



# May 2018 Newsletter # 488



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

## Dialing in your Fueling Strategy in the Early Season

By Rachel Patrick, RDN, LD from Stamina Nutrition, PLLC  
Photo Credit: Sage Friedman

In anticipation of summer races, the early season provides opportunity for planning, adjustments, and tailoring to set oneself up well during the intense training season. What an athlete does now can allow him or her to simply focus on training and to race competitively. Here are a few nutrition strategies to build the fueling regimen during the early season:

**Match food intake with goals and training intensity.** Body composition changes can have their place in endurance sports to provide a more advantageous strength-to-mass ratio. Excess fat mass can slow race times. Any mass changes are best to take place during the recovery and early preparation phases of training. Changes should also be slow (~1 lb/wk) and moderate to avoid any loss in muscle mass, water, or bone. As training increases, more energy and primarily carbohydrates will be necessary to fuel exercise demands to promote a higher level of training and to prevent injury. A dietitian can help guide an athlete to create and execute an optimal and individualized fueling strategy for various phases of training.

**Dial in your supplement strategy** (if applicable to your race's duration). Supplements are not a good replacement for a poor diet but can provide various training benefits in conjunction with eating a wide variety of nutrient-dense foods. Gels, bars, and liquid supplements can provide a continued, convenient supply of easily digested carbohydrates during exercise lasting longer than 90 minutes. Athletes will vary in their digestive response and preference to different supplements (i.e. different ingredients or gels vs. sports drinks) so experiment early on in training, and stick with what works for you once that is established. It is also important to consume different types of carbohydrates, such as a glucose and fructose mixture. Since these are absorbed in different ways in the digestive system, consuming a couple of different types will provide more carbohydrate that can be absorbed.

**Don't get stuck in a food rut.** Experiment with old, tried and true foods as well as new ones. Eating a wide variety of foods and incorporating the different food groups aids in consuming all of the vital nutrients for health, energy, training, and recovery. It also promotes enjoyment and sustainability and prevents a restrictive mindset. Eat to fuel, and enjoy meals. Happy training!

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



# The Wind Drinker

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## RACE CALENDAR

### MAY

- 2 **THE FUN BEGINS** at the Historic Depot the course continues up to Story Hills 6:30pm Start. No dogs at BSWD fun runs. Headphones discouraged due to safety concerns.
- 9 **Hyalite Road Closure.** Blackmore Lake Trailhead. A new BSWD fun run this year 6:30 pm
- 9 **Don't Fence Me In Trail Runs** Helena. 30 km, 12 km, 5 km, and 5 km dog walk. This is a fund raiser for the Prickly Pear Land Trust Contact: Martin [mpmiller93@yahoo.com](mailto:mpmiller93@yahoo.com), 406-459-6296. [www.pricklypearlt.org](http://www.pricklypearlt.org)
- 13 **Haven Mothers' Day 5K Run.** Begins and ends at Bozeman Ponds (700 Fowler).
- 16 **Triple Tree.** Sourdough Road 6:30 pm
- 19 **Baldy Blitz:** Tentative Date. 9:00 am. Check the BSWD website for possible snow delays
- 23 **Southside Trail Run and Potluck.** Bring a dish to share. Thanks to host, Kurt Buchl
- 26 **Frank Newman Marathon,** ½ Marathon or Marathon Relay. Details to be arranged. *Volunteers needed.*
- 30 **Regional Park.** 6:30 pm

### JUNE

- 2 **Water to Whisky Run.** Ennis. 5K start on top of the Madison River at 10:30 am. Check in at 8 – 10:00 am at the Lions Club Park in Ennis. Race Day sign up as well. All abilities welcome. Info at [TheMadisonMarathon.com](http://TheMadisonMarathon.com)

### JUNE con'd

- 14-16 **Montana Senior Olympic Games** in Pablo, Polson and Ronan. For adults who are 50 Years of age and older. Fourteen sports from which to choose 406-586-5543. [www.montanaseniorolympics.org](http://www.montanaseniorolympics.org)
- 23 **Wulfman's Continental Divide 14K Trail Run.** From Pipestone Pass through Beaver head Deer lodge National Forest to Homestake Pass. Limited registration. 8:00am start

### JULY

- 28 **Flint Creek Valley Days Run.** Phillips burg City Park. 1 and 3 Miles around town. More info to follow.

### AUGUST

- 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 [yellowpinefestival@gmail.com](mailto:yellowpinefestival@gmail.com). Attend the great music festival following the run.
- 11 **ED ANACKER RIDGE RUN.** Prepare to sign up to run or volunteer.

### 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 Bighorns. Register the day of the event or online at [www.itsyourrace.com](http://www.itsyourrace.com) (Wolf Creek Wrangle). Info at 307-672-3848
- 16 **John Collter Run** Registration is open and limited. A part of the Montana Trail Series

# BACK FROM BRIDGER RUN

The sun shone down on the participants in the Annual Back From Bridger Run that started at the Bridger Bowl Parking Lot with various finishes along the way to the final destination, the Elks Parking Lot on Haggerty Lane. Jenna Fallow handled the arrangements. Volunteers were Leigh & Matthew Vest, Danielle Skjelver, Gary Hellenga and Frank Dougher. Thanks to them all.

## 17.5 Miles

Tom Walsh	2:35:08
Alaric Skjelver	3:19:30

## 12.5 Miles

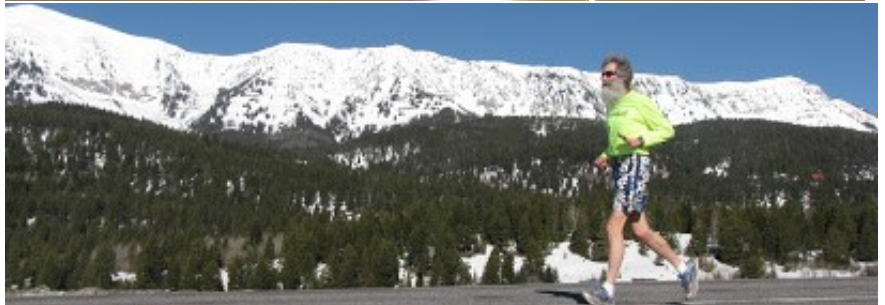
Alison Cola	1:38:36
Vanessa Foerster	1:46:36
Lori Christenson	1:59:00

## 7 Miles

Andrew Holleman	49:50
Leigh Holleman	54:33
Gary Hellenga	55:33
Teresa Galli	1:03:52
Randy Oostema	1:06:23

## 3 Miles

Leonard Baluski	28:42
Dan Rogers	31:45
Gail Cary	40:30
Jean MacInnes	44:43
Leon Shearman	47:37
Pat Frey	49:01
Ruth Vyse	49:02
Lynn Paul	53:48
Kay Newman	53:49



## **RIDGE RUN SIGN UP is OPEN!**

It's already time to throw your name into the hat for the 2018 Ed Anacker Bridger Ridge Run! Lottery entry starts on Sunday, May 6. Find all the entry information here: <http://winddrinkers.org/.../rac.../ridge-run/entry-instructions/>



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.