



September 2014 Newsletter # 444



THE WIND DRINKER IS A
NEWSLETTER FOR RUNNERS OF
ALL ABILITIES

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

The Wind Drinker

Old Timer's Corner

By Bob Wade

The Boston Marathon did not allow women to officially enter the race until 1972! Why were women barred from marathons? Because they would get big legs, grow mustaches and chest hair. Also their uteruses would fall out! If this seems preposterous to you you should know that:

- 1 From 1926 until 1960 the longest women's Olympic distance was 200 meters.
- 2 The 800 meter was longest woman's Olympic distance from 1960 to 1980.
- 3 The woman's 1500 meter was contested in the 1980 Moscow Olympics
- 4 The Women's Olympic marathon was first run in 1984 but the 5000 meter and 10,000 meter were not run until 1988.

In 1967 K. V. Switzer sent in an entry form and was accepted. (K. V. denoted Katherine Virginia.) Switzer's coach picked up her race number and she started the race. About 2 miles into the race Jock Semple one of the race officials jumped out of the officials truck and attempted to remove Switzer's race number. He said "Get the hell out of my race. Give me the number back." The press truck was right there and recored the conflict. Switzer's boy friend thwarted Semple by a body block. She went on to finish the

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The Mature Runner

By David Summerfield

Bridger Ridge Run Matures!

This year's 30th anniversary celebration of the Ridge Run has produced some interesting results that deserve mentioning. Many of you were there helping out, participating – a hearty thank-you! Here's how it all happened, and what we can look forward to in the future.

The traditional Ridge Run I inherited from Keith Belden (he was the race director before me) has grown-up! I was invited to speak at the Sunset Rotary Club meeting the week before the race, and found myself trying to talk many people in the audience to think about participating. In speaking with Bob Frey beforehand, he said the race was capped at 75, first of all. It was a small race, aimed more at the elite type of runner – for those who could easily handle the challenges, and definitely get off the mountain way before 3pm. No times were counted after 3pm, perhaps to discourage anyone not too sure of themselves. I can appreciate that type of event – it was a way to naturally select only those who could run and not cause problems. I am accustomed to running those kind of races – and like running with my own "kind". But, things have changed – oh, my – how they have changed.

And, I am a bit startled to see how I

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



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marathon in 4:40. After the race, Switzer was returning to Syracuse University where she was a student. About midnight she stopped on the NY Thruway for coffee and Ice cream. She was amazed that being the first woman to finish Boston was nationwide news. However it took 5 more years before Boston allowed women to run the race officially.

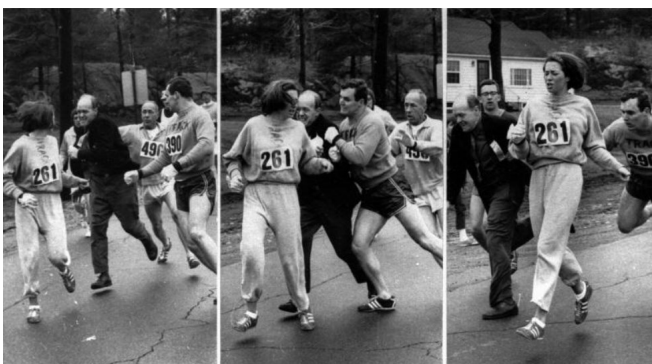
She continued to run marathons and promote women's participation in marathons. In 1974 she won the New York City Marathon in 3:07.29. The next year she was second at Boston with a PR of 2:51.37.

Switzer gave up competitive running in 1977 and jumped into race organizing. She convinced the AVON Company to sponsor a Woman's International Marathon, The first AVON Marathon was held in Atlanta in 1978 with runners from 9 countries. In 1979 the Avon Marathon was held in Germany. 225 world class women from 25 countries participated. Avon still puts on this marathon and Kathy Switzer is still involved.

In 2007 Switzer wrote an autobiography *Marathon Woman* to celebrate of the 40th anniversary of her historic Boston Marathon.

The next time any woman enters a long distance race-remember K.V. Switzer.

"She was inducted into the National Women's Hall of Fame in 2011 for creating a social revolution by empowering women around the world through running. Since 1967, she has worked to improve running opportunities for women in different parts of the world." -Wikipedia



Above: Switzer being pulled off the course in 1967

have encouraged the "general populace" to enter the BRR – I want everyone to try to do it – I know it will change their lives, plain and simple. And that's now the driving force behind the race, I do admit. It is open to everyone, and everyone is invited to figure out a way to make the cut-off times, and be better for it in the end. Perhaps I was tired to putting on an elite race for elite runners. It seemed so self-centered, self-serving, selfish. There. I've said it. I believe races/runs all over the world are dealing with this fact, and are taking steps to take care of everyone. Look at the New York City Marathon. Once a very, very elite race only for the hardcore. Now look at it! They have clubs who train severely handicapped people who can't even run, let alone walk. The therapeutic benefits are impossible to deny. Look at Zoe Koplowitz, who has now completed 25 NYCM's. She is referred to as a marathon runner, even though she crawls along on crutches, taking over 30 hours to do it. A crowd gathers at the finish line every year, waiting for her. This is what she said last November to the crowd:

"It makes you understand that life is not happenstance or random all the time. That there is a plan, and it's a good plan. When we do things like the marathon, we get an opportunity to see how the pieces fit, and life no longer becomes this random series of crazy events. There was a lovely young woman with multiple sclerosis who waited hours in the street for me to come by. On one side of her sign she had my name in big bold letters. On the other side of her sign, she had something that reduced me to tears. It said 'Because you run every year, the rest of us continue to walk.' I thought that was really profound. I think the thing is that, the marathon is not just an adventure to me. It's a matter of living resources; it's not just stories to tell, it's what those stories teach you and how close you hold them to your heart through the year, and how strong and how brave and much a part of the running community they make you. It has been a truly amazing honor. I've done 25 of these, and it never grows old. There is life after disability. You can either go through life like this [arms closed], or you can go through life like that [arms open]. And for me, New York City is that. It's arms out reaching for possibility and hope every single year. I love this city. I love its strength, I love its diversity, I love its personality, and thank God it loves me back because I wouldn't know what to do if it was a one-sided love."

So, welcome BRR to the new age of "meaningful" running. And the word "running" has got to take on a new meaning too!!! You can run the BRR without running one single step now! Yea!!! But you can also run it to your heart's content. And if you want it badly enough, it will

Dear Wind Drinkers,

Last month, just after the Wind Drinker newsletter was put together, I had the privilege of joining seven people who I admire on an adventure. The Bozeman Goats team faced the Headwaters relay with jubilation, determination, and playful spirits. Well, seven of the eight of us did. My journey into the Headwaters relay began after a week of terrible insomnia, still resisting the pain of a torn hamstring that didn't seem to want to heal, and a strong, greedy desire for time with my man-hunk in which I was the center of his world and he the center of mine. This did not make me the ideal teammate during our first day.

I will spare you the details of my derailment from model mental health and just let you know that on the second day, after a night of sleep, I looked upon a section of badly burned forest and identified. There was no way to hide what had obviously been done. Trees were charred to stumps. The landscape was dramatically different from the other lush forests we had run through. Yet the wildflowers bloomed. Greenery was growing back. My long slumber before woke me up to the inspiration around me. I hoped that I could be more like the hard-core people on my team.

As he ran, one of our compatriots smiled so much, even when the cars and trucks drove past kicking up dust, that his teeth were left coated with a brown layer of muck. After each of his legs in the event, this seemingly enlightened gentleman would wipe the dirt from his grin, leaving a smudge on the sleeve of his right shoulder, and enthusiastically encourage the rest of the team. He advised that we “relax and enjoy the scenery”, “let your mind wander”, and “eat my last pop tart”.

My twin sister flew in from San Francisco for the event. She lives her life at sea level in a place where temps never hit extremes. She, too, eats pop tarts for breakfast, favoring the frosted cherry flavor. I was concerned about her acclimation to the elevation and heat, that she was taking on too many miles, that she was going to be exhausted before we were halfway through. Then, at one point early in our adventure, she looked me in the eye and said quietly, “I think you are underestimating me.” She was not angry; she was simply stating a fact. Since we have been kids, I have consistently misjudged the abilities of both of us. During that trip, she once again proved my pessimistic side to be unworthy company. She took on more miles

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always be there just waiting for you to get to the starting line, and take off on the adventure of a lifetime.

- David Summerfield



Above: Zoe Koplowitz finishing the 2013 NYCM

THANK YOU TO THE RIDGE RUN VOLUNTEERS FROM KAY:

The 2014 Ridge Run was a great success. There were many happy finishers! Thanks to those individuals (and families) who helped to make it happen. There were so many compliments paid to the volunteers that willingly got up early insuring that the runners were properly hydrated, fed and watched over. Many of them were BSWD members while some were past participants or just interested fellow runners. We had coordinators from Colorado and Missouri along with sweeps from as far away as St Ignatius and Colorado. Some volunteers were helping for the first time while others make volunteering for the Ridge Run a habit. The Gallatin Valley Ham Radio Club provided vital radio information which contributed to the safety of everyone. An added treat this year was the barbecued hamburgers provided by REI. So this is to let you know that the Ridge Run wouldn't happen without

than anyone else on our team and she ran them faster than I will ever run. She never got bitchy. She never complained. There wasn't one second I witnessed in which she seemed tired. She simply enjoyed the next mile, the new people, and the views.

Finally, there is the true hero in this story. The man for whom there could only be a difficult and ugly escape from my clutches. When I woke from my fatigue to a more rational world, my man-hunk ran his best, gently reminded me that sleep deprivation is often used as a form of torture, and reiterated, as he often does, that when I don't care for myself, I am most likely to cause harm to others.

Dear Wind Drinkers, and especially dear man-hunk, thank you for helping me to remember that care for myself is care for my community, that everyone has something exciting to teach me, and that no matter what picture gets painted before me, pop tarts are a terrible, toxic fuel.

Your devoted editor,
Dee



you, thanks for being there and we hope to see you again in the future. Whatever job you did whether it was hauling water to the check points or verifying runner numbers as they continued along the course, you were vital to the success of the Ridge Run. You were greatly appreciated!!

RUN CALENDAR

September

- 3 BSWD South Cottonwood Canyon** 6:30 PM
5 Night Owl Run: Livingston, 4.06 Miles Run/Walk. Bus out and run to the Owl Lounge. Info & Registration Forms at www.nightowlrun.com. Online reg at racemontana.com
- 6 Big Hole Valley's Race for Renewal:** Wisdom, 4 Person 5K Relay Race plus a 5 & 10K Walk/Run. 10:00 am Register at www.bigholevalley.com. Race day registration as well
- 6 Choke Cherry Run:** Lewistown. 10K Run. 5K Run/Walk plus 1 mile Fun Run. 10:00 am. Info at 406-533-5436 or lewisstownchokecherry.com. Register at www.raemontana.com
- 7 4th Annual Bozeman Marathon, ½ Marathon & Marathon Relay:** Course winds through the beautiful Gallatin Gateway Valley finishing on historic Main Street. A Boston Marathon Qualifier. www.bozemanmarathon.com for registration and information
- 7 SHATS #2:** Goats Pursuit: Mount Helena Ridge Run 9:00 am. 6.6 miles Point to Point Time Trial. If this is your first race in the series, please, send a recent 10 or 12K time. Trolley leaves at 8:00 to take runners to the start with the finish at Dump Gulch Trailhead (Course is mostly downhill). www.bquickrunning.com or bquick50K@hotmail.com
- 10 BSWD Painted Hills** 6:30 PM
- 17 BSWD Lindley Park Run** at 6:00 pm. Pizza Party to follow. NOTE TIME CHANGE
- 19 SHATS #3:** Goats in the Dark: Helena: 9:00 PM. Tubbs Trailhead. BYOH (Bring your own headlight) 3.2 Miles Course along Ambrose & Diretissima Trails marked with glow sticks. bquick50K@hotmail.com or www.bquickrunning.com
- 20 37th Edition John Colter Run:** Missouri Headwaters State Park at Three Forks. Registration limited to 300 entrants. <http://www.racemontana.com/Search/event.aspx?id=26204>
- 20 2nd Annual Big Bear Stampede:** Gardiner. 5 & 8K Trail Races at 6500 feet elevation with great views. Register @ www.racesandfaces.com/mt/big-bear-

[stampede/2014/registration](http://www.bigbearstampede.org/stampede/2014/registration)

Information at www.bigbearstampede.org

24 BSWD End of the summer fun run reason Potluck at 6:00 pm.. If you want to run come at 5:30. No timing. Bring a dish to share

27 Yellowstone Rendezvous trail Run: West Yellowstone. Course winds through the Gallatin National Forest on dirt roads. ½ Marathon or a two person relay team, 5 & 10K courses plus 2K kids Run. ½ starts at 9:00 am 5 & 10K at 9:30 am. Kids run at 10:30 Information: 406-646-7744 or rendevoustrails.com

27 Intermountain Opera Run: Bozeman. It Ain't Over Til the Fit Lady Sings. 10 Mile Course starts at 9:00 AM, Kids Run at 9:05, 5K at 9:30 for less serious runners, strollers, walkers. Start/finish at Lindley Pavilion, Pre-registration at Intermountain Opera Office at 104 E Main. For info call 406-587-2898. On line registration at racemontana.com

October

11 9TH Annual Raw Deal Run Community Fundraiser: McLeod. Located at the Raw Deal Ranch, 16 miles south of Big Timber 3 Miles Run/Walk and 6 Mile Run along with a 1 Miles Cow Poke Lope (kids run). Winners receive prizes of locally produced meat. Enjoy a Halloween Costume Contest and a free Chili Feed. Registration available at www.sghw.org. Info at 406-932-3090 or programs@sghw.org.

11 33rd LeGrizz Ultramarathon. Spotted Bear. 50 miles along Hungry Horse Reservoir. 8:00 am start. USATF membership required. www.cheetahherders.com

RESULTS

Andy Blank Hour Run - 7/23/14 - The Andy Blank Run usually held in January on the indoor track at MSU was changed this year in that the 400 Meter Outdoor Track was used. It was well received by our group. The object was to complete as many laps as possible in the specified amount of time.

Thanks to Teresa Leland and Dave Skelton for timing and to Tomas Dombrovsky for setting things up.

15 Minutes: Ana Braun 8 Laps, Sierra Holleman 5 Laps, Jean MacInnes 4.5 Laps, Dallas Roots 3 Laps, Linda Skelton 3 Laps. **30 Minutes:** Tom Walsh 16.5 Laps, Leigh Holleman 15 Laps, Darryl Baker 13 Laps, Kurt Buchl 13 Laps, Craig Hildreth 13 Laps, Leonard Baluski 11.5 Laps, Bill Davis 11 Laps, Gail Cary 10.5 Laps, Roger Roots 10 Laps, Cheryl McNicholson 9.5 Laps, Tom Moore 7.75 Laps; Bob Wade 7 Laps, Kay Newman 6 Laps. Also ran with no times recorded Jack, John & Mia Dudas & Andy Garza. **60 Minutes:** Rob Maher 31.25 Laps, Kyle Klicker 28 Laps, Jacki McGuire 17 Laps.

Peet's Hill/Bogert Park Fun Run - 7/30/14 - There were lots of new faces attending the annual trail run starting and ending at Bogert Park. Thanks to Martin Rollefson for setting things up and to the timers who were Leanne Roulson and Suzanne Winchester. **1 Mile:** Andrew Holleman 14:40; Livia Fields 16:24; Emma Fields 20:44; Cathie Fields 20:47; Barbara Winchester 21:26; Ashlyn McClary 23:13; Klara Dumbrovsky 23:14; Sierra Holleman 25:37; CJ Oostema 25:47; Toby Holleman 26:17; Jean MacInnes 26:55; Bob Wade 26:58; Hazel Roulson 28:22; Kevin Germann 32:37; Elizabeth Germann 32:41; Shawna Oostema 32:58; Madison Oostema 33:17; Jake Oostema 33:18; Desiree McCann 34:14; Cooper McCann 34:19; Isabella McCann 34:19; Elliott McCann 34:29; Lori Johnson 34:37; Avery Johnson 34:39; Kay Neaman 35:08; Sandy Ohler 35:08; Tabor Roulson 36:36; Chris Roulso 36:38; Dallas Roots 39:25. **3 Miles:** Kyle licker 23:07; Tom Walsh 25:29; Patrick Murphy 29:18; Darryl Baker 30:09; Kurt Buchl 30:10; Frank Stock 30:26; Leigh Holleman 30:30; Craig Hildreth 31:49; Becky Hochstein 32:54; Kelly Kayahara 34:28; Teresa Galli 34:31; Riley Bloomer 35:15; Betty Bloomer 35:25; Gail Cary 35:26; Molly Bowman 35:30; Celia Bertoia 35:52; Susan MacCall 36:10; Melissa Rayach 37:01; Andy Garza 37:03; Leonard Baluski 37:05; Frankie Dougher, Jr 38:04; Karen Funke 39:17; Frank Dougher, Sr 43:42; Landon Norton 47:43; Wendy Olson 47:44; Tessa Bochner 49:55. **5 Miles:** Tomas Dumbrovsky 35:23; Orion Watson 35:27; Rob Maher 36:18; Lukas Geyer 37:12; Patrick Cooney 38:45; Tom Hass 39:51; Mac Johnson 40:13; Kyle McKenzie 41:25; David Fields 42:34; Tillman Bartholomew 43:11; Jennifer Wirth 43:15; Eric Lehnhoff 47:06; Casey Bloomer 47:45; Bridget Boyle 47:47; Gary Bloomer 47:51; Roger Roots 47:54; Jim Brockett 53:13; Jeff Underwood 54:02; Clint McCutle 59:14; No time recorded for Melissa Ragern.

Drinking Horse Mountain - 8/6/14 - It was another great fun run thanks to the efforts of Bob Wade who marked the courses. Also thanks to the timers who were Leon Shearman, Dave Skelton and Bob Wade. Times are: **Road Mile:** Darryl Baker 11:25; Kurt Buchl 11:26; Frank Stock 11:28. **1.4 Mile Trail:** Chris

(Continued on page 6)

Skelton 14:13; Chase Skelton 14:15; Holly Skelton 14:16; Delaney Bahn 14:55; Ben White 15:55; Riley Bloomer 16:05; Bob Johnson 19:13; Laura Humberger 20:17; Linda Skelton 21:37; Kay Newman 21:37; Ursula Vlases 22:23; Hazel Roulson 22:25; Theresa Leland 23:20; Tabor Roulson 26:13; Chris Roulson 26:17; Dallas Roots 43:38; Mia Dudas 55:25. **2.6 Miles:** Tomas Dumbrovsky 20:36; Mac Johnson 21:36; Kyle Klicker 22:13; Jennifer Wirth 23:16; Rob Pudner 23:47; Casey Bloomer 24:31; Alyssa White 24:41; Patrick Murphy 25:40; Martin Rollefson 26:03; Tim McNicholas 26:11; Bob Eichenberger 26:27; Elizabeth Coughlin 26:32; Yuriko Yano 27:06; Gary Hellenga 27:42; Tom Moore 28:40; Leigh Hollema 28:41; Stephanie Ewing 29:25; Andrew Holleman 30:02; Teresa Galli 30:14; Amelia Hartshorn 30:53; Mary Martha Bahn 30:57; Georgianna Fischer 31:05; Celia Bertoia 31:13; Claire Vlases 31:22; Michael Vlases 31:23; Frankie Dougher 31:40; Karen Funke 34:17; Jamie McEvay 34:50; Leanne Roulson 36:09; Leonard Baluski 36:25; Frank Dougher, Sr 37:05; Suzanne Winchester 37:36; Barbara Winchester 37:42; Lynne Hubert 39:48; Sierra Holleman 40:24; Sandy Dougher 45:49; Tracy Dougher 45:58; Jane Foster 45:59; Gail Cary 46:01. **4.6 Miles:** Orion Watson 34:47; Rob Maher 38:24; Kyle McKenzie 41:04; Lukas Geyer 42:21; Josh Burton 43:48; Tom Walsh 47:42; Roger Roots 51:08; Anita Moore Nall 56:53. Also ran with no times recorded: Jack & John Dudas.

International Speedway - 8/13/14 - Cooler than it usually is. Those were the words of many of the participants in the runs near Belgrade. Many thanks to the hosts Tim and Mary Beth Adams who hosted the event. Timers were Kyle Klicker, Kim and Martin Rollefson. Craig Hildreth marked the courses. Thanks to them for their efforts. Times are: **1 Mile:** Andy Garza 7:13; Teresa Leland 20:16; Jean MacInnes 20:18; Linda Skelton 21:55; Dave Skelton 21:57; Kay Newman 21:58. **3 Miles:** Craig Hildreth 25:40; Laura Sullivan Russett 28:35; Susan Sullivan 28:56; Celia Bertoia 30:37; Leonard Baluski 30:49; Darryl Baker 31:12; Angie Kociolek & Evan Krza 31:14; Megan DeHaan & Cody Cayson 31:42; Theresa Vick 31:44; Jane Foster 35:21; Ashlyn Curry 40:27; Caity Curry 40:28; Jacki McGuire 41:32. **4.5 Miles:** Lukas Geyer

36:04; Casey Bloomer 40:23; Gary Bloomer 42:14; Riley Bloomer 43:22; Betty Bloomer 44:23; Melissa Roggan 45:32.

Bear Canyon Trail - 8/20/14 - There were lots of dogs at our second trail run with the pups. The very smallest of the group seemed to be anxious to show the big dogs exactly who was boss of the trail. Thanks to Frank and Tracy Dougher for arranging the event along with Frank, Jr and Sandy. Also thanks to Ruth Forrest and Lynn Hubert for timing. Results are: **4.5 Miles:** Erik Beever 36:13; Tom Walsh 38:43; Kyle Klicker 41:11; Drew Beneid 42:48; Yuriko Yano 46:09; Roger Roots 47:58; Teresa Galli 48:54; Randy Oostema 50:36; Sarah Anderson 53:07; Melissa Roggan 59:38. **3.5 Miles:** Alyssa White 24:51; Martin Rollefson 27:41; Gary Hellenga 29:52; Andrew Holleman 30:47; Tabor Roulson 32:21; Elizabeth Coughlin 33:19; Robyn Miller 34:40; Kelly Munter 34:44; Tracy Dougher 35:01; Carrie Gaffney 35:39; Travis Miller 35:45; Susan Sullivan 35:57; Karen Funke 36:29; Leonard Baluski 37:00; Chris Roulson 38:05; Hazel Roulson 38:19; Leanne Roulson 38:41; Tobias Holleman 38:48; Cooper Johnson 40:19; Jeff Johnson 40:21; Klara Dumbrovsky 42:58; Tomas Dumbrovsky 42:59; Bob Wade 53:05; Andy Garza 53:06; CJ Oostema 1:39:00; Madison Oostema 1:41:00; Shawna & Jake Oostema 1:45:00; **1.2 Miles:** Justin & Jan Gerber 16:08; Isaac Stock 16:25; Sandy Dougher 17:22; Barbara Winchester 17:41; Tyra Kucinski 17:46; Sierra Holleman 17:47; Henry Stock 18:57; Frank Stock 18:58; Kim Rollefson 26:50; Celia Bertoia 26:51; Kay Newman 31:18.





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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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

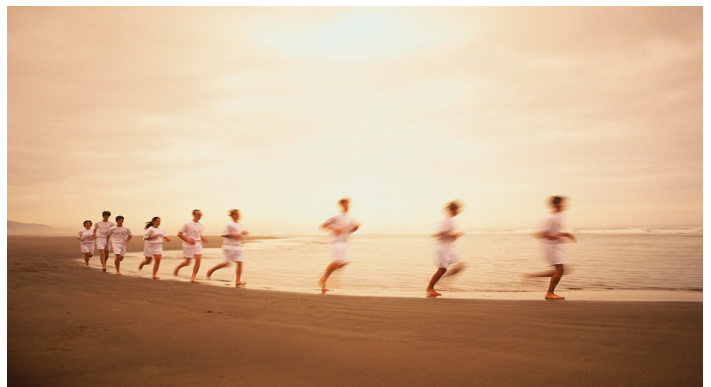
Four Zero Six Shirt Screening, Pete Sveen, 10% off, 600-5753

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.”