



# March 2017 Newsletter # 474



Renew your BSWD membership at:  
[www.winddrinkers.org](http://www.winddrinkers.org)

Dear Wind Drinkers,

This January, I found myself wondering, "Is the current weather colder than typical? This is rough! Am I getting older, causing my skin to get thinner, so the cold feels bitter? Is my depression coming back, lying to me about the weight of the world? Is something wrong with my thyroid, messing with my ability to perceive temperature?" January felt a bit torturous in terms of getting my warm patootie into the frigid air for my morning run. But with a marathon on the February calendar and an incredible propensity for insomnia, if the thermometer identified above zero air, I bundled up and trotted out my door.

Then, early in February, I read that this January in Bozeman was colder than any other in 40 years. I was relieved that my thyroid and neurotransmitters could be assumed to be in working order. Additionally, January of 2017 led me to acquire a new weapon in my determination to run year round: podcasts.

Yes, I know I was late to that party. I just recently let go of the hope that phones would someday resume attachment to the wall, providing a busy signal when I am busy, and requiring people to actually talk, instead of type, when they want to communicate. As the winter gloom reached its peak and the degrees of heat bottomed out, I gave in. With the help of a trusted, technically inclined running buddy, I downloaded my first podcast.



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



# The Wind Drinker

<b>Inside this Issue:</b>
DEE's Letter page 1-2
Froze Nose Page 3
Female Runner Survey Page 4
Handicapped Run pages 5
Race Calendar Page 6

BSWD Info/Discounts  
Page 7

My ego used to take pride in running without headphones. My experience was all-natural, tuned in, aware. Then January 2017 arrived. My warmest run was 18 degrees. Most of my early morning adventures were in the darkness and the single digits. I did not want to tune in. I wanted to tune out. A friend recommended the podcast, "The Hilarious World of Depression". For those of you who haven't heard of it, the name is pretty indicative of the content. A guy named John Moe interviews comedians with clinical depression. For about an hour, I listened to the hilarity and tragedy of depression from brains that are funnier and more interesting than mine. But the brilliant part was, when compared to my big noggin',

those hilarious brains are just as dysfunctional, just as deluded. At the push of a button, I found mental strength from others who also sometimes struggled to feel the color and warmth of life.

Yes, I can run long distances while watching for birds, witnessing the magic of the changing sky, feeling Montana's amazing air... But I can also feel less alone, listening to voices that are much more interesting than my inner monologue. As my skin does get thinner with

years of good living, I am reinforced in my choices, over and over again, when I hear that those comedians, too, are discovering joy through their own personal concoction of healing. I am definitely not unaccompanied in using meditation as a tool of recovery from darkness, nor am I on my own in using running, laughter, and human connection, no matter what the weather in my head or my backyard, to shave time in the warmest spiritual places.

Thank you, Dear Wind Drinkers, for helping me to battle depression with movement in my feet and, sometimes, when the temperatures are below zero and nobody can see the headphones under my two hats anyway, acceptance of this confounded new technology: podcasts.

Your devoted running buddy,

Dee







### **Froze Nose Run - 2/11/17**

The traditional Froze Nose Run was held under typically chilly conditions. Thanks to Ashley and Bev Adams for setting up. Also appreciation to Jim Nallick for the timing. Results are:

**1.1 Mile:** Arianna Celis 8:59, Nick Goocey 8:59; Asher Rogers 13:57; Don Rogers 14:00; Darryl Baker 14:01; Jacki McGuire 23:57; Kay Newman 23:57. **3 Miles:** Rob Maher 23:39; Whitney Adams 24:24; Leigh Holleman 25:36; Greg Young 27:04; Kurt Buchl 27:05; Bob Eichenberger 27:06; Andrew Holleman 27:43; Bonnie Eichenberger 30:22; Randy Oostema 30:59; Leonard Balluski 32:06; Darby Garden 33:27; Krissa Sprenger 33:27; Sierra Holleman 35:16; Tobias Holleman 36:13; Tracy Dougher 38:11; Frank Dougher 38:12; Mary Hoagland 39:59; Lana Aderholdt 40:00. **5 Mile:** Scott Flatlip 36:58; Melissa Casper 45:18; Alycia Vankirk 45:19. Bev Adams & Leon Shearman ran with no times recorded.



A student researcher, Ashley Bullers, at the Idaho State University Human Performance Lab is carrying out a study on pain coping skills in female ultra marathon runners. This study, under the supervision of Dr. Michael Meyers, is the first to provide pertinent information about the psychological skills specific to female ultra marathon running and could help to develop optimum psychological training strategies.

The researcher is looking for female ultra runners that would be willing to fill out some inventories used to assess pain coping skills in runners. The information is sent out via email and should take no longer than 10-15 minutes for participants to complete. She is utilizing the Athletic Coping Skill Inventory (ASCI-28) and the Sports Inventory for Pain (SIP). The data utilized from these inventories will be measured against age (18-39 and 40+ years) and skill level (novice, intermediate, and advanced).

**If you are interested in participating in this non-invasive study, please contact the researcher, Ashley Bullers, via email at [bullash1@isu.edu](mailto:bullash1@isu.edu) or by phone (208) 539-0682.**





This Saturday's (March 4) run will be the Handicapped Run at 11th and Grant, the same location as last month. Start times are adjusted so that everyone comes in at approximately the same time. Gary Hellenga has determined start times for the people that ran it last month. Don't worry if you didn't run it last month, or want to do a different distance. We have start times determined for each distance. For example, last month I ran the 1 mile distance and this month I want to run the 3 mile, so I will start at the pre-determined time for the three mile distance. I have start times listed below for those that ran it last month. For all others:

1.1 mile 9:45

3 mile 9:30

5 mile 9:20



**ONE MILE RUN**

Arianna Celis 9:51  
 Nick Goocey 9:51:00  
 Asher Rogers 9:46:00  
 Don Rogers 9:46:00  
 Darryl Baker 9:46:00  
 Jacki McGuire 9:36:00  
 Kay Newman 9:36:00  
 (Anyone else) 1 Mile 9:45:00

**THREE MILE RUN**

Rob Maher 9:36:00  
 Whitney Adams 9:36:00  
 Leigh Holleman 9:34:00  
 Greg Young 9:33:00  
 Kurt Buchl 9:33:00  
 Bob Eichenberger 9:33:00  
 Andrew Holleman 9:32:00  
 Bonnie Eichenberger 9:30:00  
 Randy Oostema 9:29:00  
 Leonard Baluski 9:28:00  
 Darby Garden 9:27:00  
 Krissa Sprenger 9:27:00  
 Sierra Holleman 9:25:00  
 Tobias Holleman 9:24:00  
 Tracy Dougher 9:22:00  
 Frank Dougher 9:22:00  
 Mary Hoagland 9:20:00  
 Lana Aderholdt 9:20:00  
 (Anyone else) 3 Mile 9:30:00

**FIVE MILE RUN**

Scott Flatlip 9:23:00  
 Melissa Casper 9:15:00  
 Alycia Vankirk 9:15:00  
 (Anyone else) 5 Mile 9:20:00

## RACE CALENDAR

### March

- 4 **BSWD Handicapped Run** Starting times for those who did not participate in the Froze Nose last month will be 9:15 for the 5 Mile course, 9:30 for the 3 Mile course and 9:45 for the 1 Mile course. See if you can improve your time. Starts at the corner of S 11<sup>th</sup> and Grant.
- 11 **AOH St Pat's Race.** Anaconda. 117 E Park. 3 & 6 Mile courses. Bus to the starting lines at 10:30 am and start at 11:00 am

### April

- 15 **Bruce's Big Butte Challenge Fun Run.** Butte. 1 Mile, 5 and 11K courses to benefit Big Brothers Big Sisters of Butte-Silver Bow. No race day changes. Info [www.bbbsbutte.org](http://www.bbbsbutte.org) [www.butteexchangeclub.org](http://www.butteexchangeclub.org) or [buttespisandmoanrunners.com](http://buttespisandmoanrunners.com). Race day registration at MT Tech HPER Building Lobby, 1301 W Park St Butte
- 22 **Back From Bridger Run.** All distances start at the Bridger Bowl Parking Lot. Distances of about 3, 7, 10, 12 and 17 Miles. Choose your distance so that you finish by 12:30 when the courses close. No headphones and no organized shuttle back to the start. Pre-registration not required. [www.winddrinkers.org](http://www.winddrinkers.org)
- 26 **BSWD Summer Fun Run Kickoff Potluck.** Details to follow.

### May

- 3 **BSWD Fun Runs begin.** Details to be determined
- 20 **Baldy Blitz.** Run from the M Parking Lot to Baldy and back. Info to follow
- 27 **Frank Newman Marathon** or Marathon Relay in memory of the founder of BSWD. Starts on Bridger Canyon Road at 8:00 am and ends at Sacajawea Park in Livingston followed by a Picnic. Volunteers needed.

### June

- 3 **22<sup>nd</sup> Annual Madison River Run.** Ennis. 5K run to start off the racing season. [www.themadisonmarathon.com](http://www.themadisonmarathon.com)
- 15 – 17 **Montana Senior Olympics Summer Games** for those 50 years of age and older. 5 Year Age Brackets. 5 & 10K Road Races, Track & Field Events, Cycling, Racewalk and much more Call 406-586-5543 or email [kayjn3@gmail.com](mailto:kayjn3@gmail.com) for information
- 15 – 17 **Montana Senior Olympics Summer Games** for those 50 years of age and older. 5 Year Age brackets. Competition in 5 & 10K Road Races plus Track & Field. Medals awarded In five year age groups. [www.montanaseniorolympics.org](http://www.montanaseniorolympics.org). 406-586-5543 Games are being held in Polson, Ronan and Pablo.
- 17 **38<sup>th</sup> Annual Heart & Sole 5K.** Billings Is designated The RRCA Western Region Championship Save the date. More info to follow.
- 24 **Wulfman's Continental Divide Trail Run.** Starting at Pipestone Pass outside of Butte. Info to follow. [Www.ButtessPissandMoanRunners.com](http://Www.ButtessPissandMoanRunners.com)

### July

- 22 **10<sup>th</sup> Annual Madison Marathon.** Ennis. Save the date



DISCOUNTS FOR MEMBERS ARE AVAILABLE  
AT MANY LOCAL BUSINESSES INCLUDING;

Bozeman Running Co.,

Gallatin Alpine Sports

Bob Wards

Schnees

Roundhouse

Universal Athletics

Bozeman Hot Springs

Excel Physical Therapy

Wholistic Running

Rootstock Acupuncture

Signs of the Mountains

Clinical Massage Concepts

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.”**

THE WIND DRINKER

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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  
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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.