



May 2017 Newsletter # 476



Renew your BSWD membership at:
www.winddrinkers.org

The Wind Drinker

360 Bozeman Whoa

I started daydreaming about winter training montages as soon as I hit the registration button for the 50 mile race in March. I imagined myself like Rocky, running through waist deep snow, charging up a mountain to yell at the top of my lungs, MONUMENT VALLEY!!! Then I remembered that running through waist deep snow is nearly impossible, and if I was in the movie Rocky, those Russians would probably catch me and make me run on a treadmill while they drank vodka and laughed. So I ended up running a handful of routes all winter, as well as on the dreaded treadmill, sans Russians. So when Rob announced this 360 route in town I knew I had to check it out.

I was much less familiar with the first half of the run and I'm pretty directionally impaired. So if I was gonna get lost and/or frustrated it would probably happen there. Fortunately, the directions were good and the blazes on the ground were freshly painted. The traffic really wasn't too bad on Frontage Road and the connecting shot through big box land was quick and clever. Before I knew it, I was cruising through suburbs along nice gravel paths. It was a beautiful day and I was getting a whole new perspective on suburban sprawl and ducks.

After I crossed over Huffine I cruised through the very pretty campus section and then on to Sola Cafe for lunch. The salad and iced coffee were expensive, but after 17 miles I had no choice. Wind Drinker VP Whitney (name drop) joined up with me here and we started talking about the Headwaters Relay and immediately spaced the south 3rd loop. Oops! Whatever. We got a good laugh and it was great to have some company for the super fun Highland section. We got back in time to give the 360 Bozeman promo crew a high five before they packed up at Peet's Hill.

This route is a great way to see different sections of Bozeman and to gain perspective on not only how all these paths are so cleverly connected, but how Bozo humans can be! It was really cool witnessing people doing everything from Costco runs and sitting in traffic, to lounging at parks and fishing, all in the same run! Thanks to all who helped put this route together and let's make it even better!!

~Jim Whelan—Contributor

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



Inside this Issue:

Bozeman 360 Whoa
page 1

Gratitude by Dee
Page 2

Reach Out
Page 3

Back From Bridger
pages 4

Race Calendar
Page 5-6

BSWD Info/Discounts
Page 7

Dear Wind Drinkers,

Every morning, my sister, mother, and I exchange gratitude lists via email. We live spread out coast to coast and want to keep up with each other's daily experiences, but find time differences and full lives keep daily phone calls from being possible. This routine assists us in feeling connected.

My sister and I both enjoy a deep love of our morning cup of coffee. That's on my list every day. My sister and mom both care for homeless pets, so kittens and seemingly untrainable dogs make their emails. Living in the coldest climate of the three of us, my lists are filled with items like seat heaters, heated blankets, down comforters...

I highly recommend this habit, as embarrassed as I am to have such a new-age, touchy-feely start to my mornings. This practice has made me aware of the depth and joy running brings to my life, how I relish longer days, ice-free sidewalks, weekend opportunities to run on trails, weekly chances to run with friends, and the sound and sight of birds and flowers as I run in the morning...

My husband suggested that I try only identifying items that don't cost money. The idea was intriguing but also caused a pang of resistance in my spirit. Coffee costs money. The heated seats in my car cost money. Would I be able to list nine bits of gratitude without mentioning objects of my joy? The clear answer was yes, as long as I had run before starting. I remained grateful for my morning caffeine kick, even if it wasn't mentioned in the morning email to my sister and mom. I still found (totally appropriate) pleasure in my warm behind during my morning commute to work. I was grateful that Brooks made shoes big enough for my monster feet, that my Garmin watch tracked my every step, and that my dependable car could drive me to trailheads.



But I was also grateful for the multi-colored sunrise over the Bridger Mountains, other women in my community who will run at a leisurely pace and still identify as runners, and the power of my heart at rest and while my body is in motion. Which also led me to those in-between items on my list: the plentiful in-town trails provided by GVLТ and their supporters, the dog-poop bags and garbage pails provided by GVLТ and their supporters, and the parks with trails provided by taxes, non-profits, and local donations. Those all cost money, yet they are (mostly) free to me.

We are lucky to live in this town. Some would even say blessed. Whatever word one chooses to use, I am grateful.

Thank you, Dear Wind Drinkers, for helping me to appreciate the plethora of glorious details in each day, the variety of the seasons, and the joys that can come simply by putting on running shoes and heading out the door.

~Dee



Want To Increase your odds of getting into the Bridger Ridge Run?

In order to raise money for the people they serve, Reach Inc. will sell raffle tickets for a Bridger Ridge Run entry donated by the Big Sky Wind Drinkers. From April 1 to June 5, tickets can be purchased for \$10 each. On June 5th, at 5pm, a winning name will be pulled. That person can use the entry for themselves or give it to a friend/family member, as long as the final contact information is received by the Bridger Ridge Run race director within 24-hours of winning. The event itself is a 19-mile, technical trail run held on Saturday, August 12, 2017 and should not be attempted without proper training.

To purchase tickets or ask questions, call Dee Metrick (406-587-1271), or email dee@reachinc.org.

**Thank you for your support of adults with developmental disabilities
in Bozeman, MT.**

Back From Bridger

18.2 Miles

Josh Richards	2:08:49
Terry Leist	2:24:22
Megan Swanson	2:31:18
Leigh Holleman	2:40:33
Jeff Hough	2:43:55
Lauren John	2:50:45
Brian Berger	2:55:05
Carol Leist	3:01:21
Erin Childre	3:04:15
James Childre	3:04:16
Matt Parsons	3:04:36
Lindsey Harmon	3:06:15
Aaron Kensinger	3:08:12
Lori Johnson	3:13:53
Holly Robertson	3:25:11
Julie Nelson	3:43:51

12.5 Miles

Lauren John	1:58:07
Jill Brewster	2:10:07

10:00 Miles

Nick Power	1:16:18
Kurt Buchl	1:23:28
Dragan Danevski	1:23:30
Kim Ibes	1:29:08
Megan O'Connor	1:35:47

7 Miles

Maximus Sanders	53:49
Andrew Holleman	53:50
Randy Oostema	1:02:13
Marina Sturman	1:04:38
Mia Dudas	1:09:55
Allen Bross	1:14:54
Patricia Bross	1:14:57
John Williams	1:21:10

3 Miles

Sierra Holleman	25:08
Darryl Baker	25:22
Don Rogers	29:23
Gail Cary	29:57
Kathryn Hohman	37:24
Josh Williams	38:16
Karin Williams	39:55
Rachel Williams	40:14
Leon Shearman	42:24
Jean MacInnes	43:57
Jackii McGuire	49:10
Bob Wade	57:15



RACE CALENDAR

May

- 3 **BSWD Fun Runs begin at Regional Park**
6:30 PM. W Oak & N Yellowstone Ave
- 10 **BSWD Fun Run at Highland Glen**
6:30 PM. W Oak & Ellis
- 14 **Haven's Mother's Day 5K** 10:00am
Bozeman Ponds, located on Fowler Ave. Honor the special women in your life by signing up for this fun family event at <https://runsignup.com/Race/MT/Bozeman/HAVENMothersDay5K>.
- 17 **Southside Trail – Run & Potluck.**
6:30 PM Buchl Home at 15 E. Fieldview Circle
Bring a dish to share.
- 20 **Baldy Blitz.** Baldy Blitz. Run from the M Parking Lot to Baldy and back. 9:00 am start at the M Lot regardless of rain, mud, sunshine, snow, wind, blizzard, grapple, fog or alien attacks. Unsupported so come prepared with your own snacks and appropriate drinks to honor a run of this stature. \$5.00 entry fee. www.winddrinkers.org/trailhead/races/blady-blitz-trail-run/
- 24 **BSWD Fun Run at Triple Tree**
6:30 PM. Sourdough Rd
- 27 **Frank Newman Marathon** or Relay in memory of the founder of BSWD. Starts on Bridger Canyon Road at 8:00 am and ends at Sacajawea Park in Living ston followed by a Picnic. *Volunteers needed.*
- 31 **BSWD Fun Run: East Gallatin Pond Rec Area.**
6:30 pm

June

- 3 **22nd Annual Madison River Run.** Ennis.
5K run to start off the racing season.
www.themadisonmarathon.com
- 10-11 **406 Race Series Duathlon Challenge + Kids Dash & Pedal races.** Billings Family Fun and much more. Participate in bike or foot races at one of 3 distances www.406RaceSeries.com. Kids 6 – 14. This is in support of the Billings School Backpack meal program

June Con'd

- 14 **Drinking Horse Mountain.** 6:30 pm
- 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.
406-586-5543 Games are being held in Polson, Ronan and Pablo.
- 17 **38th Annual Heart & Sole 5K** Billings Designated The RRCA Western Region Championship. Save the date. More info soon.
- 17 **Old Gabe Trail Run.** Details to follow. runski@bresnan.net for info
- 21 **Historic Depot to Story Hills.** 6:30 pm
- 24 **Wulfman's Continental Divide Trail Run.** Starting at Pipestone Pass outside of Butte. Info to follow. ButtesPissandMoanRunners.com
- 28 **Andy Blank MSU Track & Trail Run.** A memorial to one of the founders of BSWD



RACE CALENDAR—CON'D

JULY

- 4 **Reach Inc. Race for Independence**
1K/5K/10K run or walk on the trails of North Bozeman. All proceeds go to Reach Inc. On line registration until 5pm on July 2nd
<https://runsignup.com/Race/MT/Bozeman/ReachIncRaceforindependence>
In-person registrations also available
- 15 **Devil's Backbone Trail Run.** Info to follow.
Email; runski@bresnan.net
- 22 **10th Annual Madison Marathon.** Ennis. Save the date

AUGUST

- 5 **BSWD Sweet Pea Run.** Save the date
- 5 **Great Harmonica Huff n Puff.** Yellow Pine, Idaho. 6.5 K Run/Walk through shady scenery finishing on the historic Main Street of Yellow Pine. Info at www.yellowpinefestival@gmail.com. Great music festival following the run
- 12 **Ed Anacker Ridge Run.** Wind Drinker Classic!!

SEPTEMBER

- 16 **Wolf Creek Wrangle.** Eaton's Ranch located 20 minutes outside of Sheridan, Wyoming 5&10K Run/Hike and a half marathon. Registration starts at 8:00am. All races begin at 9:00am with a time limit of 5 hours. BBQ Lunch to follow. Proceeds benefit Habitat for Humanity of the Eastern Big horns. Register the day of the event or online at www.itsyourrace.com(Wolf Creek Wrangle).



**Contact Janine Mariani
at [406-586-7689](tel:406-586-7689) if you
want to volunteer!**

haven's
mother's
day
5k

VOLUNTEERS
NEEDED!

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 for updates and more information.

Discounts for Big Sky Wind Drinkers members

The race director, Sam Korsmoe, of the Greater Yellowstone Adventure Series is offering club members a 10% discount to all their races, including the Madison Marathon held on July 22. The Madison Marathon is one of six races in the series:

Check out www.themadisonmarathon.com or www.events.com for online signup. The discount code for club members is: BSWD2017GYAS



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

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 2016

Prez: Rob Maher 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

Secretary: Kathy Brown

Equipment Mgr: Leigh Holleman
leighholleman@msn.com

Publisher: Tom Hayes

Newsletter Editor: James Childre
406-224-0244 or james@redpointmontana.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.