

# September 2015 Newsletter # 456



THE WIND DRINKER IS A  
NEWSLETTER FOR RUNNERS OF  
ALL ABILITIES

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# The Wind Drinker

## Dear Wind Drinkers

By Dee Metrick

Dear Wind Drinkers,

Every Wednesday I do a five mile loop that begins and ends at my home. Most Wednesdays, I run this route with my beloved running buddy, Dreamy Dean. Dean is tall and handsome and even funnier than Tina Fey. Dean has kept many of my secrets and never even hinted at blackmail. Dean and I share a passion for advocacy and a socially uncool love of cats. Dean also knows of my strange fascination with and love for owls (and other raptors). He has never rolled his eyes, even when I told him the origin of this obsession (which involves me stating, "It all began with this dream many years ago...").

On our dawn run this week, we were trotting along South 11th, through campus, when suddenly I heard a sound that could only be described as "raptor-like". When I turned, I could see the black silhouette of two owls in a tree. The sky behind them was a deep, dark blue. I exclaimed, "An owl! Two owls!" When I asked Dean if we could spend some time watching them, he said, "Of course!" We then proceeded to follow the birds from tree to tree and then to a building as the sun rose. They flew over our heads, they played with each other, and then they perched in the rafters of a building. I could not have been more ecstatic. At one point, the female knocked a pellet

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## The Mature Runner

By David Summerfield

September 2015 Newsletter  
What "Mature" (?) Runners Said To Be Able To Run the Ridge Run  
Here are several of the more memorable essays written by those wanting to run the Ridge Run. I've tried to get a sampling of all types – from serious, to humorous, to slightly weird. Here we go!  
Why should you let me in? You shouldn't! I told my wife the whole entry process is fixed and bet her I would never get in. If I lose I may have to complete the race in a thong. You don't want that. Neither do I. Don't let me in!

July 29: I cannot walk. Two weeks later: I run. On the ridge, there is only the present moment. But that moment takes years, or lifetimes to understand. Past and future fall away like East and West. So point your toes South and hang on.

In the span of twelve months I traded the mountains of Bozeman for the "mountains" of NYC. I was 19 and with that trade I lost part of myself. Now 34, I'm trying to find me again. The BRR is a milestone in the path back to my roots.

This most spirit-lifting of events is an annual contest to see if I can get it together one more time – "Made weak by time and fate, but strong in will – To strive, to seek, to find, and not to

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



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to the ground, which literally rolled to my foot. What a gift! I looked at Dean and pondered our friendship. We work for the same non-profit. I constantly make attempts at work to appear professional... And I desperately wanted to take the sacred pellet home. He asked why I had such a strange look on my face. I told him I wanted to take home the pellet. I assured him that it came out of the owl's mouth and not its butt, like that would be any less gross. I asked him if he had a tissue or a plastic bag. He did not. I asked him if he would judge me if I carried a pellet in my hand for the return two miles home. He said he would not. I asked him not to tell and he said of course he wouldn't. I asked him if he wanted the sacred owl pellet (assuming I could resist the urge to dissect it) upon my death and he said of course he would.

I have no way of knowing what Dreamy Dean would actually do upon my demise. Perhaps if offered the sacred owl pellet after my death, he would say, "Eew. Gross. I was there when she carried that nasty thing in her hand for two miles. That woman was always crazy. You should hear how she talked about her cats!" But I don't think that's likely. I have never heard one running buddy stab another in the back- and I talk to lots of people who run with buddies. These friendships go deep. Running secrets are held with the highest regard. Commitments are kept, even on the coldest and darkest days. Prized animal droppings are left to each other during the transition of our estate...

Dear Wind Drinkers, thank you for being with me on these crazy running adventures through our mountain wilderness and our urban zoo.

Your devoted editor,  
Crazy Dee

## **RACE CALENDAR**

### **September**

**2 South Cottonwood Trail Run.** BSWD. 6:30pm.  
**5 Fun Run 12 for Charities.** Red Lodge. 5 & 10K  
Fun Run. 5 & 10K Fun Walk. No entry fee.  
Donations encouraged. "Where Fun Benefits  
Everyone" email: [funrun@rlacf.org](mailto:funrun@rlacf.org).  
[www.RedLodgeFunRun.org](http://www.RedLodgeFunRun.org)

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

yield." (Tennyson's Ulysses) Oh yes!

I'm 65 w/recent aggressive prostate cancer diagnosis; not looking for pity but BRR's on bucket list. Old but strong, slow but steady. Love goat trails. Pics of BRR turn me on. Career in trail maint and constr, Glacier NP, Bitterroots, N. Idaho.

I would like to prove to all those sniveling men out there that didn't get into last year's race or won't get into this year's race that I, as a woman, will be treated with favoritism.

I had to pull out last year due to a synovial cyst which pinched off 75% of my spinal canal. The only thing that gets me through my daily physical therapy and rehab is the thought of again being able to participate in the Ridge Run.

Running my a\*\* off in the mountains is my therapeutic remedy for maintaining sanity in a world of solo parenting, a challenging career and shifting sands. If you're looking for folks who appreciate the gift that comes with this challenge, choose me.

Native Bozemanite-a farm girl. Will represent! Mother lost leg impacting ability to engage in our love of the Bridgers. Lost a cousin and his passion was the Bridgers. Bridgers are my home and I love hiking, playing, viewing and caring for them!!

I run all my races for my brother and running buddy who spends most of his time in Afghanistan. He lives vicariously through my running life. It's the least I can do for him, knowing all that he does for us. It's as simple as that!

PICK ME! Last year I watched my sister in law complete the run. It changed her life and motivated me to change mine. My brother and I are trying to run together this year...great time for us to reconnect. I love mountains! PLEASE PICK ME!

As a kid I was forbidden to play sports due to the competitive nature fostered by such activities. Having overcome the spiritual destruction of such a religion, running has given me access to peace, gratefulness, and resilience of mind.

My daughter was born with a serious heart condition that resulted in me developing postpartum depression. Running is the one thing that has helped me overcome this. The RidgeRun is my greatest running goal.

**7 Monday Night Miles:** Community Trail Race Series sponsored by Schnees. Bozeman Highland Glen 5K at 6pm

**9 Track and Trail Run.** BSWD. MSU Track on Kagy Blvd. 6:30pm

**12 Gallatin Gateway Gallop.** 5K Run and 1K untimed funrun starting at Stacy's Bar & Grill. 300 Mill St. Gallatin Gateway. Proceeds benefit School Foundation. Register at [www.gallatingatewayschool.com](http://www.gallatingatewayschool.com). 8:30am start.

**14 Community Trail Race Series** continues at Triple Tree. 5K Bozeman at Triple Tree on Sourdough Rd. 6:00pm. Benefits GVLT. Sponsored by Schnees.

**16 Pizza Party.** BSWD annual event at the Lindley Pavillion. 6:30pm.

**18 10th Annual Run @Work Day and the 4th Annual Run @ School Day.** Promoted by RRCA. Start making plans now. Learn more at [www.RRCA.org/programs](http://www.RRCA.org/programs)

**19 John Colter Run.** Missouri Headwaters State Park. 7.5 Rugged miles re-enacting his infamous escaped from the Blackfeet Indians. Approximate start at 9:00 am. Actual start according to the current train Schedule. It will be announced 10 minutes before the actual cannon blast. No race day registration and no walkers. Sign up at Race Montana web site. (Limited number of participants)

**20 Mariah's Challenge Run.** Butte 5K & ½ Marathon starting at 9:00am. Sign up at [www.mariahschallenge.com](http://www.mariahschallenge.com)

**21 Schnee's Monday Night Miles Community Trail Race Series** supporting the Gallatin Valley Land Trust at Bozeman Creek (5K) 6:00 pm Meet at Sourdough Trail

**23 BSWD Annual End of the Year Potluck & Meeting** at 6:30 pm. Bring a dish to share

**26 Yellowstone Rendezvous Trail Run.** West Yellowstone. ½ Marathon at 9:00am, 5&10K at 9:30, 2K Kids Run (Free) at 10:30. Questions answered at 406-646-7744

**28 Monday Night Miles** Community Race Series in Bozeman for a 5K at Peet's Hill 6:00 pm start. Meet at the GVLT office on S Wallace (east side)

**30 2015 Summer Fun Runs Come to a Close. Pot Luck at the Lindley Center.** Thanks to all who gave of their time! If you would like to be an officer next year, speak to our President, Kurt Buchl, or any of the current board.

## October

(Continued on page 4)

My favorite quote, "All anyone really needs is twenty seconds of bravery and something great will happen". I know twenty miles of the Bridger Ridge Run will accomplish something great!

My Therapy, My Brother Mowbray was killed by a Drunk Driver 3 years ago, this turned my life upside down, sense Mowbs passing the only thing that keeps me sane is running, I run for my brother when I am in my Pain Cave I feel the closest to Mowbs.

Sacagawea - Then along the rocky spine - To the 'M'-- Sublime! (A Haiku) My in-laws are visiting that week from out of state. They won't be impressed by my poetry skills, so I actually have to run the ridge. Please help!

I wanted to run last year but felt intimidated. Now I have spent three months hiking in Nepal and a month at Everest base camp. I am ready to run in the footsteps of my father Alex, my stepfather Conrad, my mom, Jennifer and my brother Sam.

We only have one life to live; may as well fill it with adventure and success. Since having 3 small children, I struggle to make time for myself. The run will allow time to focus & be part of an elite athletes and community members.

"Pain's a fire which incinerates Karma and fuels evolutionary change"-L.Jarret

8 BRR's, smitten! Romantic training runs with my girlfriend. Electric atmosphere at Fairy Lake. Connection with other runners. Doing what others won't.

Max is running because it's better than therapy. ("Take that, ex-wife, I got in to the Bridger Ridge Run! All you got was the house. Loser.").

I am a cop in Jackson, WY and just finished 5 days of anti-abortion protests with vivid pix, vile blather, ignorant counter protesters and getting yelled at by both sides. I need to clear my head. Help.... I'm a police officer's wife, and I need to clear my head, too. (Maybe you heard from him, already!) Please pick us. We haven't even been on a date for over a year. Thanks. P.S. His name is Frederic O'Connor. Thanks.

My wife says we can't have our second baby until we

**10 Raw Deal Run** (a community Fundraiser). McLeod (South of Big Timber) 3 & 6 mile runs Plus 3 mile walk all starting at 10:00 am. Chili Feed Follows. Sign up by 5:00 pm on Oct 9 to receive timing.

**21 "Run Free"**. The true story of Caballo Blanco. 7:00 pm at the Emerson Center in Bozeman. A documentary about the ultra-running legend, Micah True. He lived and ran with the Tarahumara Indians of northern Mexico (the Running People) The film won the 2015 Greenspan Memorial Film and Video Award presented by the Track & Field Writers of America.

**31 Montana Cup**. Helena. . 5 & 8K cross country runs at Sieben Ranch. Men start at noon. Women start at 1:00 pm. Registration opens on Sept 1.

### November

**11 Veterans Day Run**. Butte. Starts at 11:11 am at Stodden Park ending at the American Legion Club. 2.5 Miles & 5.2 Miles Race day registration at Stodden Park.

### RACE RESULTS

**East Gallatin Recreation Area - 7/29/15** - The BSWD 41st Anniversary Fun Run was held at the East Gallatin Recreation Area. It was our largest crowd on record for our weekly fun runs as there were over 100 participants. There were 111 times recorded but many of those did not have a corresponding name to list. It was a gala celebration thanks to Casey, local Bozeman Running Co owner, who provided hamburgers, hot dogs, snacks and drinks for the crowd. He was proudly showing the group his new motorhome which will provide a portable race office to be used at local events. We certainly appreciate his generosity Also thanks to Craig Hildreth for setting the courses Thanks to the timers who were Celia Bertoia and Kelly Wilson. Times are: **1 Mile:** Grant Coley 5:47; Dylon Hopkins 5:49; Michael Mosin 5:55; Justin Frafzer 5:56; Bryce 5:58; Gary Hellenga 6:27; Christine Anderson 7:35; Claire Rembert 7:35; Lindsey Cozzi 8:32; Theron Burling 8:33; Jane Foster 9:15; CJ Oostema 10:47; Sam Bass 11:03; G Austin 11:03; Simon Payne 11:13; Theresa Leland 11:29; Meghan Leland 11:31; Ryan Growney 12:52; Elizabeth Growney 12:53; Jean MacInnes 13:15; Craig Hildreth 14:05; Leslie Schmidt 14:05; Lynn Paul 15:11; Madison Oostema 16:21; Travis Anderson 16:32; Eric Anderson 16:39; Roberta Holleman 16:50; Kay Newman 17:16; Linda Skelton

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both do the ridge run. She calls it "Ridge Run Family Planning." Please help us out and be a part of our family history! Train. Run. Make baby.

Please let me run for Caden Shrauger, age 3 battling Neuroblastoma Cancer. Bozeman Fire Chief's son, my daughter's best friend and the boy I helped raise since he was 3 months, Caden is fighting for his life. This race is for you Caden!

Ridge Runner Donald Tucker and I became close friends and in 1997 he was killed in a car accident. Stashed away in my treasures I have a hand written note from him asking me to join him in this "epic adventure". In memory of Donald Tucker.

Transitioning from life in Special Forces is more challenging than my husband thought. But its easier when your wife will sort out shit on a run with you. We want to tackle this beast as individuals, but really we want to tackle it together.

In honor of MY Special Olympian, told he'd never walk, BRR is the ultimate in proving doubters wrong, especially ourselves. NEVER an athlete, down 70 lbs & at the proverbial hill of 40, BRR is my final proof, mind over matter wins. I'm an athlete!

I am not dying, blind, one-legged, or running the ridge barefoot. I am a mom and a physician who wants to lead by example...I preach health and wellness AND loving the place we love.

I ran the BRR in 2005 (maiden name is Swogger) and finished in 3rd. My husband claims when I finished I said "don't let me do that again". I don't remember saying this and I'd like to show him he's wrong!

My name is Cooper. I am Niki's dog. I am entering her in this race. It would mean many trail runs for training and we always get icecream for recovery. Please consider the dog, don't make me beg...or stare at you for a long time.

Coast to prairies to mountains to fireflies in night, Beckoning to rise from sea to summit, Light falls, Breath rises, Life at your feet, Gather the senses and melt the lies beneath seasons, Run with me.....

-David Summerfield



17:17; Shawna Oostema 18:14; Jake Oostema 18:15; Wren Wirth 23:45; MM Fulton 24:29. Jack, Jay and John Dudas ran with no times recorded. **3 Miles:** Tommy Bass 13:38; Kudis Macfarlane 14:31; Will Hodgson 14:32; Andrew Holleman 15:11; Dylan Humberger 15:33; Travis Miller 15:50; Whitney Adams 15:55; James Jong 15:55; Alycia Vankirk 16:20; Scott Macfarlane 16:28; Lily Ann MacFarlane 16:29; Jesse Hildreth 16:54; Grace Rembert 17:07; Penelope MacFarlane 17:23; Jen MacFarlane 17:24; Anita Moore Nall 17:32; David King 17:37; Cooper Johnson 17:37; Leif Growney 17:38; Jeff Johnson 17:52; Teresa Galli 18:14; Gail Cary 18:18; Leonard Baluski 18:42; Craig Miller 18:51; Vicki Saab 19:16; Barbara Bakwin 19:37; Pam McCutcheon 19:38; Sarah Anderson 19:40; Linda Beranova 19:42; Cory Vellinga 19:51; Esther Schwier 20:29; Karen Funke 20:44; Laura Humberger 21:14; Iris Orion 21:55; Manziah Huston 21:58; Sarah Beonbe 22:27; Tracy Dougher 22:30; Tobias Holleman 22:36; Debbie Piruffe 22:36; Leon Shearman 23:15; Tom Londe 23:30; Mia Dudas 28:25. Sandy Dougher & Linda Miller had no times recorded. **5 Miles:** Andy Burns 22:04; Kal Tucker 22:08; Kyle Van Peuson 22:09; Rob Maher 22:10; Cyrus Jones 22:12; Jon Wirth 22:13; Casey Bloomer 24:30; Bridget Boyle 24:42; Kurt Buchl 24:42; Gary Bloomer 24:54; Lukas Geyer 26:49; Melissa Casper 26:55; Roland Badwann 27:08; Tom Walsh 27:20; Randy Oostema 27:21; Kelly Sprinkle 28:25; Lori Davis 29:10; Shannon Kephart 29:10; Clint Mitchell 29:40; Kimon Kanelakis 29:45; Kristin Beckhorn 30:00; Rod Getchell 30:00; Dick Endis 31:30; Becky Hochstein 31:57.

**Bite of Bozeman at Bogart Park - 8/5/15** - It was the annual run that often has the most runners of the season but the rain kept lots of folks at home. Pete's Hill was slippery and wet but all made it safely back to the finish. Thanks to Whitney Adams for setting up the event and to the timers who were Rob Maher and Shawna Oostema. Times are: **1 Mile:** Michael Mosin 9:32; Andrew Holleman 9:33; Bryce Frahek 9:39; Preston Frahek 9:40; Sierra Holleman 11:21; Clair Rembert 11:28; Tobias Holleman 11:57; Karen Funke 12:35; Celia Bertoia 13:48; Laura Humberger 15:34; Joe Bradshorn 15:35; Leon Shearman 16:50; Kay Newman 36:59. **3.2 Miles:** Bob Eichenberger 28:17; Kiedis MacFarlane 29:15; Whitney Adams 29:23; Darryl Baker 30:52; Jesse Hildreth 31:54; Angie Kociolek 32:21; Kurt Buchl 32:23; Kazethy Tamito 32:30; Tom Walsh 32:31; Lily Ann MacFarlane 33:17; Penelope MacFarlane 33:18; Jen McFarlane 33:20; Scott MacFarlane 33:21; Naoya O'Hara 33:22;

Leslie Schmidt 36:02; Gail Cary 36:04; Leonard Baluski 36:18; Jason Lunden 36:38; Ida Lunden 36:40; Rosie Nickelson 41:28; Susan Nickelson 41:29; Jerry Shows 42:43; Tim Griffiths 42:45. **4.6 Miles:** Kal Tucker 29:47; Oriron Watson 34:00; Roland Bachmann 35:15; Michael Vlases 38:25; Patrick Bradshaw 39:10; Alycia Vankirk 39:16; Casey Bloomer 39:29; Bridger Boyle 40:08; Gary Bloomer 40:11; Randy Oostema 41:23; Grace Rembert 41:37; Masaya Toita 41:54; Melissa Casper 43:11; Frank Dougher 45:03; Matthew Smeltzer 46:19; Klara Dumbrovsky 48:25; Tomas Dumbrovsky 48:25.

**Tuckerman Park - 8/12/15** - It was a pleasant run through the trees and by the creek plus we even finished before the late thunderstorm. Thanks to the Doughers, Frank, Senior and Frank, Junior for setting up the courses. Thanks to the timers who were Frank Dougher, Jr, Randy Oostema and Mike Rubsam. **5 Miles:** Kal Tucker 30:30; Tommy Bass 38:04; Iris Orion 43:23; Marziah Hashimi 43:24; Bob Eichenberger 43:37; Terra Tram 43:41; Leigh Holleman 43:46; Katie Merrill 43:55; Marc Almanzan 43:56; Gracie Rembert 45:34; Lydia Tram 45:48; Bonnie Eichenberger 48:35; Frank Dougher Sr 52:38; Rebecca Hurbbun 1:05:50; Elizabeth Coughlin 1:05:51; Jennifer Knight 1:05:53. **2.87 Miles:** Kiedis MacFarlane 21:15; Jennifer Wirth 21:20; Tom Walsh 24:16; Masaya Toita 24:17; Jen McFarlane 24:29; Scott McFarlane 24:31; Jesse Hildreth 26:03; Leslie Schmidt 26:08; David King 26:09; Lori Johnson 28:07; Leonard Baluski 28:13; Lavon Sessel 29:38; Jennifer McFarlane 29:39; Tobias Holleman 31:31; Laura Humberger 31:44; Gail Cary 32:21; Karen Funke 32:49; Klara Dumbrovsky 33:41; Jane Foster 33:42; Kurt Buchl 35:28; Tomas Dumbrovsky 35:30; Roland Buchmann 37:45; Suzanne Winchester 51:53; Jane Lounsberg 51:57; Frank Dougher, Sr 52:38; Rebecca Hurban 1:05:50; Elizabeth Coughlin 1:05:53; Jennifer Knight 1:05:53. **1.45 Miles:** Daryl Baker 12:52; Claire Rembert 14:18; Melissa Casper 14:19; Celia Bertoia 14:35; CJ Oostema 17:01; Lindsey Cozzi 17:49; Jean MacInnes 23:34; Theresa Leland 23:35; Simon Payne 24:43; Lilith Reusch 24:59; Jacki McGuire 25:00; Madison Oosteema 25:09; Avery Johnson 26:34; Robert Johnson 26:36; Linda Skelton 31:06; Kay Newman 31:07; Sam Bass 31:10; Larry Wigley 31:11; Finn Wirth 31:18; Jon Wirth 31:44; Graham Austin 34:50; Jake Oostema 39:42; Shawna Oostema 39:44.

**Hyalite Trails Run - 8/19/15** - It was a FIRST - The first time BSWD has hosted a Wednesday night fun run at this popular spot. Everyone seemed to enjoy the courses which were set by Frank Dougher, Sr along with Sandy & Tracy Dougher assisting. Timers were Frank, Sandy & Kay Newman. Thanks to all. Times are: **5 Miles:** Rob Maher 40:19; Roland Bachmann 42:07; Andy Burns 43:38; Tom Bogen 43:39; Jenna Fallaw 43:47; Elizabeth Spartis 44:50; Tony Hartshorn 46:20; Brian Flikkema 47:49; Grace Rembert 49:54; Tricia Seifert 50:28; Brian Carroll 51:08; Nate Carroll 51:10; Kely Sprinkle 51:51; Amelia Hartshorn 51:55; Teresa Galli 57:13; Randy Oostema 59:20; Rosie Nickelson 59:43. **3 Miles:** Kirkwood Donovan 25:18; Andrew Holleman 27:03; Bob Eichenberger 29:23; Gary Hellenga 30:43; Daryl Baker 32:36; Kyle Klicker 34:02; Celia Bertoia 35:01; Tobias Holleman 36:50; Gail Cary 37:05; Sarah Anderson 38:16; Leonard Baluski 39:10; D'Arle King 40:16; Tracy Dougher 40:21; Cadence Lundgren 40:25; Randall Lundgren 40:26; Susan Nickelson 42:48; Klara Dumbrovsky 44:35; Tomas Dumbrovsky 44:37; Jacki McGuire 55:43; Suzanne Winchester 55:45. **1.4 Miles:** Tom Moore 9:28; Natasha Fraker 11:17; Austin Fraker 11:19; Claire Rembert 11:44; Melissa Cooper 11:45; Hazel Roulson 12:00; Leanne Roulson 18:49; Linda Skelton 19:04; Jake Oostema 23:49; CJ Oostema 23:51; Madison Oostema 25:21; Shawna Oostema 25:36.

## **ANNOUNCEMENTS**

Another Ed Anacker Ridge Run has come and gone I'm sure that Ed never envisioned that it would take off and grow like it has I know that I never did when our small group set out to plan a suitable course quite a few years ago. Our hike was not a successful one but it did give Ed the idea that starting at Fairy Lake and heading up Sacajawea was the best starting point. Now it is the premier event of the summer and it wouldn't happen without the 80 or so volunteers who agreed to give of their personal time and talents to see that the run was a success. So thanks to each of you. You were appreciated.

Kay Newman  
Volunteer Coordinator

## **"M"-Bassador by Terry Cunningham**

The College M is one of the most popular trailheads in the Gallatin Valley, and parking is at a premium this beautiful Saturday afternoon in July as I set up a Trail Ambassador table near the trailhead kiosk. As soon as I place a water dispenser and Dixie cups on the table, hikers coming down the southern flanks of Mount Baldy avail themselves of the opportunity to rehydrate – and many opt to stick around and chat before heading to the parking lot.

Hikers and runners of all shapes, sizes and ages file past the table, which also contains bug spray, dog waste bags and leashes. Dog owners are asked, "Do you need to grab some poop bags?" as their pups bound excitedly up the trail.

Being a Trail Ambassador keeps me connected to fellow trail users. When I moved to Bozeman 16 years ago, it was uncommon for two hikers to pass one another without a smile and a greeting. I think we've slipped a bit in recent years, so I enjoy serving as a catalyst for discussion and connection on our trails. The Trail Ambassador table serves as a conversation area where "community" can be formed among trail users who share experiences with one another. After a while this "community" is threatening to block trailhead access, so I excuse myself to do some trailhead maintenance.

My goals as a Trail Ambassador are to be useful, helpful and engaging. When trail users see you restocking toilet paper and dog waste bag rolls, picking up trash in the parking lot, scooping dog poop, trimming branches and pulling weeds, you are seen as a resource rather than a "trail compliance officer." I'm constantly surprised by how many folks go out of their way to say "thank you" when they see me performing clean-up tasks at the trailhead or along the trail – and that opens the door for conversations about trail etiquette, trail conditions, etc. I let them know that I have maps, a first aid kit and a host of other hand-outs and reference items if they ever find themselves in need of such resources.

As I'm cutting a particularly nasty patch of burdock at the trailhead and stuffing the stalks and prickly seed heads into a garbage bag, a young couple approaches hand in hand. "How's it going?" I ask. A huge smile spreads across the man's face, "I'm walking on air. I just asked her to marry me up at the M. And she said

(Continued from page 6) “M”...

yes! You’re the first person we’ve told the news to.” I feel honored. Had I not been on the trail that day, I would’ve missed that.

When I first arrived at the trailhead, I encountered a family of four (mom, dad, 2 teenage sons) who asked me whether they should take the “most popular trail” or the “steep trail” up to the M. They are visiting from Florida and this is going to be their “big bucket list hike” that weekend. After a quick glance at their footwear and noticing that they aren’t carrying water bottles, I advise them to take the less steep trail. They seemed a bit disappointed, so I reminded them that they are over 5,000 feet above sea level and getting up to the M will still be challenging.

A mother and college-age daughter emerge from the trail, and the mom reports, with pride, between deep breaths, “I didn’t think I could keep up with her, but we made it to the big lookout about a mile above the M.” I inform them that the popular name for the lookout is Yoga Rock. The daughter looks at her mom with pride and declares, “I think they should rename it Mom Rock, because my mom rocks.” She tosses the Dixie cup in the trash bucket and walks toward the parking lot. Her mother turns to me and raises both fists in the victory pose. Had I not been on the trail that day, I would’ve missed that.

One of the reasons I joined the Trail Ambassador program was to try to make a positive impact on the way dog owners use – and sometimes abuse – our local trail system. As a dog owner, I don’t want to lose the privilege of being able to hike, run and bike with my dogs beside me: it’s one of my greatest joys. Unfortunately, trailheads are littered with dog waste and leash regulations are widely ignored on our local trails. My goal is to help change these behaviors in both subtle and direct ways. I always take time to scoop dog poop – with bucket and bright red scooper – at trailheads when I’m wearing my Trail Ambassador shirt and hat. “It’s a shame you have to do that,” is the typical response from passers-by. “Dog owners should be doing that themselves.”

Dog owners often make a point of telling me that they not only pick up their own dog’s waste, but they also clean up other dog’s poo when they encounter it on the trail. Every dog owner who passes me assures me that they have a poop bag, or they gladly take the bags I offer. With all of these assurances of compliance and model behavior from dog owners –why is there so much dog poo stinking up every area trailhead? Why is most of it within 100 yards of a dog waste station? Why do I find a fresh poo pile just 20 yards from the Trail Ambassador table near the end of my

two-hour shift after only encountering those who assure me they are “responsible dog owners?” Clearly, more work needs to be done.

As I’m about to break down the Trail Ambassador table, I see the four Floridians heading toward me. They have the same bright smiles on their sweaty faces as the newly-engaged couple displayed. They each pour a cup of water and slump heavily onto the trailhead bench. After thanking me for steering them away from the steep trail, they recount their experience, beaming with pride.

Two trail-runners in their mid-thirties sprint down the steep trail, then stop to refill empty water bottles while gasping for air. They explain that they’ve just completed the Bridger Ridge Run course in its entirety, having run and speed-hiked all the way from Fairy Lake. One of the Floridian teens asks, “Is Fairy Lake further up than the M? We all made it up to the M – no problem!” One of the exhausted trail-runners pats the young man on the shoulder and says, “Good job, man. Good job.” Had I not been on the trail that day, I would’ve missed that.

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**“RUN FREE: THE TRUE STORY OF CABALLO BLANCO” TO PREMIERE IN BOZEMAN ON OCTOBER 21**

“Run Free: The True Story of Caballo Blanco,” a feature-length documentary about ultra-running legend Micah True, will premiere at the Emerson Center for the Arts & Culture in Bozeman on Wednesday, October 21 at 7 p.m. The one-night-only event is sponsored by the Big Sky Wind Drinkers running club.

Micah True, better known as Caballo Blanco – the White Horse – was the focal character of Christopher McDougall’s 2009 best-selling book “Born to Run: A Hidden Tribe, Superathletes and the Greatest Race the World Has Never Seen” about the Tarahumara Indians of northern Mexico. Also known as the Rarámuri, or Running People, they are some of the best long-distance runners in the world.

Caballo Blanco was an enigmatic visionary who lived and ran with the Tarahumara after moving to remote Copper Canyon in the 1990s, and who created the fifty-mile Copper Canyon Ultra-Marathon to honor their running traditions and aid in their sustainability. Now in its thirteenth year, the race attracts hundreds of local Tarahumara to the village of Urique to compete alongside some of the best runners in the world. All race finishers receive five hundred pounds of corn, which the international runners traditionally donate to the local Tarahumara, commemorating the spirit of sharing, or “kórima,” which is a way of life among the natives of Copper Canyon.

The documentary is directed by Sterling Noren, a filmmaker from Seattle who met Micah True in 2009. Most of the material for the film was recorded in the weeks leading up to the 2012 race. Shortly after that race, Micah True disappeared in the Gila Wilderness of New Mexico during his daily run, prompting ultra-runners from all over the country to drop everything and join in the search. His body was recovered several days later, found on a trail in a deserted canyon by some of his friends.

“We wanted to tell the story of Micah True in a way that was exciting and authentic, so that viewers could get a sense of what an amazing and inspiring person he was,” said Noren. “Micah’s vision lives on and his legacy is honored in this film. The film shares Micah’s compelling message of love, hope and kórima with the world while helping sustain the people and culture that meant so much to him. We’re honored to be part of this project and are

committed to keeping Micah’s mission alive.”

“Micah’s genuine passion for honoring the sacred running traditions of the Tarahumara people was the essence of his being,” said Maria Walton, executive producer of the film and Micah True’s girlfriend at the time of his death. “We made this film to share Micah’s vision of hope for the Tarahumara culture and empower people everywhere with his joy of running.”

The 90-minute film recently won the 2015 Bud Greenspan Memorial Film and Video Award, presented by the Track & Field Writers of America. In addition, the film also was named winner of the prestigious Award of Excellence from the IndieFEST Film Awards, which recognizes film, television and new media professionals who demonstrate exceptional achievement in craft and creativity, contributing to profound social change. The IndieFEST Film Awards said of its latest winners, “The IndieFEST is not an easy award to win. Entries are received from around the world from powerhouse companies to remarkable new talent. The judges were pleased with the exceptional high quality of entries,” of which Run Free was singled out for its creative excellence.

Most recently, the film was named the Best Documentary at the 2015 Arizona International Film Festival.

A percentage of the film’s profits, including from DVD sales, will go to benefit Norawas de Rarámuri (Friends of the Running People), the non-profit agency founded by Micah True to preserve traditional Tarahumara culture. Norawas de Rarámuri works to provide maize, non-GMO seed corn, and cash awards for participating Tarahumara runners, both men and women alike. On this way, the organization offers Tarahumara families nutrition during drought and support for a tradition of small farms necessary to both physical and cultural survival.

Tickets for the event are \$12 in advance at [www.imathlete.com/events/runfree](http://www.imathlete.com/events/runfree) or \$15 at the door the night of the show. The Emerson Center for the Arts & Culture is located at 111 S. Grand Ave. in Bozeman.

For more information about the film, go to [www.runfreemovie.com](http://www.runfreemovie.com).





## 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](http://www.winddrinkers.org)

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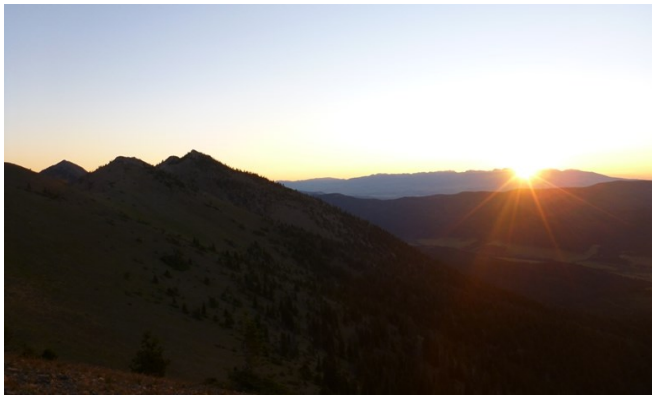
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For recent updates on what's happening with the BSWD, get on the web; [www.winddrinkers.org](http://www.winddrinkers.org)

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](http://www.runmt.com) for race updates and more details.

## DISCOUNTS FOR MEMBERS:

**Bozeman Running Co.**, \$15 credit in store for every \$150 spent, Casey 587-1135

**Rootstock Acupuncture**, \$30 off Intake and 15% off thereafter, Angie Kociolek, 209-2570.

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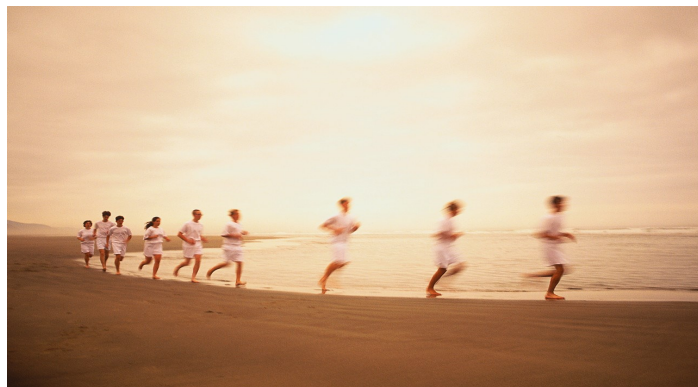
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See [www.winddrinkers.org](http://www.winddrinkers.org) for updates and more information.



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