



June 2018 Newsletter # 489



Renew your BSWD membership at:
www.winddrinkers.org

Savanna Stewart

“What Running Means to Me”

During the spring of my freshman year, I began having difficulty performing tasks that I considered to be ordinary, daily happenings such as going up the stairs, walking from class to class, and running. I would feel short of breath, nauseous, and dizzy as if I were on the verge of fainting. Basically, I felt as if I were incredibly out of shape; however that was impossible considering I had, four months earlier, placed in the Top 15 at the Montana Cross Country State Championships and played on the Twin Bridges Lady Falcon basketball team throughout the winter.



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



When I began experiencing chest pain, a sensation of heaviness in my legs, and pounding headaches, my mom took me to several doctors in the area, none of whom could figure out why I was experiencing such varying symptoms. Eventually, I was sent to Primary Children’s Hospital in Salt Lake City, where I was almost immediately diagnosed with Postural Orthostatic Tachycardia Syndrome, also known as POTS.

POTS is, in short, an autonomic nervous system disorder in which the brain fails to properly signal to blood vessels to constrict upon going from supine to sitting or standing. As a result, blood pools in the legs and feet, leaving the heart, lungs and brain deprived of the oxygenated blood needed to function properly, thus causing a skyrocketing heart rate, a sensation of being out of breath, and extreme light-headedness. By following a strict physical therapy regime and a high-sodium diet, the doctor believed I would probably be able to run again, though she was not entirely certain how soon or how well. She estimated that it would take six months to a year of strict protocol before I was able to return to the activity I loved so much.

<u>Inside this Issue:</u>
Savanna Stewart Page 1-2
Race Calendar Page 3
Pre-Race Meal Page 4
Newman Marathon page 5
Fun Run Results Pages 7-10
BSWD Info Page 11

The Wind Drinker



Four months after hearing this, I competed at the 2015 Montana Cross Country State Championships, and once again placed in the Top 15. I overcame an ailment that essentially destroyed the progress I had made in my abilities freshman year and forced me to train with a heart monitor all of sophomore year. Since my diagnosis, running has been more than just an activity. It has been a symbol of what I have had to overcome, as well as what I will continue to fight for the rest of my life; POTS is a chronic disorder, so even though I may experience periods of being asymptomatic—as I am now—my symptoms could return and are more likely to do so if I choose to stop exercising regularly. To me, running is now a symbol of the significance of my power against something that is much bigger than me. Running is a promise to myself that I will do everything I can to prevent POTS from altering my life again. It is a key part of my every-day routine, and thus a key part of not only my life, but also who I am. When I underwent hip labrum and impingement surgery in November of 2017, running was a motivator. I was supposed to face a four to six-month recovery, with a two-month transition back to running the several miles I typically do a day. I couldn't imagine not being able to participate in what had become such a crucial part of me that I opted for a fast-track protocol. I pushed myself hard enough that I was running before I was even two months post-operation and was cleared by three months post-operation. Because of the role and impact my admiration for running had on the ailments I faced, I believe running is representative of my strength, my successes, and my struggles. Unlike my volleyball and basketball careers, which have already ended, I will continue to run throughout my life and will carry my passion for doing what I love alongside my concerns of my POTS symptoms returning.



CONGRATULATIONS TO
SAVANNA STEWART FOR
EARNING A SCHOLARSHIP
FROM
BIG SKY WIND DRINKERS!

RACE CALENDAR

JUNE

- 2 **Water to Whisky Run.** Ennis. 5K starting 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
- 6 **Tour de Critters.** BSWD Weekly Fun Run. Bridger Hollow Road off of Jackson Creek Road. Thanks to the Franklin Cole Family for hosting this event. 6:30 pm
- 13 **Triple Tree** BSWD Weekly Fun Run 6:30 pm
- 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 including 5 & 10K Road Races, Track & Field, Cycling 20 & 40K Road Races and Time Trials, Basketball, etc. www.montanaseniorolympics.org
- 16 **Old Gabe.** BSWD Trail Run starting and ending at the Middle Cottonwood Trail Head. 50k and 30K distances. *Volunteers needed.* ww.winddrinkers.org
- 20 **Bozeman Creek,** BSWD Weekly Fun Run at 6:30
- 23 **Wulfman's Continental Divide 14K Trail Run.** From Pipestone Pass through Beaverhead Deer Lodge National Forest to Homestake Pass. Limited registration. 8:00am start
- 24 **Pony Trot** in Pony, MT. 5 & 10K Races starting at 8:00 am at Pony Park on Reel Street Register at RunSignUp
- 27 **Bozeman Pond.** BSWD Weekly Fun Run 6:30 pm



JULY

- 4 **11th Annual Reach Run** for adults with developmental disabilities. 1, 5 & 10K distances 8:00 am start for the 10K, 8:15 am for the 5K and 8:25 for the 1K at the Reach Work Center (322 Gallatin Park Drive). Info at www.reachinc.org or call 406-587-1271
- 21 **Rink 2Ridge Run for Rotary – R2R.** US High Altitude Speed Skating Center in Butte Run/Walk 1 Mile or 5 Mile Run starting at 8:00 am. Register or download form At www.montanarotary.org. Packet Pick up and pre-registration from 5:00pm-7:00pm on Friday, July 20 at the Skating Center. Race day registration at 7:45 am . Proceeds Support Rotary Community Projects and Xsports4vets. www.montanarotary.org
- 21 **Headwaters Bank Run.** Three Forks. 5 & 10K Proceeds benefit the trail system. 5 & 10K Runs starting at 7:30 am. Entry fee is \$20 before July 1 then \$25
- 28 **Philipsburg Flint Creek Valley Days 5 & 10K Races** starting at 8:00 am. ½ and 1 Mile Kids Races start at 9:30 (Kids under 12 are free) Pre-Register at Runsignup.com or Webscorer.com. Shirt sizes guaranteed if you register by July 12. Prices go up on race day. Costumes are encouraged. More info www.flintcreektrails.org/event/philipsburg-fun-run/. Family activities follow the run. Enjoy a pancake breakfast and a parade.

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 . Attend the great music festival following the run.
- 11 **Ed Anacker Bridger Ridge Run.** Get ready 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([Wolf](http://www.itsyourrace.com) Creek Wrangle. Info at 307-672-3848
- 16 **John Collter Run** Registration is open and limited. A part of the Montana Trail Series

The Wind Drinker

What Should I Eat Pre-workout?

By Rachel Patrick, RDN, LD

A well-planned pre-workout meal tops off or replenishes energy stores, prevents hunger, hydrates, and provides a mental boost. This meal should be eaten 1-4 hours prior to the workout or race and be composed mainly of carbohydrates and contain a moderate amount of protein. Complex carbohydrates provide slow releasing, sustained energy for longer periods of time and may include whole-wheat English muffins or pasta, oatmeal, or sweet potato. Adding a moderate amount of protein to the meal will help with satiety; examples include nuts and seeds and their butters, lean meats and fish, low fat dairy, eggs, and tofu. The meal should be low in fat and fiber to prevent stomach upset.

The closer your mealtime is to your workout, the amount should be less, and foods should be easier to digest. Liquid sources of carbohydrate may be better tolerated in the hour before working out (i.e. smoothies or sports drinks), or foods like a banana or toast with peanut butter may also be tolerated. If the pre-workout meal is inadequate in calories and carbohydrates, supplementing during the race becomes especially important. Also, athletes can vary in their tolerance to various amounts and types of foods prior to exercise, so it is important to practice the pre-workout fueling regimen and keep it consistent on race day. Finally, remember to hydrate adequately.

A common challenge for athletes with morning races is eating enough to sustain them throughout their race while also balancing the need for adequate sleep. These athletes should practice eating small amounts of food one to two hours prior to their run, while supplementing during their race or consume liquid sources (see above). Post-workout, protein and carbohydrate will aid in replenishing energy stores, promote recovery, and rebuild or maintain muscle.

Example Pre-workout Recipe: Loaded Breakfast Sweet Potatoes
Credit: Food with Feeling

Ingredients: Baked sweet potato and toppings (i.e. blueberries; bananas; chia, pepitas, or ground flax seeds; nut butter; granola; or real maple syrup).
Picture shows peanut butter, banana, pepitas, chia seeds, blueberries, and granola.

Bake the potato the night before or before preparing at 400 degrees F for 40-50 min. Slice potato, mash, and top with ingredients of choice. 1-2 halves may be combined with 1-2 eggs on the side for added protein. Eat enough to be satisfied but not full by the time the exercise or event starts.



Rachel Patrick is a Registered Dietitian Nutritionist at the Gallatin Valley YMCA and offers nutrition coaching and workshops. For more information relating to the article or to find out how you may benefit from nutrition coaching, contact her at r.patrick5320@gmail.com.

Frank Newman Spring Marathon, 1/2 Marathon, Marathon Relay

Marathon

Nick Snow	3:15:19
Kama Werner	3:37:36
Mark Genito	4:00:48
Tom Walsh	4:05:36
Magart Meesh	4:24:24
David Summerfield	6:49:57

Marathon Relay

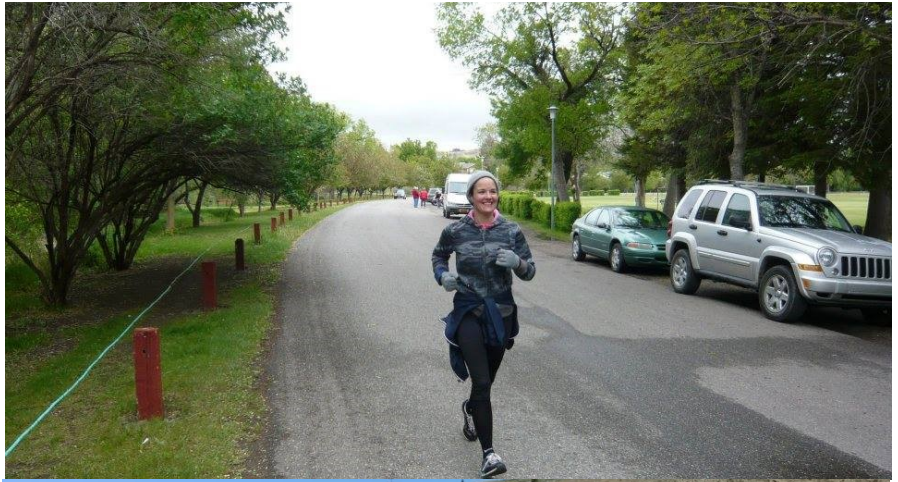
Team EFN	4:30
Silver Snails	5:51

1/2 Marathon (First half)

Andrew Holleman	1:32:49
Kyle Klicker	1:38:30
Terry Leist	1:42:46
Rob Maher	1:44:29
Blake Wiedenheft	1:46:13
Michelle Flennikan	1:47:17
Leigh Holleman	1:52:11
Caitlin Dressing	2:00:08
Casey Crosby	2:00:54
Randy Oostema	2:07:44
Crystle Milburn	2:13:44
Teresa Galli	2:20:07
Peggy Pendergast	2:25:01
Kayte Cole	2:40:20
Meghan Cogdill	2:40:21
Stacey Aucoin	3:31:32

1/2 Marathon (Second Half)

Hannah Goemann	1:39:54
Rachel Winginbach	1:39:54
Emily Martin	1:44:03
Sarah Duncan	2:03:50
Edison Meese	2:08:14
Jennie Thompson	2:15:30
Ed Meese	2:16:52
Cassie Noble	2:24:13
Brenda Smits	2:37:23
Kennan Krause	2:56:11



Historical Run



The first Summer Fun Run of 2018 was well attended with 55 runners and walkers. The courses were set up by Whitney Adams. Volunteers were John Aitchison and Nataie Koljonen. Thanks to them for making the event a success.

5.4 Miles

Jon Wirth	42:38
Rob Maher	44:36
Christian Landers	47:58
Tom Walsh	48:08
Stephanie Lynn	50:55
Henry DeFrance	51:38
Leigh Holleman	52:03
Mark Genito	52:23
Gro Lunde	53:36
Randy Oostema	54:19
Mary Thornton	55:20
John Aitchison	55:38
Nick Waliser	56:19
Rick Landers	56:51
Dan DeFrance	57:02
Eric Veca	58:28
Teresa Galli	1:00:30
Whitney Adams	1:00:31
Kyna Moberley	1:16:01

3 Miles

Andrew Holleman	25:10
Jenna Fallaw	28:30
Bonnie Eichenberger	29:23
Ronan Schultz	30:31
Stephen Schultz	30:32
Janell Landers	30:58
Henry Davis	32:00
Gary Hellenga	32:04
Laurie Jenkins	32:15
Joe Davis	32:39
Darryl Baker	34:01
Kelly Sprinkle	34:18
Joy Johnson	36:33
Leonard Baluski	37:17
Frank Dougher	37:58
Tobias Holleman	38:01
Angie Johnson	41:05
Cory Johnson	45:55
Maddie Swica	48:19
Jen Swica	48:20
Ryan Davis	51:59
Melissa Moore	52:04
Jacki McGuire	54:21
Suzanne Winchester	54:23

1.52 Miles

Sierra Holleman	15:29
CJ Oostema	16:41
Tom Moore	16:51
Karen Funke	19:12
Finn Wirth	21:36
Sam Bass	21:38
Leon Shearman	25:13
Wren Wirth	26:17
Jenny Wirth	26:19
Jean MacInnes	29:20
Terry Walsh	35:23
Kay Newman	35:23



Highland Glen

The popular Highland Glen Run was held amidst rain along with some thunder and lightening. Thanks to Whitney Adams for setting up the courses and to the volunteers Leonard Baluski, Kathryn Hohmann and Kristin Harbuck.

5.6 Miles

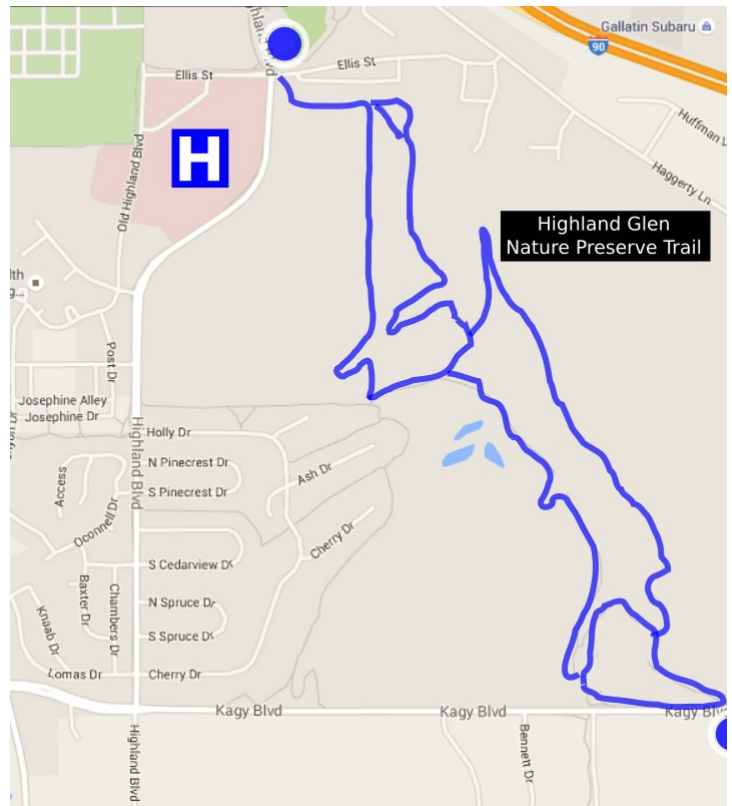
Damon Alm	35:54
Rob Maher	41:36
Zach Cohen	43:30
Tyler Bangs	43:30
Eric Bendict	49:57
Caleb Schreiber	50:02
Mark Genito	50:05
Charles Smith	52:22
Leigh Holleman	53:01
Bob Eichenberger	53:34
Whitney Adams	55:29
Maggie Braun	56:15
Pierre Vincent Certin	57:05
Tom Walsh	57:05
Teresa Galli	58:34

3.7 Miles

Andrew Holleman	27:19
Tom Bass	29:14
James Jong	29:55
Owen Naberhaus	30:19
Natalie Nicholas	32:23
Sierra Holleman	36:56
Kelly Sprinkle	36:58
Kurt Buchl	37:14
Darryl Baker	37:14
Eric Veca	37:22
Tracy Dougher	38:33
Robyn Miller	38:55
Tobias Holleman	40:15
Randy Oostema	42:04
Frank Dougher	42:25
Gail Cary	44:11
Maddie Swica	50:31
Jen Swica	50:32

1.8 Miles

Gary Hellenga	15:53
John Aitchison	17:11
Ben Powell-Rushing	17:39
CJ Oostema	18:09
Travis Miller	22:09
Avery Johnson	22:22
Laurie Johnson	22:22
Wren Waliser	23:11
Nick Waliser	23:11
Finn Wirth	23:39
Jon Wirth	24:08
Augusta Powell-Rushing	24:12
Sam Bass	24:13
Becky Naberhaus	25:26
Dave Skelton	27:09
Leon Shearman	27:59
Jacki McGuire	29:24
Allaric Skjelver	30:19
Teresa Leland	31:35
Bob Wade	35:00
Madison Oostema	39:22
Linda Skelton	39:59
Kay Newman	40:03
Terry Walsh	40:04



Hyalite Run

Our group met at the entrance to Hyalite Reservoir for a run along the road that is still closed to traffic. The weather Gods were kind in that the storm had blown over so there was no thunder storm to contend with. The run organizer, Tom Walsh, was not as lucky as he had marked the course during the rain, lightning and thunder. Tomas Dumbrovsky handled the timing. Maggie Cummins and Jess Cutler were the volunteers for the evening. Thanks to them all.

1 Mile

CJ Oostema	8:39
Madison Oostema	16:46
Bob Wade	19:51
Kay Newman	19:53

3 Miles

Allaric Skjelver	23:17
Janell Landers	29:49
Darryl Baker	32:05
Leonard Baluski	33:06
Sierra Holleman	40:18
Susan Nickelson	41:53
Tobias Holleman	44:55
Jacki McGuire	50:34
Jake Oostema	59:10
Shawna Oostema	1:00:13

5 Miles

Rob Maher	37:13
Stephanie Lynn	38:51
Mark Genito	39:55
Christian Landers	42:47
Rick Landers	42:53
Randy Oostema	45:20
Robbie Lamb	46:55
Nick Waliser	47:07
Eric Veca	47:45
Whitney Adams	49:45
Teresa Galli	50:17
Tracey Dougher	50:17



Regional Park

The annual Regional Park Run was held on May 30. Thanks to Ana Brown who set up the courses and to Lindsey Hanna for volunteering. Results are attached

1.26 Miles

Ben Powell-Rushing	11:04
Luke Stanionis	11:44
Ryan Stanlonis	11:45
Colbie Jackson	12:59
Finn Wirth	14:05
Sierra Holleman	14:14
Sam Bass	16:12
Linsey Hildreth	16:37
Karen Funke	16:39
Wren Wirth	17:18
Jon Wirth	17:20
Leon Shearman	18:24
Augusta Powell-Rushing	18:31
Jean MacInnes	22:51
Andrew Holleman	23:43
Terry Walsh	26:10
Kay Newman	26:11

2.83 Miles

Allaric Skjelver	20:29
Natalie Nicholas	22:24
Poppy Atkinson	22:25
Henry DeFrance	23:15
Gary Hellenga	23:20
Dan DeFrance	23:51
Whitney Adams	23:57
Bob Eichenberger	24:18
Jesse Hidreth	26:08
Mary Thornton	26:26
Carly Urban	26:27
Darryl Baker	26:38
Gail Cary	26:45
Kaitlyn Landers	27:31
Tobias Holleman	27:47
Matthew Thompson	28:01
Susan Atkinson	28:28
David King	28:28
CJ Oostema	29:05
Dan Jackson	29:58
Melody Jackson	29:59
Travis Miller	31:05
Leonard Baluski	31:10
Kari Lura	34:21
Aspen Lura	34:21
Emily Thompson	35:29
Raina Lura	39:01
Tyler Lura	39:02
Maddie Swica	39:14
Jen Swica	39:14
Kathryn Hohmann	39:58
Jacki McGuire	43:55
Suzanne Winchester	43:55
Madison Oostema	50:42
Jake Oostema	51:15
Shawna Oostema	51:18

4.54 Miles

Kal Tucker	29:42
Andrew Ryan	32:06
Hans Pederson	32:07
Rob Maher	32:18
Jenny Wirth	33:19
Tom Walsh	34:23
Robbie Lamb	34:50
Elizabeth Spartas	35:34
Andy Burns	35:45
Lucas Geyer	36:01
Leigh Holleman	36:05
Randy Oostema	36:47
Tracy Glass	38:49
Stefanie Ryan	39:16
Christian Landers	40:45
Rick Landers	40:59
Nick Waliser	41:22
Scott Uber	44:01
Sandy Dougher	44:05
Sherri Renck	44:07
Frank Dougher	46:24
Eric Veca	46:45
Abigail Ryan	50:05



SOUTHSIDE TRAIL

Kurt Buchl marked the courses and hosted the hamburger barbecue. Bob Eichenberger coordinated the event. Susan Nickelson was the volunteer.

1.1 Miles

Susan Atkinson	12:10
Evan Krza	13:13
Angie Kociolek	13:14
Allison Theobold	13:15
Jenny Wirth	15:30
Leon Shearman	15:32
Finn Wirth	17:09
Wren Wirth	17:22
Jake Oostema	17:26
Madison Oostema	19:19
Shawna Oostema	19:31
Jean MacInnes	20:35
Teresa Leland	20:35
Terry Walsh	24:32
Kay Newman	24:32
Bob Wade	24:32

3.0 Miles

Poppy Atkinson	22:51
Natalie Nicholas	22:51
Gary Hellenga	27:00
Craig Hlldreth	27:58
Darryl Baker	28:31
Pam McCutchen	28:42
Leonard Baluski	29:16
CJ Oostema	30:09
David King	30:50
Mel Kiefer	30:56
Matthew Thompson	31:36
Cory Vellinga	32:40
Gail Cary	33:06
Bonnie Eichenberger	33:06
Travis Miller	34:13
Emily Thompson	35:09
Christine Harbuck	38:32
Jaki McGuire	49:24



4.9 Miles

Andrew Holeman	31:56
Jon Wirth	32:18
Rob Maher	34:43
Rick Landers	35:19
Mark Genito	35:42
Stephanie Lynn	36:45
Tom Walsh	36:51
Robbie Lamb	37:01
Christian Landers	37:53
Lucas Geyer	39:30
Pierre V. Certin	39:35
Randy Oostema	39:57
Leigh Holleman	40:22
Bob Eichenberger	40:55
Eric Veca	43:13
Nick Waliser	43:17
Heidi Genito	44:07
Carly Urban	44:08
Gro Lunde	44:51
Janell Landers	45:57
Kelly Sprinkle	47:34
Robyn Miller	47:35
Kaitlyn Landers	48:09
Tracy Dougher	52:23
Frank Dougher	54:18



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.



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

OFFICERS FOR 2017

Prez: Tracy and Frank Dougher

Vice Presidents: Whitney Rice, Ana Brown, Gary
Helinga, Bob Eichenberger, Jenna Fallaw, Carly
Urban, Leanne Roulson, Tom Walsh
Membership: Darryl Baker, 582-5410

Treasurer: Jacki McGuire

Results, Calendar: Kay Newman
kayjn3@gmail.com

Secretary: Shawna Oostema
Equipment Mgr: Toby Holleman
twholleman@gmail.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.