

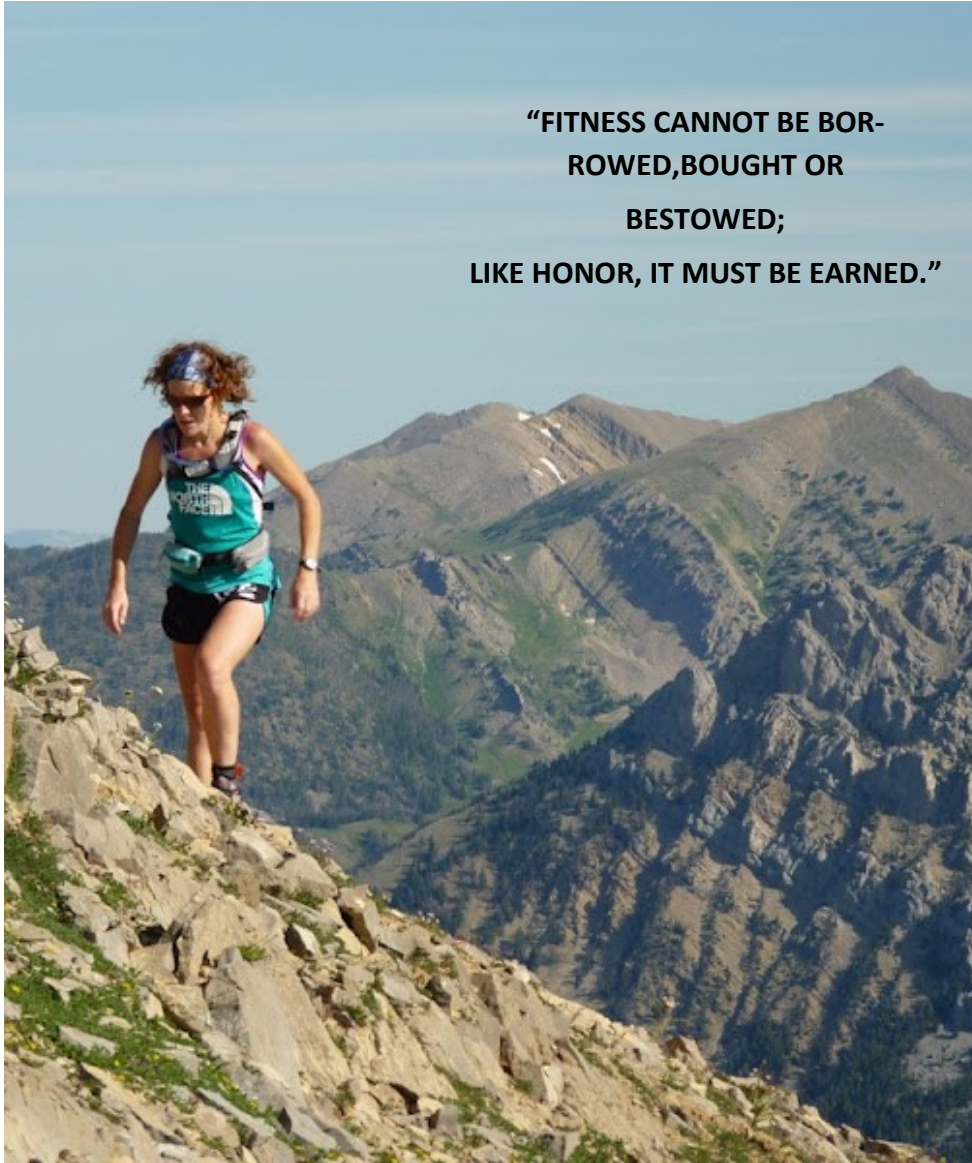


November 2017 Newsletter # 482



Renew your BSWD membership at:
www.winddrinkers.org

The Wind Drinker



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

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



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Remember that by the end of the month we are switching our BSWD Membership signup to RunSignUp. If you haven't done so already you will probably have to set up an account. Once you do that, you can sign up for your membership, the Sweet Pea Run, the Ridge Run, and the John Colter Run at that location. I'm hoping for a seamless transition so you shouldn't have to do anything more than set up your account. I'll have the membership signup soon at <https://runsignup.com/> If you have any questions please do not hesitate to ask!

JOHN SCHAFER

What Running Means to Me

Running is one of the great paradoxes of the world, it is not particularly pleasant in the moment, yet it feels like one of the greatest highs when it is over. I have struggled with this dilemma over my running career for many years, from my early days exploring sports to my final year of cross country. Yet as I've progressed as runner, the sport has manifested itself into so much more than a way to exercise. It's become an integral part of my identity, helping me to achieve my desires and push me to just go a tiny bit farther. As a part of my being, running has defined me as someone who always pushes for more despite the desire to quite in the moment.

My first real experience with running was when I got involved with soccer. Running is at the core of soccer more than any other sport except cross-country of course. Thus as a player, my love hate relationship with running progressed over the years as I became more involved in the sport. I remember days dreading going to practice because the previous day's soreness still had not healed. Yet after long exhausting games where I could barely stand, I felt a rush of accomplishment and good feelings pour over my body just do to my physical exertion. But my soccer days did not last forever, and when I stopped playing after my sophomore year, there was a gaping hole in my life. That fall, running again fulfilled this fundamental need in my life through my participation in cross-country. I certainly wasn't the best, maybe at times the worst, but I kept going not to prove myself to others, but to satisfy my deep desire for movement. This satisfaction certainly wasn't felt during races or practice, quite the opposite, but the happiness I felt afterwards pushed me farther. Unfortunately, my senior year I wasn't able to participate in cross-country again to do my extremely busy schedule filled with numerous AP classes, work, and other extracurriculars. But as before, I feel like a part of me is missing. I try to meet this urge for physical exertion as much as I can through hiking the ridge at Bridger Bowl, playing hockey at night, or even rollerblading when I have a bit of time among other activities. Over my career as an athlete, running has been at the core of my motivation and needs.

Running for me isn't easy. It's painful. It's exhausting. But it's more rewarding than anything. My running career hasn't been long but once a runner, always a runner.



RACE CALENDAR

NOVEMBER

- 11 **Veterans Day Run.** Butte. Start at 11:11 am. Stodden Park to the American Legion Hall. 2.5 and 5.2 Miles. Register at the Park. Remembering sacrifices for our freedom
- 18 **Jim Banks Turkey Trot.** BSWD Tradition. Guess your finish time to win a turkey courtesy of BSWD. 9:00 start at the Foot hills Fellowship Church on Centennial Drive. Distances of 1.3, 2.7 and 4.4 Miles. Check out the website at windrinkers.org.

DECEMBER

- 2 **Annual BSWD Jingle Jog.** 9:00 am start. Watch the website for the starting location Bring a goody to share with the group. Merry Christmas!!

JANUARY

- 6 **BSWD Annual Fat Ass Run.** Choose your distance. Run as many 5K laps (trail and/or road possibilities) 9:00 am start at Three Forks(Headwaters State Park) No temperature restrictions

FEBURARY

- 3 **Froze Nose.** BSWD Fun Run. 9:00 am start at corner of S 11th and Grant Street on the MSU Campus. Your finish time at this event will determine your start time at next months Handicapped Run

MARCH

- 3 **BSWD Handicapped Run** on the MSU Campus at the corner of S11th and Grant. Your starting time can be determined by your finish time at the February Froze Nose Run. If you didn't run the Froze Nose Run your start will be 9:15 for the long distance, 9:30 for the middle distance and 9:45 for the short distance. The object is to beat your previous finish time.

Dave Skelton, Bozeman Track Club, asked me to pass along! CHECK OUT THIS GREAT RACE:

The 2017 USATF Montana Association Cross Country Championship Saturday, November 4, 2017 at the East Gallatin Recreational Park in Bozeman

It will run concurrently with the BTC Fall Classic for open and masters competitors. REGISTER ON RUNSIGNUP.COM BY NOV 2

A cross-country race for everyone! For youth athletes, this is a qualifying race for the National Junior Olympic Cross-Country Championships on December 9, 2017 in Tallahassee, FL. For the open and masters runner, this is an opportunity to run during the spectacular fall colors in one of Bozeman's popular community parks.

Open and Masters Athletes Fall Classic: The Bozeman Track Club Fall Classic will be run concurrently with the Junior Olympic Cross Country Championships for open (19+) and masters (40+) participants. Medals will be awarded to the top three male and female athletes for both open and masters competitors. A 2017 USATF membership (\$30) is not required unless vying for Montana Association championship recognition. Preregistration for open and masters participants is currently open at runsignup.com and closes at 5:00 PM (MST), Thursday, November 2, 2016. The tentative start time for the open and master race is at 11:00 AM.

Back At Bridger Run

A small group of runners gathered at the Bridger Bowl Parking Lot to run the newly organized Back at Bridger Run which was planned in view of the traffic on Bridger Canyon Road where the former Back To Bridger Run has been staged for many years. When the founders of BSWD first organized this event they probably never envisioned that there would ever be speeding cars on a totally hard surfaced Bridger Canyon Road. The courses started at the parking lot and went down to the Crosscut area and back again. Thanks to the Vice Presidents Gary Hellenga and LeeAnne Roulson who planned and organized the event along with Frank and Tracy Dougher.

1 Mile

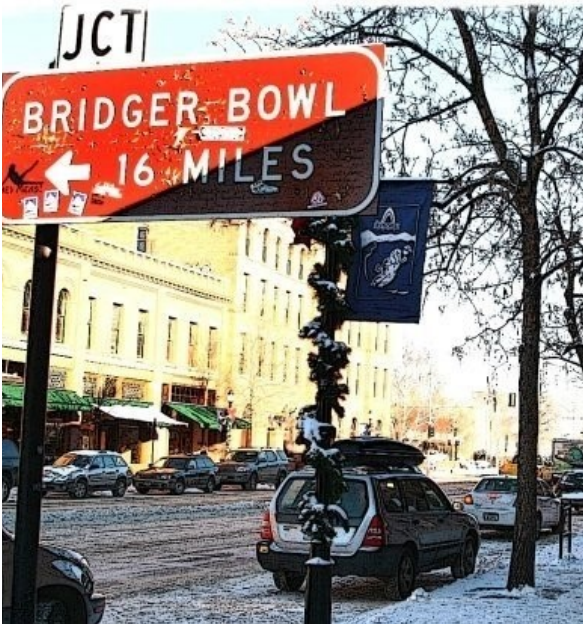
| | |
|-----------------|------------------|
| Sierra Holleman | 12:41 |
| CJ Oostema | 12:52 |
| Asher Rogers | 13:06 |
| Don Rogers | 13:08 |
| Leonard Baluski | 13:39 |
| Kay Newman | No time recorded |

3 Miles

| | |
|-----------------|-------|
| Andrew Holleman | 22:04 |
| Leigh Holleman | 31:49 |
| Frank Dougher | 32:29 |
| Teresa Galli | 39:19 |

4.9 Miles

| | |
|------------------|---------|
| Bob Eichenberger | 1:01:08 |
| Charles Smith | 1:01:13 |
| Randy Oostema | 1:04:23 |



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.

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 james@redpointmontana.com
Website: www.winddrinkers.org

OFFICERS FOR 2017

Prez: Rob Maher rcmaher@hotmail.com

Vice Presidents: Whitney Adams, Craig Hildreth, Tracy & Frank Dougher, Bob Eichenberger, Jenna Fallaw, Carrie Gaffney, Leanne Roulson
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406-224-0244 or james@redpointmontana.com

For recent updates on what's happening with the BSWD, get on the web; www.winddrinkers.org

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



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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.