat a little, two, it allowed me extra time to get to Bridger ridge. The race was harder than I thought. By the time I reached the aid station at Bridger I was exhausted. part of my family was there for encouragement, and gave me fuel to continue on. From Bridger to Baldy was hard because of the unrelenting sun. My prosthetic is super hot causing me to sweat profusely. Once I made it to Baldy I knew I could make it. From the ridge down to the M I was hammered. longest 4 miles of my life."

"For me the hardest part was mentally staying focused for the entire race. Having to always pay attention to where my prosthetic foot was stepping. I started out too fast up to Sac. And payed the price coming back up to Ross pass. The most difficult section was from the pass over to Bridger Bowl. Not only the up and down but the technical nature of the trail. I'm much slower over that terrain and was dealing with the field coming by me as well. It was great getting all the support from fellow competitors as they passed by me but made me feel really slow. The few sections where I was using my hands to climb was one of the places I felt on par with the others as I could move pretty fast." My prosthetist has told me that I have amazing proprioception for a below knee amputee. All my years of athletic training paid off. And I was able to put it on display at the race."

Whew. I know it's a big deal to finishers to get a 1st place trophy for winning your age group, but when I

BC was beautiful, looking a lot like Montana, which kept me from getting too homesick. All members of our party were weird, we all desperately needed a vacation, and we were all happy to be together. There were no problems until Wednesday...

My father and I spent all day Wednesday trekking along a trail of trestles that were high above the ground. We walked for almost nine miles on little food in glaring sunshine. In the early afternoon, we headed towards our destination: a cabin on Chute Lake that required us to bring sleeping bags, clean water, matches, etc. As we drove up Chute Lake Road, we hit a spot that went straight up a mountain and was so rough that it made the road to the Sacagawea trailhead look like a paved piece of heaven. We were driving a two-wheel drive car that was low to the ground. We needed a truck. We tried to drive up, nearly got stuck, and headed back down the mountain. For four hours, we attempted to find alternate routes, desperate to figure out a way to get a message to my brother and sister, who only had their dirty riding clothes and bikes to keep them warm. We had the sleeping bags. We had the deodorant. We had their toothbrushes. We had their phones. We had no cell service. Long story short, my dad and I ended up at a Canadian police station. We got word to my sister and brother that they would have to stay overnight without us or their supplies. We had one job to do and we felt we failed.

Meanwhile, before the police intervention, my sister and brother had seen the road and were terrified that our 66 year old father with back problems would spend the night sleeping in a sleeping bag on a rocky road. They worried that we would not abandon ship and would break the rental car. They were convinced that the stress would inspire terrible fighting between me and my dad (which, I am proud to say, it did not). When they heard from the police, they were relieved to know we would be safe and sound in whatever motel we could find.

The next day, they rode in dirty clothes. My herding-dog personality would have been absolutely distraught by their suffering had I not run the Ridge the week before. Those men who are living in recovery from cancer would likely be grateful for their problems to be one cold night long. After the loving post-race reunion with my man-hunk, our stories seeming comical after a shower and a nap, I knew my family would only be stronger because of our vacation struggles. Dinner, on Thursday night, was hilarious. We swapped tales of

have Kraig his own 1st place trophy (a 25 pound engraved rock), he helped define what it means to “win” your category!! Congratulations Kraig!!!

- David Summerfield

Kraig crossing the finish line:



Bozeman Marathon is in need of volunteers. If you can help with this event (benefitting the Family Promise of Gallatin Valley) on September 8th, please contact Bridget Pitman at:

bpitman@familypromisegv.org

the terrors in our imagination, my sister never imagining that we would think to go to the police, my never envisioning that they would meet kind neighbors to the cabin who would share linens and sweatshirts until the sun rose the next morning...

Lovely, wonderful Wind Drinkers, thank you for encouraging my adventurous spirit, for teaching me the power of human resilience, and for helping me get my butt into the mountains to find my most peaceful places.

Your devoted editor,
Dee

Results

A record number of runners (92) met together at **Bogert Park to run the trails and Peets Hill** on the last Wednesday in July. There were many runners from the Bozeman Track Club who are gearing up for the upcoming cross country season under the leadership of Dave Skelton. We love getting the youth of the community involved in the sport of running. Also in attendance was a group of Aquaculture Scientists from Montana and states beyond. Thanks to Wind Drinker, Dan Carty, for getting them involved. The timers, Rob Maher, Chris Plummer and Suzanne Winchester did a fine job of timing which was appreciated by all. Times are: **1.8 Miles:** Hunter Ferrell 10:38; Garret Coley 11:57; Austin Fraker 11:58; Isabelle Pearson 11:59; Naasha Fraker 12:05; Bailey Clark 14:17; Sarah Bryson 14:17; Kiersten VanKirk 14:30; Baylie Foran 14:50; Karen Funke 14:56; Laura Humberger 15:08; Jennifer Walker 15:30; Elly Stone Walker 15:31; Sierra Holleman 16:04; Kellie VanKirk 16:09; Tobias Holleman 16:10; Katelyn VanKirk 16:18; Taylor Foran 16:25; Barbara Wen 17:58; Bridger Foran 18:33; Laura Roots 20:25; Ida Linden 20:46; Leon Shearman 20:52; Maddie Roots 21:15; Theresa Leland 21:53; CJ Oostema 23:54; Kay LaFrance 24:29; Dan LaFrance 24:30; Madison Oostema 24:43; Shawna & Jake Oostema 24:56; Kim Rollefson 25:06; Charlene Lachsingles 26:01; Pat Frey 27:27; Jean MacInnes 27:28; Kay Newman 27:29; Dallas Roots 32:21; Lynn Paul 33:29; Terry Baumbauer 33:30. No times recorded for Jack & John Dudas or Andrew Holleman. **3.5 Miles:** Dylan Humberger 27:25; Craig Hildreth 27:27; Hanni Wiegand 30:04; Kyle Klicker 30:40; Daryl Baker 30:50; Martin Rollefson 30:51; Kelly Munter 32:43; Sarah Spartas 33:05; Elizabeth Spartas 33:06; Dan

Carty 33:32; Karen Williams 34:41; Gail Cary 36:07; Leonard Baluski 36:19; Celia Bertoia 36:30; Aedine Prummer 37:40; Tamara Engellant 37:49; Elizabeth Coughlin 37:50; Mia Dudas 41:52; Emily Paris Martin 43:39; Jennifer Metro 43:40; CJ Luchsinger 49:1; Kirsten Beckham 49:46; Cindy Stine 49:46; Ruth Forrest 52:33; Meg Oeller 1:09:49; Adrienne Kirk 1:09:49; Grace Kamemai 1:09:49; Stacey Gore 1:09:50; Andrew Pinter 1:09:50; Lester Khou 1:09:50. **4.5 Miles:** Ryan Blomback 31:04; Kyle McKenzie 35:33; Mark Raymond 37:19; Ben LaFrance 37:41; Jeremiah Prummer 38:02; Randy Oostema 38:06; Roger Roots 38:35; Henry White 39:22; Leigh Holleman 39:51; Kurt Buchl 41:05; Becky Hochstein 41:36; Bill Flanagan 41:43; Lisa Verwys 41:51; Monica Ruiz 44:51; Jim Brackett 44:53; Hugh Mitchell 45:42; Jessica Marsh 45:59; Carly Urban 46:40; Dick Enders 46:41; Andy Roots 50:01; Frank Dougher, SR 51:29.

Sypes Canyon on 8/7/13: 6.5 Miles: Alex Lussier 59:56; Duncan Hamilton 59:57; Roger Roots 1:11:14; Kyle McKenzie 1:12:17; Patrik Murphy 1:12:37; Lisa Verwys 1:16:01; Anita Moore Nall 1:34:25; Amanda Wilner 1:34:26; **4.4 Miles:** Tomas Dumbrovsky 37:09; Rob Maher 38:36; Bob Eichenberger 45:04; Gary Hellenga 45:15; Elizabeth Coughlin 45:24; Baylie Foran 46:53; Riley Foran 46:54; Yurko Yano 50:04; Becky Hochstein 52:43; Zane Putzier 54:25; Bridger Foran 54:27; Taylor Foran 54:45; Janelle Foran 54:46; Karen Funke 55:43; Janelle Higashida 1:01:48; Leonard Baluski 1:02:43; Keele Smith 1:04:15; Pam McCutcheon 1:04:17; Leon Shearman 1:12:32; Bob Wade 1:18:25; Jill Hamilton 1:20:53 **1.2 miles:** Kay Newman 23:57; Linda Skelton 23:59; Ellen Murray 24:00; Gail Cary 26:59. **1 Mile:** Dylan Humberger 7:52; Barbara Winchester 11:43; Celia Bertoia 11:54; Kyle Klicker 12:00; Frankie Dougher 12:19; Curt Smith 13:19; Darryl Baker 13:20; Frank Stock 13:22; Kurt Buchl 13:23; Chris Pummel 16:43; Tobias Holleman 16:54; Sandy Dougher 17:54; CJ Oostema 17:58; Andrew Holleman 18:48; Laura Humberger 18:57; Madison Oostema 19:00; Randy Oostema 19:02; Kim Rollefson 19:36; Martin Rollefson 19:42; Jean MacInnes 20:16; Suzanne Winchester 24:00. Thanks to Frank Stock for setting up the courses. Also thanks to the timers who were Frank Dougher, Sr, Tracy Dougher and Andy Garza.

Sacajawea School on August 14: It was a beautiful evening for the run. No wind and ok temperatures. Thanks to Bob Wade for setting up the

courses. Timers were Kelly & Robin Munter plus Mark Raymond. Thanks to them as well. **4.5 Miles:** Kyle McKenzie 31:10; Chad Coley 31:12; Zach Jackson 31:55; Kyle Klicker 33:44; Patrik Murphy 34:26; Randy Oostema 34:42; Kurt Buchl 35:28; Roger Roots 35:29; Yurifo Yano 39:25; Molly Todd 40:03; Jessica Marsh 43:05; Leanne Roulson 48:29. **3.5 Miles:** Rob Maher 25:01; Dylan Humberger 26:39; Griffin May 6:51; Jenna Fallaw 27:09; Elizabeth Coughlin 28:05; Gary Hellenga 28:54; Lisa Verwys 30:47; Rob Pudner 30:47; Erika Matsuda 31:05; Garret Coley 31:13; Sean Matthews 31:13; Casey Bloomer 33:24; Tessa Balhnke 33:26; Leonard Baluski 33:33; Betty Bloomer 33:36; Andy Garza 33:43; Delaney Bahn 33:50; Karen Williams 34:00; Celia Bertoia 34:48; Gianna Connelly 35:29; Nadia Harrison 35:39; Becky Hochstein 33:39; Riley Bloomer 38:16; Alex Huleatt 38:17; Tracy Dougher 38:22; Mia Dudas 38:23; Laura Humberger 39:36; Gail Cary 39:37; Elliana Amunnrd 41:37; Owen Mitchell 43:02; Jane Foster 43:39; Beth Antonopulos 43:39; Jerry Coffey 50:22; Suzanne Winchester 50:24; Shawna Oostema 56:22; Laurie Connelly & Leslie Harrisen had no times recorded. **2 Miles:** Mary Martha Bahn 34:25; Owen Burroughs 35:10; Zand Benedict 36:58; Jean MacInnes 36:59; Alexis Bahn 37:00; Leslie Harrison 37:00; Frank Dougher, Jr 38:24; Matthew Amurrund 38:28; Seth Amurrund 38:29; Sierra Holleman 39:47; Bob Wade 39:34; Sandy Dougher 41:30; Laurie Connelly 42:39; N. Sphine & Jacki McGuire had no times recorded. **1.5 Miles:** Linda Skelton 27:57; Kay Newman 27:58; Dallas Roots 29:11. John & Jack Dudas No times recorded.

South Cottonwood: 8/21/13. A large group enjoyed the popular South Cottonwood Trail. Thanks to Kyle McKenzie for setting things up and to the timers who were Mia Dudas, CJ Oostema and Dave Skelton. **5 Miles:** Kyle McKenzie 37:08; Rob Maher 38:11; Kyle Klicker 39:30; Lukas Geyer 39:38; Tommy Bass 49:45; Jenna Fallaw 41:27; Randy Oostema 43:02; Patrick Murphy 44:10; Lisa Verwys 44:28; Kurt Buchl 45:07; Tom Moore 45:07; Bob Eichenberger 45:50; Darryl Baker 47:15; Craig Hildreth 47:59; Yuriko Yano 48:58; Molly Todd 50:21; Natasha Fraker 51:10; Tricia Emmons 54:13; Trevor Livesay 54:17; Tamara Engellant 56:12; Elizabeth Coughlin 56:13; Jan Cummins 56:21; Frank Dougher, Sr 57:06; Leanne Roulson 1:04:45. No times recorded for Andy Garza & Anita Moore Nall. **3.5 Miles:** Duncan Hamilton 29:25; Ryan Hamilton 32:48; Dylan Humberger 33:24; Gail Cary 37:04; Bill Flanagan 40:04; Suzanne Winchester 41:17; Theron Burling 41:43; Keele Smith 43:01;

Charlie Eichenberger 44:08; Abby Eichenberger 44:10; Kelly Munter 46:12; Karen Williams 47:10; Allison Banfield 48:23; D'Arle King 48:33; Karen Funke 49:23; Pam McCutcheon 50:16; Bruce McCallum 50:20; Leonard Baluski 50:45; Tobias Holleman 55:44; Tracy Dougher 1:01:21; Ruth Forrest 1:03:17; Andrew Holleman 1:18:27; Leigh Holleman 1:18:31; No time recorded for Steve Garcia. **2 Miles:** Sean Mathews 18:19; Garret Coley 18:19; Owen Burroughs 18:31; Owen Mitchell 20:52; Beth Antonopulos 21:29; Frankie Dougher, Jr. 21:30; Austin Huber 24:00; Amy Huber 24:01; Austin Fraker 26:04; Chris Pummel 26:36; Hazel Roulson 26:37; Jacki McGuire 29:49; Sandy Dougher 30:43; Sierra Holleman 30:46; Jean MacInnes 33:23; Bob Wade 35:57; Lynn Paul 39:32; Jerry Coffey 45:57; Linda Skelton 48:07; Kay Newman 48:08; Madison Oostema 58:51; Shawna & Jake Oostema 1:00:11.

September

4 BSWD Story Hills 6:30 pm Start

7 Choke Cherry Run. Lewistown. 5K Walk/Run and 10K Run starting at 9:00 am. Contact lewchamb@midrivers.com or call 535-5436.

7 Zombie Escape. Helena. 3 Miles over all terrain with man-made obstacles and zombies. Limited space. www.zombieescaperun.org. This is a fund raiser for Helena Industries that provides rehab for seniors with disabilities.

8 3rd Annual Bozeman Marathon and ½ Marathon. Course runs through the beautiful Gallatin Valley and ends on Main Street. A qualifier for the Boston Marathon. www.bozemanmarathon.com

11 BSWD Food Bank Run. Starting at 6:00 pm

14 Running Amuck for Scholarship Bucks. Butte. Getting dirty to raise dollars for students. 5K Mud Run with obstacles on Mt Tech Campus Call Carolyn @ 495-7506 or cbright@safmt.org.

14 38th Annual Mt Helena Run. Helena. 10:00 am start at Walking Mall & Broadway. montanajet@gmail.com or call Jeff Thomas at 443-6120

18 BSWD Lindley Park. Meet at the Pavilion. 6:00 pm Start. Pizza follows

21 John Colter Run : Back Again after a one year hiatus, the chase is back. 7.5 miles of classic Montana terrain at Head Waters State Park. Register at racemontana.com.

21 Big Bear Stampede Trail Run. Gardiner. 5 and 8K race and 5K walk. Kids race too. http://www.bigbearstampede.org

(Continued from page 6)

25 Annual Meeting and Potluck. Lindley Center.. Potluck at 6pm. Bring a dish to share.

28 Pine Needle Stampede. West Yellowstone Tradition. 9 am start for the ½ Marathon. 5 & 10K start at 10:00 am. Check the web site at: www.rendezvouskitrails.com

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

12 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 Lope. www.sghw.org or call 932-3090

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

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. Cross Country Meet. Men run at noon and the women run next. 5-8K distances. A team event with a traveling trophy www.montanacup.com

23 BSWD Bon Appetite Run. Meet at the Elks Parking lot for a run of your choice (course & distance) starting at 9:00 am. No host breakfast to follow at a local restaurant.

28 Huffing for Stuffing. The Thanksgiving Day event that benefits the Bozeman Food Bank. More info to follow. Save the Date. Run or volunteer. More information to follow.

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 2011

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Treasurer: Jacki McGuire

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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

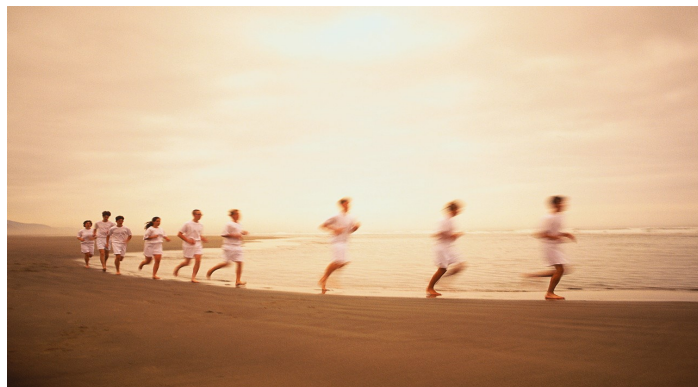
Four Zero Six Shirt Screening, Pete Sveen, 10% off, 600-5753

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.”