

March 2016 Newsletter # 462



THE WIND DRINKER IS A
NEWSLETTER FOR RUNNERS OF
ALL ABILITIES

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

The Wind Drinker

From the Prez

By Rob Maher

I recently spent several days at a backcountry cabin in the Arapahoe National Forest of Colorado. The cabin is part of the 10th Mountain Division Hut system in Colorado. I started reserving space in the 10th Mountain hut system with several friends and co-workers back in the 1990s when I lived in Colorado, and we have continued to get together almost every year even after I moved to Montana in 2002.

The concept of backcountry huts connected by hiking or skiing trails originated in Europe, and became popular in the mid-20th century in the United States. Colorado's 10th Mountain Division system is a non-profit group that constructs and maintains rustic accommodations in the central Rockies. The "10th Mountain" name is in honor of the U.S. Army's 10th Mountain Division, which trained in the mountains near Vail Pass during and after World War II. These huts are used primarily for winter cross country ski trips, and users must make advance reservations and pay a nominal usage fee. The huts vary in size from six or seven beds to as many as 25, and often lie 5 or 6 miles from a trailhead. Access is by snowshoes or skis only: no mechanized recreation is allowed near the huts. Some users do a hut-to-hut trip, involving spending a night or two at one hut, then continuing on the trail to visit another hut or two before

(Continued on page 2)

The Mature Runner

By David Summerfield

Are You Running Away From It All?

I'd like to think that the truly "Mature Runner" is someone who needs to regenerate by going out on the trails (or roads), to get away from the clamor of civilization, away from schedules, responsibilities, and all the various weirdnesses that seem to constantly bombard us. Is this going too far? Heck, I don't even have to go too far away! I can always find solitude and calm just by running around the high school track early in the morning. I go out basically every day, though, to get away from it all. So, it occurred to me that this is a pretty strange dance we all do, no? I mean, the see-saw back and forth between the engagement with our outward life (jobs, family, projects, etc.) and the need to get away from it all. Why not just get away from it all, period. ?? And that lead me to Everett Ruess. I'm amazed it took me this long to find out about him. A friend found out Stacy and I had roamed around the Four Corner area last fall, and were familiar with many landmarks that meant a lot to Everett. So I looked him up, and realized he speaks for us all – and here's his story!

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 1-3
Calendar: pages 3-5
Results: pages 5
Enjoy!

returning to the trailhead.

The typical usage of the hut involves a community of strangers: the overnight users on any particular day comprise a random collection of individuals, couples, families, small groups, etc., who all share the community living space, bunkbed rooms, and rustic kitchen with little or no privacy. The huts come equipped with propane cooktops, basic cookware, a supply of stacked firewood, and an outhouse. Heat comes from a wood burning stove, and water comes from melting snow in a big kettle on top of the stove. Each visitor needs to bring a backpack with food, clothing, and sleeping bag. People have to respect and tolerate the other users, share in cleaning the cabin, make sure the wood is split and stacked, and collect clean snow for the drinking water. There is no staff or maid service: everyone has to trust one another, because the plate and mug you are using for breakfast today was likely washed by someone else the day before! In other words, each visitor has to bring along a spirit of cooperation and forbearance, too.

The word “forbearance” is not widely used these days. According to the Google Ngram Viewer, the use of *forbearance* peaked in 1830, and has been tailing off pretty steadily for the last 200 years. The definition of forbearance is “to refrain or desist from doing something,” and in the context of my use of the term above, it also connotes being concerned with the health and well-being of others by not putting our own needs and wants ahead of everyone else’s.

I think it’s sad that forbearance isn’t a commonly used term these days. A great community like the Bozeman area relies upon lots of cooperation and forbearance among the people who live and work here. Just like the communal living policies that go with a backcountry hut, those of us who run the roads and trails in our wonderful community have to cooperate with other users and show forbearance in our actions. For example, many of our public trails simultaneously accommodate runners, walkers, strollers, horses, bicycles, dogs, skiers, and in some cases, dirt bikes and snowmobiles. Perhaps there was a time in Bozeman’s past when there were so few trail users that usage conflicts were nonexistent, but nowadays we need to keep cooperation and forbearance in mind as our population of road and trail users keeps increasing—which is a good thing!

Everett graduated from high school in LA around 1932, attended UCLA, met up with Ansel Adams, and left home to follow his dreams - still in his teens! With that youthful enthusiasm we know we all have stuffed away somewhere, he slept out under the stars every night, with his dog and 2 burros, he kept meticulous diaries of all his thoughts (and mailed them home to family), he learned to do blockprints on linoleum squares, he wrote poetry and painted water colors. When he was 20, he disappeared on one of his trips, and the mystery of his disappearance makes for a fascinating story. Even when I’m way back toward Mystic Lake x-c skiing, I have this feeling of aloneness, of remoteness, of wondering if something should happen, would anyone ever find me (the body)? The Four Corners area has 1000’s of square miles of remoteness – very few living things. And he thrived on it. His writings rival John Muir’s in my opinion. He constantly mused on the possibility of never returning to civilization, either by choice or by accidental death. And it makes me wonder how many of us have had it with what our civilization has produced! And it probably didn’t help to have watched the documentary *Thrive* last night. Talk about a dark view of what we’ve allowed to happen to us! The movie showed great solutions available to the world’s problems, but such a slim chance it will ever happen. I digress. Back to Everett and his thoughts. In his writings, he names “beauty” as his major quest, and “beauty” as his major achievement. The landscapes of Sequoia and Yosemite Nat’l Parks and the arid Southwest were his playground – and he was always alone. The great naturalist writer Wallace Stegner wrote just 8 years after Everett’s disappearance: “What Everett was after was beauty, and he conceived beauty in pretty romantic terms. We might be inclined to laugh at the extravagance of his beauty-worship if there was not something almost magnificent in his single-minded dedication to it...If we laugh at Everett Ruess we shall have to laugh at John Muir, because there was little difference between them except age. (“adventure.nationalgeographic.com/2009/04/everett-ruess/david-roberts”)

And from Everett’s own pen (pencil): “I have not tired of the wilderness; rather I enjoy its beauty and the vagrant life I lead, more keenly all the time. I prefer the saddle to the streetcar and star-sprinkled sky to a roof, the obscure and

(Continued from page 2) *Prez...*

For example, this spring when the trails are muddy and still covered with spotty snow, mountain bikers should consider delaying their rides so as not to damage the trail surface with tire ruts. Similarly, we runners need to stay off groomed trails set up for cross country skiers—we will get our chance at those trails soon enough. People with dogs need to consider how other users will be dismayed to find unleashed canines afoot on every trail, often leaving poop everywhere—maybe the dog stays home when the trails are most busy. Those of us who run on the roads ALWAYS need to run on the left side facing traffic in the conventional manner whether we like it or not—and use sidewalks and off-street trails as much as possible. I'm sure you can think of many, many other examples of forbearance and self-restraint necessary in our outdoor recreation community.

Although Bozeman is not one big “backcountry hut,” I think the analogy is pretty important. The next time you go out for a run, take a moment to put on your forbearance mindset. The more of us that do so, the more we can retain the joy of Bozeman outdoor recreation despite the growth and relative congestion that we must anticipate in the Last Best Place. Happy running, everyone!

RACE CALENDAR

March

5 Handicapped Run. Annual BSWD Traditional Fun Run with your starting time determined mathematically according to your finish time at the Handicapped Run. If you did not run the handicapped run your start will be at 9:15 for the 5 mile distance 9:30 for the 3 miles and 9:45 for the 1 mile. Start at S11 and Grant Street intersection on the MSU Campus

12 Run to the Pub. Bozeman. 10K or ½ Marathon. Voted the #2 best half marathon in the country by Runners World. Run, walk, jog or crawl to the finish. Possibly win a trip to Dublin, Ireland in a drawing & compete in the Dublin Marathon. Registration is open. Entrant numbers capped at 2800 for the 10K and 1200 for the ½ so don't be late. Sponsored by Pub 317 with proceeds donated to local non profits. See the web site at run to the pub.com

12 St Pat's Race. Anaconda. Participants at staging area (Locker Room 117 E Park) at 10:30 for transportation to the starting line at 11:00 am. 3 miles walk/run and 6 miles run. Bring a donation for the Anaconda Food Bank. Register at RunSignUp.com

(Continued on page 4)

(Continued from page 2) *Mature...*

difficult trail, leading into the unknown to any paved highway, and the deep peace of the wild to the discontent bred by cities....It is enough that I am surrounded with beauty....This had been a full, rich year. I have left no strange or delightful thing undone I wanted to do.”

“I'll never stop wandering. And when the time comes to die, I'll find the wildest, loneliest, most desolate spot there is.” (quotes from “goodreads.com/author/quotes/445669.Everett_Ruess”)

“say that i starved, that i was lost and weary that i was burned and blinded by the desert sun footsore, thirsty, sick with strange diseases, lonely and wet and cold, but that i kept my dream!”

“It is true that I miss intelligent companionship, but there are so few with whom I can share the things that mean so much to me that I have learned to contain myself. It is enough that I am surrounded with beauty....Even from your scant description, I know that I could not bear the routine and humdrum of the life that you are forced to lead. I don't think I could even settle down. I have known too much of the depths of life already, and I would prefer anything to an anticlimax.”

“Bitter pain is in store for me, but I shall bear it. Beauty beyond all power to convey shall be mine....Death may await me....Not through cynicism and ennui will I be easy prey. And regardless if all that may befall, let me not be found to lack an understanding of the inscrutable humor of it all.”

As a 15 year old, Everett wrote his “Pledge To The Wind”: (<http://www.angelfire.com/sk/syukhtuneverett.html>)

“Onward from vast uncharted spaces, / Forward through timeless voids, / Into all of us surges and races / The measureless might of the wind.... In the steep silence of thin blue air / High on a lonely cliff-ledge, / Where the air has a clear, clean rarity, / I give to the wind...my pledge:

(Continued from page 3) *Calendar...*

19 Spring Fling. Butte. 3 & 6 Miles at the Silverbow Montessori School (1800 Sunset Rd) 10:00 am
ButtesPissandMoanRunners.com

20 The Shamrock Run. Billings. 5K starts and finishes at Pioneer Park. 1:00 pm. Register at RunSignUp.com. Celebrate the start of the Road Race Season.

April

16 Back from Bridger Run. Run 17.5, 12.5, 10, 7 or 3 miles. Choose a distance you can finish by 12:30 when the course closes. No dogs, ear phones or shuttle provided. Start at Bridger Bowl Parking lot at 9:00am.

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.

May

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 pmiller93@yahoo.com. On line registration soon at

www/pricklypearlt.org Note: The course change on the 30K route is shown on the website.

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 (see 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.

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 Wufmans 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

(Continued on page 5)

(Continued from page 3) *Mature...*

By the strength of my arm, by the sight of my eyes, /
By the skill of my fingers, I swear, / As long as life dwells in me, never will I / Follow any way but the sweeping way of the wind."

How can we do this "dance" between civilization and wilderness? Everett couldn't do it.

And here we are in Bozeman, surrounded by wilderness, and after each day's outing - return to live under roofs, cook in kitchens, buy food from glittering supermarkets, put on constantly cleaned clothes (well, for most people), and then go for our token "outing" again, to be reminded (ever so slightly) that there is an alternative, a wild place of beauty not touched by man. The sobering reminder of his "disappearance" and the inherent dangers of "going for broke" in the wilderness keeps us coming back I guess. The only alternative that comes to mind is to develop the ability get in the wilderness in our heads to temper the urges to flee. But it's not the real thing, and Everett could settle for nothing less than the "real thing". Again, here's something to ponder while you're out there on the trails (or in your heads on the roads): be wise while immersing yourself in the wilderness! I want to see you around town for a long time to come!

- David Summerfield



Above: Everett Ruess, the vagabond

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

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.

September

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

October

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

RACE RESULTS

Froze Nose - 2/6/16 - It was cold with a brisk wind blowing but 29 runners showed up for the annual event. Whitney Adams set up the courses while Kathy Brown, Kay Newman and Bob Wade did the timing. Thanks to all. Results are: **1 Mile:** Sandy Dougher 16:01; Asher Rogers 16:40; Don Rogers 16:42; Bob Wade 18:08; Leon Shearman had no time recorded. **3.4 Miles:** Zach Schmidt 28:17; Laden Howlett 28:18; Bob Eichenberger 28:48; Martin Rolllefson 29:37; Craig Hildreth 30:12; Whitney Adams 30:31; Allison Milo 30:33; Mike England 30:48; Mikey Staats 30:50; Max Johnson 30:52; Alycia Vankirk 31:49; Leonard Baluski 32:54; Celia Bertoia 33:41; Gail Cary 33:43; Cindy Bradshaw 35:02; Tracy Dougher 38:28; Frank Dougher 38:29. **5.3 Miles:** Travis Anderson 40:29; Tom Walsh 40:43; Chris McCarthy 41:03; Andrew Holleman 44:46; Leigh Holleman 44:47; Mike Peterson 53:02; Randy Oostema 53:35;



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 2015

Prez: Rob Maher rcmaher@hotmail.com

Vice Presidents: Whitney Adams, Craig Hildreth, Tracy & Frank Dougher, Bob Eichenberger, Jenna

Fallow, Carrie Gaffney, Leanne Roulson

Membership: Darryl Baker, 582-5410

Treasurer: Jacki McGuire

Results, Calendar: Kay Newman

kayjn3@gmail.com

Secretary: Kathy Brown

Equipment Mgr: Leigh Holleman

leighholleman@msn.com

Publisher: Tom Hayes

Newsletter Editor: Dee Metrick

570-5852 or aikidonerd@yahoo.com

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,

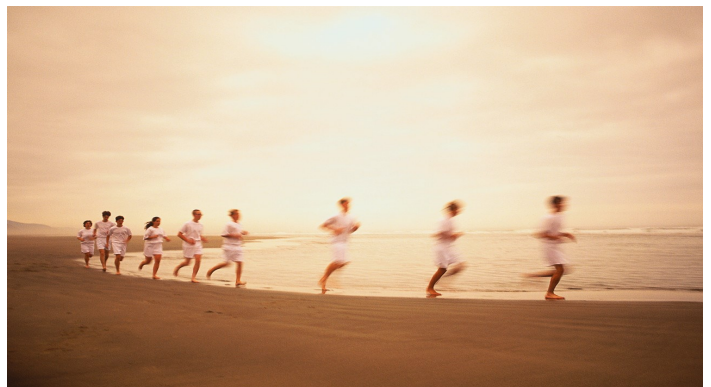
Advanced Training Project, Steve Conant, 10% off, 581-5545

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.”