



## October 2016 Newsletter # 469



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

### Another Incredible Season

I have experienced snow, sleet, rain, and sunshine all within the last 24 hours. It must be changing seasons here in the Gallatin Valley. The turn to colder weather signals the end of the trail running season. I know, I know, there is still plenty of time left to lace up those knobby shoes and enjoy the mountains. Some of you are even intrepid enough to run in the snow (I prefer to slide down the snow on skis). As far as the race schedule and our fun run calendar are concerned, the season is closing.

This is a good time to look back at all of the miles logged, the hours spent with friends, the gel packets consumed, and the race shirts accumulated. The race season here in Bozeman unofficially starts with the Baldy Blitz, which usually includes some knee-deep postholing followed by soar legs and a cold brew. The Ridge Run gets a lot of attention mid-season, and rightfully so, but there are also plenty of other runs to keep you trotting through the woods like the Crosscut, Old Gabe, and Bangtail Divide. The fall races like the Rut, IMTUF, Tour de Hyalite, are challenging and put our months of training to the test. Of course, we can't forget about the Huffing for Stuffing on Thanksgiving which always promises a good time in sub-arctic conditions.

I am regrettably leaving out the innumerable 5K runs throughout the summer that support a wide array of worthy causes. The good news is that regardless of weather you are walking to cure breast cancer or are grinding out 100 miles in no mans land, the community in the Gallatin Valley is here to support you. A legion of runners and outdoor enthusiasts have an endless supply of opportunity to enjoy the area on two legs. We are fortunate to call this area home and I will look back fondly on the 2016 summer and will can't wait to do it all again next year. Until then, remember, if you don't do it this year you will only be one year older when you do ~ Warren Miller

By James Childre



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



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## IMTUF 2016 Race Report: A View From the Top

The Idaho Mountain Trail Ultra Festival (IMTUF) is a ~103 mile run with ~22,500 feet vertical, as well as a 30 kilometer run, through a mid-September weekend in the mountains just South of the main fork of the Salmon in Idaho. The race start/finish is at Burgdorf Hot Springs and was very well run: excellent trail marking, dedicated and experienced Aid Station volunteers, fantastic route through mostly remote wilderness. This year, about 150 people signed up for the race, 123 started, and 78 finished. There was a group of Bozeman folks who ran, and finished, this race: Jesse Langner, Adam Behrendt, Gary Lowe, Jeff Hough, Jeff Ho, and myself.

4:45pm Day Before.

Kyle Ormsby and I debate our race strategy: we want to run together whenever its natural to do so, but we also want to play to our strengths. We're interrupted by a woman from Silverton, Colorado who explains her encounter with a black panther earlier that very day -- she is holding a young pig named Simba.

6:00am, Mile 0.

The race begins with the sound of an elk bugel. The lead pack of 12 starts out fast in the dark forest. Lots of chatting takes place: I learn that three among the 12 are expecting a kid soon, and that two recently moved closer to mountains from larger urban areas, and that six are aiming to win this race.

Mile 26.2.

The lead pack has dwindled to three: Kyle, Jesse Langner (of Bozeman), and myself. Together, we make the first significant climb up to Diamond Ridge at a relaxed pace in the thin early air. There is no more chatting, just focus on our footing, breathing, pace, and the wild landscape we're moving through almost too quickly -- I envision strolling through that place, skipping about on the granite boulders and ridges mixed through a partially burnt forest. Once we attain Diamond Ridge, I offer myself to gravity and gain the lead.

## RACE CALENDAR

### October

**8 Raw Deal Run in McLeod** (outside of Big Timber; Mostly trails 3 Mile Run, 3 Mile Walk, 6 Mile Run all starting at 10:00 am. Enter at Run Sign Up. A community fund raiser for local non-profits. Check the web site at [sweetgrasscommunityfoundation.org](http://sweetgrasscommunityfoundation.org)

**8 Color me Fun 5K.** Bozeman. Hyalite Elementary School, raising funds for kids. Check out the website at [www.bozemancolormefun.com](http://www.bozemancolormefun.com). Volunteers needed. Contact Ashley at 861-0997/ email [ashley.henigman@bsd7.org](mailto:ashley.henigman@bsd7.org)

**15 Back To Bridger Run.** Traditional BSWD Fun Run. All distances end at the Bridger Bowl Parking Lot. Various distances with the following start times: 17.5 Miles, 12.5 Miles, 10.0 Miles, 7 Miles, and 3.0 Miles. No pre-registration necessary. Sign in at your selected starting line a few minutes prior to start. No ear buds due to safety factors concerning traffic. Select a distance you can complete by 12:30 when the course officially closes. [www.winddrinkers.org](http://www.winddrinkers.org)

**29 Montana Cup** Bozeman. Cross country course starting at the softball fields near Highland Blvd with regional city teams. Women start at 12:00 pm followed by the men at 1:00 pm. Official team jersey required. Cost is \$12 per person until October 15. [runsignup.com](http://runsignup.com)

**29 Run for your Life.** Bozeman. RunSignUp.com. 5 & 10K courses. To fight suicide in the Gallatin Valley. Starting at Bobcat Stadium on W Kagy Dr. 10K at 10:00 and 5K at 10:15 Contact: [info@bozemanhelpcenter.org](mailto:info@bozemanhelpcenter.org).

**30 BSWD Halloween Costume Fun Run** with a new starting time of 2:00 pm at the corner of S 11<sup>th</sup> and Grant on the MSU Campus. Distances of approximately 1, 3 & 5 Miles

Mile 33.

I reach the first significant Aid Station. There, my partner Ana Brown is ready to manage me and my requests with masterful efficiency -- with her quick thinking and anticipation, I'm fueled and out of there in under 3 minutes.

Mile 35.

I develop an acute pain on the inside of my right knee, and I slow by two notches. I'm startled by a turkey gaggle, and see that the sound came from my pal, Kyle. Gracefully, he slows to match my pace. We run together without exchanging any words, though we're communicating support and camaraderie with each step.

Mile 43.

With our backs to an opaque wall of weather, Kyle leads us into a remote Aid Station. We pause just long enough to grab two handfuls of perfectly ripe pear slices, and we thank the Aid Station volunteers profusely for such an exacting food choice. The situation with my knee extinguishes what I considered to be my superpower of speedy technical descents. I convince myself that the imminent precipitation will become my new superpower.

Mile 47.

Ana joins me as my first pacer. I report my knee situation, and she offers some key suggestions for how to modify my stride to avoid acute pain. Together with Kyle and his pacer, we cruise up Snowslide, a steep granite ascent: roots, boulders, large steps. Ana fills my thinking with encouragement. The windy downpour begins just as we summit. I reluctantly offer myself to gravity again, marking the last time I see another racer.

Mile 58.

Buzz Nanavati (of Bozeman) joins me as my second pacer, fresh and enthusiastic, he expertly monitors my status, instructs me to eat those awful energy gels, and follows any inclination of a direction I give him. Buzz runs 30 feet in front of me, this way the route-finding part of my brain can focus on other things

## November

**5 Jim Banks Turkey Trot.** Another BSWD Tradition with turkeys awarded to those who finish closest to their predicted finish time. Starts at 9:00 am at the Foothills Fellowship Church on Centennial Drive. Distances of 1.3, 2.7 and 4.4 Miles. See the website at [winddrinkers.org](http://winddrinkers.org).

**11 Veterans Day Run.** Butte sponsored by the American Legion. Race day registration at Stodden Park with starting time at 11:11 am. Distances of 2.5 and 5.2 Miles Info at [Buttespissandmoanunners.com](http://Buttespissandmoanunners.com).

**19 Bon Appetite BSWD Fun Run.** 9:00 am start at the Elks Parking Lot (205 Haggerty Lane). Run your personal course finishing in about 30 minutes. The group will then go to a No Host Breakfast at a selected restaurant. Exercise, food and fellowship. What could be better??!! Call 586-5543 for info.

## December

**3 BSWD Jingle Jog** starting at 9:00 am. Location to be announced. Get ready for Christmas by participating!! [www.winddrinkers.org](http://www.winddrinkers.org).

## January

**7** Save the date and start the New Year with a run at the Headwaters State Park located outside of Three Forks. More info to follow



#### Mile 74.

We encounter some people milling about among several goats. They are apologizing too much for me to comprehend; my attention is stolen by the goats insistently licking my salty legs with their rough tongues. Buzz explains to me that we are at an Aid Station, and that we have arrived 30 minutes earlier than there were expecting anybody. Nothing is prepared, nor unpacked. So we move on, without acquiring any fuel, and we begin rationing the awful, though necessary, gels.

#### Mile 83.

I wake up from a forward-moving trance. Buzz is not around me, and flurries visit my face from the darkness. "Buzz!", I yell, "I don't think I've seen a marker for some time". Immediately, he consults an electronic device on which is a topo map, a line, and a dot. "Ah", he says, "we're off trail. The trail is just on the other side of that." We blaze our lights on a granite rock outcrop. I immediately commence with wrangling the steep granite. We bushwhack and log-hop through the drenched class 3-4 wildness, frequently inspecting the electronic device. I'm a machine with one purpose: follow Buzz's instructions, report any findings. After about 15 minutes, we find the trail. With renewed enthusiasm, Buzz leads the way for a few brisk miles.

#### Mile 88.

Buzz completes his 30 miles of pacing, and I pick up my final pacer, Heather Culig (of Boise). Heather is brimming with spunk and conversation. Without having to say as much, she understands that I'm not expected to understand any word she says. We bob up the final, and highest, ascent with what feels like a brisk pace to me.

#### Mile 96.

I slow, and my attention turns deeply inward. It feels like I'm in outer-space, watching the trail through backwards binoculars and hearing Heather's bubbly voice through a distant antique audio-player. I feel so hungry, but know that, since Mile 45, I could no longer swallow anything but water and gels. I trip. Embarrassed, I stand back up. Immediately, I fall over again. I can't tell which way I was going along the trail. I look around, but can't focus to make anything out. I feel Heather's light come my way and point into my face. "I'm Bonking really hard", I say. She puts some things in my hands and instructs me to eat them. "I can't swallow food", I slowly say. "It's not food," she lies. I eat it with absolutely no trouble. We iterate this a few times. Almost immediately, I wake up. One minute later, we encounter the final Aid Station. Once again, they are unprepared for my presence. I remark that I must be far ahead; Heather corrects me, "you're only 11 minutes in the lead." (I later understand that was not the case; she had no way to know.) So we dash away from the Aid Station with little pause. Watching Heather's feet for instructions on how to move my own, we descend the final 2,000 feet at a pace that, to me, and especially to my knee, is blistering.

#### Mile 103.

I finish at 1:52am, with an elapsed time of 19 hours 52 minutes. This is 1 hour and 14 minutes under the course record, set by Seth Swanson in 2012. The second and third finishers were about 4 minutes apart in their finish times, which were also under the course record. Kyle finished 4th, and Jesse Langner finished 5th. In the women's race, Darla Askew set a new course record of 26 hours 42 minutes, and the three women who finished after Darla finished under the course record.

I am so thankful to my excellent and enthusiastic crew: Ana, Buzz, and my parents, Hector and Rene'e. I'm also very thankful to the many volunteers who endured many dedicated hours of sleet through the night; and especially to Brandi and Jer Humphrey for sharing such an exquisite route and such a well-managed race.

By David Ayala



## Fun Run Results for September 2016

**Hyalite Trail - 9/1/16** - Thanks to the following members: The Doughers (Frank, Tracy and Sandy) who set up the courses and finish line. Frank, Bonnie Eichenberger and Kay Newman who timed Results are: **Long Distance:** Gary Lowe 35:34; Rob Maher 37:16; Tomas Dumbrovski 40:52; Bob Eichenberger 45:02; Craig Hildreth 48:25; Gary Hellenga 49:30; Kelly Sprinkle 51:37; Robyn Miller 51:38; Teresa Galli 52:51; Tobias Holleman 56:28. **Medium Distance:** 25:39; Miles Hardhausen 29:23; Sierra Holleman 30:32; Randy Oostema 32:16; Leonard Baluski 33:19; Merritt Covington 36:30; Josh Covington 36:32; Tracy Dougher 37:42; Mia Dudas 39:35; Sandy Dougher 55:49; Diana Lowe 57:38; Cody Hardhausen No time recorded. **Short Distance:** CJ Oostema 11:05, Madison Oostema 14:18; Shawna Oostema 15:39; Jake Oostema 16:03.

**Lindley Park Trails - 9/7/16** - Whitney Adams set up the courses for our usual fun run at the park and helped with timing as well. Suzanne Winchester was the other timer. Thanks to them both. Results: **5 Miles:** Claire Vlasses 44:23, Michael Vlasses 44:24; Nicholas Waliser 45:35; Teresa Galli 46:28; Nate Caten 53:58. **3 Miles:** Ana Brown 21:18; Rob Maher 21:19; Else Trygstad Burke 23:29; Joe Miles 23:31; Bob Eichenberger 24:47; Tom Moore 24:49; Martin Rollefson 25:18; Kurt Buchl 25:27; Darryl Baker 25:28; Yuriko Yano 25:28; Craig Hildreth 25:59; Randy Oostema 27:35; Sierra Holleman 27:38; Bonnie Eichenberger 28:10; Gail Cary 28:11; Tobias Holleman 28:46; Leonard Baluski 29:21; Hazel Roulson 35:41; Leon Shearman 36:15; Jacki McGuire 40:39. **1 Mile (Trail)** Adah Heller 13:12; Matt Heller 13:25; Laura Humberger 13:25; Sam Bass 15:11; Tommy Bass 15:12; Jane Foster 18:53; Rachel Beever 29:01; Erik Beever 29:05; Chris Roulson 29:42; Sandy Dougher 32:36; Bob Wade 35:02; Willett Richey 37:12; Sebastian White 37:14. **1 Mile (Road)** Theresa Leland 25:39; Jean MacInnes 25:40; Kay Newman 25:53.

**Bozeman Pond Trails - 9/14/16** - Thanks to Carrie Gaffney for setting up our very first trail run at Bozeman Ponds. We appreciated her helping with timing along with Tobias Holleman. Results: **5 Miles:** Tillman Bartholomew 33:15; Michael Vlasses 40:33; Nate Cayen 41:43; Leigh Holleman 48:09; Michael Williamsen 52:11. **4.5 Miles:** Claire Vlasses 37:13; Joe Killen 37:14. **3 Miles:** Whitney Adams 25:40; Reid Bartholomew 27:50; Rob Maher 27:51; Matt Helle 27:52; Abby DeBoer 27:53; Bob Eichenberger 31:54; Pam McCutcheon 32:07; Audrey Harvey 32:46; Leonard Baluski 32:49; Gail Cary 33:36; Sierra Holleman 34:08; Carly Urban 36:24; Tracy Dougher 37:55; Cory Vellinga 41:38; Leon Shearman 42:09; **1 Mile:** Ryan Bartholomew 14:16; Kurt Buchl 14:30; Darryl Baker 14:31; Amanda Gilmore 16:16; Adah Heller 16:17; Mia Dudas 18:22; Sandy Dougher 20:30; Jacki McGuire 20:54; Theresa Leland 22:48; Jean MacInnes 22:51; Bob Wade 26:37; Kay Newman 26:38; Chris, Hazel & Taber Roulson ran with no times recorded.



### Plan B forces racers to bring their A game

I checked the weather app on my phone incessantly, obsessed and disheartened at what I saw. A large green and yellow blob plowing toward Lone Peak with less than 24 hours to the race start. I stared at the radar in a fruitless attempt to redirect the storm with my jedi mind tricks. It didn't work. At 5:40AM the race director announced over the bull horn that due to severe weather, including rain, freezing temperatures, and a possible 3" of snow, the course would be altered. Plan B. We would not be running up headwaters ridge and we would not have the glory of standing on top of Lone Peak. There was mild discontent but, given the circumstances, no one begrudged the race director for the decision. They assured us that the course would still be challenging and worth the price of admission.

I was on the start line with my wife, as well as my sister-in-law and my brother who had flown in from Dallas. I was disappointed at the change in the race course. This isn't what we signed up for. An extreme mountain race means testing yourself against the mountains under any conditions. The colder the better. Snow on the rocks? Bring it on. Rock fall from rain-soaked hillsides? It will keep me on my toes. Freezing temps with nothing by track shorts and a tech tee on? Makes a great story about that time I almost got frostbite. The point is, I was not ready to accept the fact that the race experience I built up in my mind over months of training was now gone. What was left in its place was this unknown Plan B course with less elevation and fewer miles (OK, to be fair, the Plan B course has always been a possibility and the map was online for me to see all summer). Could I even say I ran the Rut 50K if I only ran 43.5K?

Ready or not, the race was about to begin. We lined up, counted down from ten, and took off to the sound of the elk bugle (one of the quirky oddities that makes this race unique). While my brother dutifully stayed with his wife, or maybe it was the other way around, I took off in a selfish bid to get out in front of the pack. The first few hours were spent jockeying for position, slogging up steep slopes in a long queue, and generally enjoying the mild temperature and partly cloudy skies. That did not last long. By the time we made it up to the Swiftcurrent aid station around mile 14 the air temperature and the snow had dropped precipitately. I frantically pulled layers on that were shed in the early part of the race. The aid station workers were bundled up, offering steaming cups of broth. My sister-in-law would end up in the hut here for over an hour trying to bring her body temp back up to an acceptable level.

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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

[aikidoner@yahoo.com](mailto:aikidoner@yahoo.com)

Website: [www.winddrinkers.org](http://www.winddrinkers.org)

### OFFICERS FOR 2016

**Prez:** Rob Maher [rcmaher@hotmail.com](mailto:rcmaher@hotmail.com)

**Vice Presidents:** Whitney Adams, Craig Hildreth, Tracy & Frank Dougher, Bob Eichenberger, Jenna Fallaw, Carrie Gaffney, Leanne Roulson

Membership: Darryl Baker, 582-5410

Treasurer: Jacki McGuire

Results, Calendar: Kay Newman

[kayjn3@gmail.com](mailto:kayjn3@gmail.com)

Secretary: Kathy Brown

Equipment Mgr: Leigh Holleman

[leighholleman@msn.com](mailto:leighholleman@msn.com)

Publisher: Tom Hayes

Newsletter Editor: James Childre

406-224-0244 or [james@redpointmontana.com](mailto:james@redpointmontana.com)

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.

The course changed here from the original version. Instead of a hard right turn that lead up the ridge and to the top of the peak, we followed flags up the service road before being directed across a steep slope of loose rocks covered in 1" of snow. A few hundred yards later we were asked to dive straight down this black diamond ski run and make it to the bottom without inducing a rock slide or broken ankle. Once on the other side I stopped to appreciate how scary that was and just how thankful I was that the race directors had the good sense to make that difficult decision to keep the racers off of the high ridges and peak. Those exposed ridge lines would have meant certain injury and peril for countless runners had we been allowed to let our ego drive us up there. Thank you Mike and Mike.

The 20 miles of cold, wet, and muddy conditions were starting to take a toll. The weather matched my mood as I shifted gears from pacing for a PR to stumbling for survival. Ok, that sounds dramatic. But what I didn't know at the time but learned later was that racers had dropped out due to cold exposure and possible hypothermia. Closer to home, my wife was struggling with the cold and likely needed medical attention long before the finish line. My fellow racers and I struggled up the slippery slope, ankle deep in mud to the Andesite aid station. Bacon and chicken broth were on the offering but I was distracted by the sight of the finish line. A short chairlift ride could take me straight to the inflatable arch of victory. To my dismay, the trail meandered through endless switchbacks and away from the base of the resort. It was maybe the longest 5 miles I have ever run. I fell twice because my hip flexors refused to lift my legs anymore. Cold and muddy, I wondered if this last hill was just a sick joke by the race director or if I had gone off course.

Oh but at last, at last, the end was in sight. They called my name and I was energized to sprint across the finish line, elated at what I had just accomplished. I would wait awhile for my wife, brother, and sister-in-law to cross but we all did it. Through uncontrolled bouts of shivering and incoherent ramblings we told our stories of a day spent challenging our mind and body to the absolute limit. My wife made a lifelong friend in Chris from Wyoming, who sacrificed his own race to ensure she made it safely to the finish. I am forever grateful to this gentleman.

This abbreviated course gave us exactly what we signed up for...a chance to test ourselves against the elements with other like-minded, if not foolhardy, friends. I heard other racers exclaim within the same breath that it was miserable and that they can't wait to do it again. I think maybe the cold temporarily short-circuited our reasoning but with an offer to sign up for next years' race, no one hesitated.

By James Childre

### **50K Results**

#### **Male:**

1	Cristofer Clemente Mora	Spain	3:51:52
2	Greg Vollet	France	3:53:31
3	Chad Trammell	AK	3:53:46
4	Scott Patterson	AK	3:59:58
5	Matt Shryock	AK	4:01:45

#### **Female:**

1	Ida Nilsson	Sweden	4:27:29
2	Anne-Lise Rousset	France	4:43:51
3	Hillary Allen	CO	4:44:26
4	Kristina Pattison	MT	4:49:49
5	Arden Young	Canada	4:54:48

#### **Top 20 Finishers**

6	Corrine Malcolm	Bozeman	4:57:49
16	Kate Dolan	Bozeman	5:47:55
19	Jenna Fallaw	Bozeman	5:50:14

9	Ben Williamson	Bozeman	4:12:29
16	Peder Anderson	Bozeman	4:24:48

#### **VK Bozeman Top 20 Finishers**

5	Jenny Wolfe	Bozeman	38:19:24
18	Forrest Vogle	Bozeman	35:03:70

#### **28K Bozeman Top 20 Finishers**

10	Kaitlin MacDonald	Bozeman	4:30:32
16	Sawyer Kesselheim	Bozeman	3:59:55



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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.”**