

The Wind Drinker



April 2016 Newsletter # 463



THE WIND DRINKER IS A
NEWSLETTER FOR RUNNERS OF
ALL ABILITIES

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

From the Prez

By Rob Maher

It's the time of year that we start to see glimpses of Bozeman summer peeking through between the customary spring snow squalls dropping from the sky and mud bogs bubbling up from the earth. On those beautiful warm March days it's common to see eager runners appearing as if by magic on the sidewalks and trails all over town. While some of us keep running outside every month of the year, many others use the winter months to switch to skis --or do their running on treadmills indoors. So when a sequence of warm, bluebird days appears in March, the runners come outdoors in force. Some are already in shorts and singlets, while others are wearing tights and windbreakers. It's hard to tell which choice in attire is the most sensible, since folks who have been around Montana for a while realize that it can go from 55F and sunny to 25F and snowing all in one day—especially in March.

As a BSWD member, I pretty much stare at every runner I encounter when I'm out and around the town. First, I am curious to see if it is someone I recognize—and probably 40% of the time it is a familiar face!—and second, I am a keen observer of running form and function. No, not in a particularly knowledgeable way, and certainly not in a “creepy” way, but more in the same way I appreciate hearing both brand new songs along with old

(Continued on page 2)

The Mature Runner

By David Summerfield

An Article About Running, And Nothing Else.....

For many of you dear Mature Runners who persist in reading this column every month, you have to be wondering if I'll ever really talk explicitly about running anymore!! Not being able to run as I am accustomed to has of course modified my focus to....cogitate on the more existential elements of life. I mean, if you can't run freely, without pain, then is life (as we remember it) really worth living? I'm serious. So, my mind wonders around in the abstract world of delving into what is really running our human lives. I've talked about determining if we're all being controlled by some kind of advanced computer program. I've wondered why I can't change, modify, or at least control what my body does, so I can keep on running freely. I've even followed the career of a young idealist who went off in search of beauty and disappeared off the face of the planet. No, I'm not ready to do that!! And today in researching for this article, I googled my question of a few months ago “Are we the result of an elaborate cosmic experiment?” and was shocked to see among the results on page 3 –

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



| |
|-----------------------------|
| Inside this Issue: |
| Mature Runner: pages 1-4 |
| From the Prez: pages 1-2 |
| Calendar: pages 2-4 |
| Results: pages 4-5 |
| Photos: 4-5 |

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

familiar songs on the radio. Just like it's equally fun to hear a current pop hit or to enjoy a favorite oldie, I find it fun to see beginning runners and experienced master runners all out pounding the pavement.

The annual "Run to the Pub" event (10km and half marathon), sponsored by the 317 Pub on Main Street, is a particularly good example of the mix of new and experienced runners one finds in the Bozeman area each spring. The middle-of-March event has grown to involve thousands of people with the majority in the 20s and 30s age groups.

This year as I waited in the potty line at the half marathon starting area southwest of town I did some friendly eavesdropping on the many conversations going on. Some people were talking excitedly about previous runs and their optimistic plans for a whole series of summer running events, while others were looking a bit nervous and wondering out loud if they were really ready to run their *first* half marathon. Most people were in some sort of green attire in honor of the St. Patrick's Day connection of the race, and many were in clever costumes of some kind.

But the mix of new and experience runners was not the only interesting observation! Before the race got underway I did a quick visual survey of the large crowd of runners getting established behind the starting line. My casual observation was that the female runners outnumbered the male runners 2-to-1. It was really noticeable, and consistent with my observations at quite a few other organized running events in Bozeman. After the race was over I looked up the results website and confirmed my informal girl-boy ratio estimate: women outnumbered men 594 to 321 in the half marathon, and 1785 to 816 in the 10k. Overall, that's 68% women vs. 32% men!

Bozeman is a remarkable place, but I think having thousands of fit women participating in running events is cool no matter where one lives. Bring it on, ladies!

RACE CALENDAR

April

16 Back from Bridger Run. Run 17.5, 12.5, 10, 7 or 3 miles. Choose a distance you can finish by

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

"David's blog – are we the results of an elaborate cosmic experiment?". Eeeegads. I feel like I'm being watched now. I better be careful what I'm saying. I might have to choose between Neo's blue or red pill, and either erase all my lucid memories, or get thrown into the rebels' ship outside the Matrix. So.....let's quickly talk about running !

Boston Marathon is looming, I can always feel it coming when it's just 2 weeks away. It was the focus of all my serious thoughts for so many years. And for those of you not following the progress of the US Olympic Marathon qualifiers, here's a list of who we are sending to the Rio Olympics: men – Galen Rupp (yippee – I'm an Oregonian too), Meb Keflezighi (again!!!), and Jared Ward; women – Amy Cragg, Desiree Linden, and Shalane Flanagan (with Kara Goucher 1 minute behind in 4th place). So, those favorites in the field won't be running Boston. But, I couldn't help but read Shalane's build-up to the 2014 Boston Marathon – and just have to include elements of it here for those starving to read about someone's intense will to win at all costs. Years of living in the middle of competition (coaching and running ultra-competitively) have mellowed me out. I see all the danger signs, and wonder, "was I really ever like that???" Anyway, here are some of my favorite quotes from Shalane's interview leading up to the 2014 Boston, in which she placed 7th, took almost 4 minutes off her lifetime best, and probably hardened her resolve to get better and better.

(from a CBS interview with Anderson Cooper): Anderson: "The Boston Marathon has been a part of Shalane Flanagan's life since she was a child. Both her parents were marathon runners. Her father ran 11 minutes off world record pace at the Boston marathon in 1980. Her mother set a women's world marathon record in 1971." Shalane: "I thought everyone's parents ran. I thought everyone got up and went to the, you know, Sunday long run." Anderson: "You thought everybody's parents did that?" Shalane: "Yeah. I thought it was like church of Sunday long run." Anderson: "The church of Sunday long run?" Shalane: "That's what my dad would call it." Anderson: "Obviously, marathons are painful. But for you, it's about being able to deal with pain yourself, and also, inflict pain on others." Shalane: "Uh-huh (affirm)." Anderson:

12:30 when the course closes. No dogs, ear phones or shuttle provided. Start at Bridger Bowl Parking lot at 9:00am.

16 Grizzly Peak Adventure Race. Red Lodge.

Similar to our Pole, Pad & Pedal. Starts with 2.5 Miles of downhill skiing or snowboarding down Lazy M to the base area of the mountain, bike 6 miles to town followed by a 2 mile run. Registration opened Feb 1.

www.imathlete.com . CHECK THE WEBSITE.

CHANGES MAY BE MADE DUE TO SNOW CONDITIONS

20 BSWD Kick Off Pot Luck at the Lindley Center.

Bring a dish to share and get ready for the Summer Fun Runs. No organized runs. Potluck starts at 6:00 pm.

24 37th annual Peaks to Prairie. Red Lodge. Run, Bike and Paddle. Peakstoprairie.org Run, bike and paddle

27 BSWD Fun Runs begin at 6:30 at the Regional

Park. Sign up to time or come and run at 6:30 pm.

Runs start promptly. Watch the web site as early scheduled runs are tentative.

May

4 BSWD Fun Run at Highland Glen (on Highland BLVD) at 6:30 pm Check the website.

7 Don't Fence Me In. Helena. 30K at 7:30, 12K at 10:00, 5K at 10:30, Non competitive dog walk at 10:45. All starts and finishes near Anchor Park. This is a fund raiser for the Prickly Pear Land Trust. "May we all have trails to run 4 ever" Contact Martin Miller at 459-6296 or mpmiller93@yahoo.com. On line registration soon at www/pricklypearlt.org Note: The course change on the 30K route is shown on the website.

11 BSWD South Side Trail. Run at 6:30 pm followed by a pot luck. Bring a dish to share. Thanks to Kurt Buchl

18 BSWD Triple Tree on Sourdough Road at 6:30 pm

25 BSWD Fun Runs continue at East Gallatin at 6:30 pm.

28 Frank Newman Spring Marathon, ½ marathon and Marathon Relay. The run is in honor of the founder of BSWD. The marathon starts at 8:00 am on Bridger Canyon Road. The half marathon starts on Bozeman Hill on the Frontage Road at 9:30. You can preregister (www.Winddrinkers.org) or register at the start at 7:30 am. The finish is at Sacajawea Park in Livingston where you can enjoy a picnic lunch. Cost is \$3.00 per runner and each guest. This is a low key event yet miles are marked and there are 3 water stops.

(Continued on page 4)

"That's part of the strategy." Shalane: "Yes. You know, when I start to feel fairly uncomfortable, it's -- it's all about embracing it and realizing it's inevitable and..." Anderson: "Embracing the pain?" Shalane: "Embracing it, yes. So if I'm uncomfortable, I usually know my competitors are uncomfortable. If they're straggling behind, that's kind of the time when I say, 'I'm gonna put the screw in.' I can tell that they're either struggling mentally or physically. So I'm gonna just push it and just see if I can break them."

Anderson: "This is gonna sound like an odd question, but do you like inflicting pain on your opponents?"

Shalane: "I think everyone who's got a competitive bone in their body-- to a certain degree, enjoy seeing a little bit some of the-- having their competition fall apart."

When Shalane started running in high school, there wasn't much strategy to her racing. Shalane: "I would run so hard that I would literally make myself collapse." Anderson: "I've heard you refer to it as kamikaze racing." Shalane: "Yeah. I mean, it's not..." Anderson: "Kamikazes don't end up very well." Shalane: "I know, but sometimes it could be brilliant."

Shalane: "Boston has this really fun way of trashing your quads. As much as you tell your legs to respond and to pop off the ground and, like, as much as you want it spiritually and mentally, if your legs don't have it, they don't have it. There's nothing you can do. Like, I try to talk to 'em. I'm like, 'Legs, you have to keep moving. You have to turn over. You need to be coming and giving me more energy.' But if it's not there, it's not there. It's not much you can do."

Anderson: "You're actually talking to your legs while you're running?" Shalane: Oh yeah, I have talks with 'em. Yeah, I'll look at my quads, and I'm like, 'Come on, you can do this.' And-- so I mean no one sees that." Anderson: "Do they respond?" Shalane: "No. They're usually like, 'Hey, screw you. You know, we've been running for a long time.'" Anderson: "To you, winning the Boston Marathon would be bigger than winning an Olympic medal?" Shalane: "Yeah. You could say, 'Here, Shalane, you have an Olympic medal, or you could win the Boston Marathon.' A no-

June

16-18 Montana Senior Olympics. Helena. For adults 50 and older. Competition in 5 & 10K Road Races, Race walks, Cycling, Track & Field plus other sports. Information at Kayjn3@gmail.com or www.montanaseniorolympics.org.

18 Wulfmans CDT Run. Point to point 14K on the Continental Divide. Homestake to Pipestone Pass. Trail run with good footing in most places. Cutoff at 240 entrants. Post race picnic at 11:00 am. RunSignUp .com

July

4 Reach Inc. Race for Independence. 1K, 5K, 10K to benefit adults with developmental disabilities in our community. For more information, visit: www.reachinc.org or call Dee: 406-570-5852.

August

6 Sweet Pea Run, Annual Bozeman Tradition. 5K starts at 7:25 am and 10K at 7:15 am at 208 E Main. Register & information at runsignup.com/Race/MT/BozemanSweetPeaRun. No race day Registration. Packet Pick up at Security Bank at 670 S 19th (basement) on Wed Aug 3 – Fri Aug 5 10:00 am – 5:45am. Race day information from 6:00 – 6:45 am On Bozeman Ave (SW side of Main Street)

13 Ridge Run

September

3 Fun Run 13 for Charities. Red Lodge. 5 & 10 Run, 5K and 2 Mile Walk. No entry fee. Donations encouraged. www.RedLodgeFunRun.org or email funrun@rlacf.org

17 Colter Run: Save the date. Details to follow.

October

29 Montana Cup. Bozeman. Save the date. Details to follow.

RACE RESULTS

The annual Handicapped Run was held on the old familiar course starting at the corner of S 11th St and Grant on the MSU Campus. Thanks to Leanne Roulson for setting up the courses and to Bob Wade for calculating the handicaps. They both helped with timing along with Don Rogers. We are sorry to report that the timing clocks did not operate correctly so results may not be accurate or even available in some instances. **5**

Miles: Tom Walsh 36:12; Rob Maher 36:32; Chris

(Continued on page 5)

brainer to me would be winning the Boston Marathon.” Anderson: “Why?” Shalane: “It is personal. It's where my inspiration started. It's where I fell in love with running.”

So, there you have it. Shalane is now shooting for a medal in Rio, and not winning Boston this year. Have fun following the Boston Marathon on Patriot's Day, April 18th. There's always a contingent from Bozeman, I wonder who we'll send over there?

- David Summerfield



**Above: Shalane running in the forest
Below: Photo by Darryl Baker**



(Continued from page 4) **Results...**

McCarthy 47:12; **3 Miles:** Cindy Bradshaw & Bonnie Eichenberger no time recorded, Craig Hildreth 25:23; Daryl Baker 25:29; Bob Eichenberger 25:33; Jerry Wortman 29:51; Linda Wortman 29:52; Leonard Baluski 30:35; Mike England, Mia Dudas 40:00; Jacki McGuire 46:00; Jack, Jay & John Dudas had no times recorded. 1 Mile: Kay Newman 20:00.

Spring photos by Dee Metrick:



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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
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OFFICERS FOR 2015

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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:

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.

Bob Ward & Sons, 10% off on shoes. See Elissa. 586-4381

Therapeutic Massage Works, Ann Sorenson, 15% off, 522-9015

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,

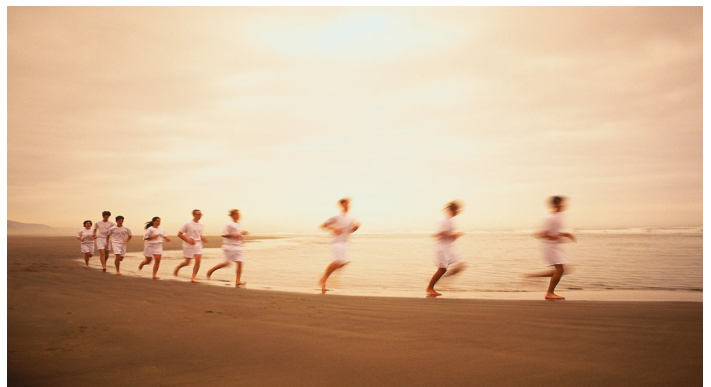
Advanced Training Project, Steve Conant, 10% off, 581-5545

Clinical Massage Concepts, Paul Sergerston, \$55, 581-6242

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

Wholistic Running, Damian Stoy, 507-972-9720, \$30 off workshop or private lesson

See www.winddrinkers.org for updates and more information.



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