

THE WIND DRINKER

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



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WIND DRINKERS,

Happy New Year!

With the scant snow and warm temps, it has felt like spring running lately -- how often can you say you ran comfortably in shorts in December (who else got called "crazy" on Peet's Hill last weekend?!). I hope everyone had a relaxing holiday season and has a prosperous and healthy New Year in their future.

If you have newsletter contributions or ideas, please send them over! My email is on the last page.

RACE CALENDAR

JANUARY

- 5** Fat Ass Run held at Headwaters State Park near Three Forks. Pick your own distance. Run 5K loops (trail and/or road) starting at 9:00 am with timing ending at 3:00 pm. Burn those Christmas Calories. There are no temperature restrictions.
- 19** Penguin March Livingston. 5K fun run starts at 10:00am at the High School Parking Lot. There is also a kids run (2-16 year olds) Run Sign Up.com
- 3** Super Bowl 5K Fun Run for Pediatric Cancer. Bozeman. RunSignUp.com
- 9** Love 'em or Leave 'em 5K. Benefits the Bozeman Summit School. Couples (teams) or Singles. Starts and finishes at the Filling Station Bar (2005 N Rouse)

FEBRUARY

- 2** Froze Nose Run. BSWD Traditional Fun Run starting at the corner of S 11th and Grant Street on the MSU Campus at 9:00 am. Your finish time at this event will determine your starting time at the March Handicapped Run. Be sure to wear the cap you won at the summer fun runs. Distances are 1, 3 & 5 Miles (approximately).
- 16** Frigid Digger. Butte. Hosted by Butte's Piss and Moan Runners. Course behind MT Tech. Distances of 3 and 7.3 Miles. More info next month.



RACE CALENDAR Continued...

MARCH

2 Handicapped Run. Another BSWD Traditional Fun Run starting at the corner of S 11th and Grant Street on the MSU Campus at 9:00 am. Your starting time will be determined by your finish time at the Froze Nose Run last month (1, 3 or 5 Miles). If you missed the Froze Nose your starting time 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 time. Handicapped runners start times will be posted on the website.

9 St Patty's Day Run in Anaconda. Bus out and run 3 or 6 Miles back to town. Details to follow.

16 Run To The Pub. Bozeman ½ Marathon starting at 9:45 and 10K starting at 10:30. Ride buses from the Fairgrounds to the start. Buses leaving at 9:45 and 10:30. Finish on Main Street. Hosted by Pub 317. You might even win a trip to the Dublin Marathon

APRIL

20 Back from Bridger. Watch for details that may involve changes in this longtime tradition.

MAY

25 Frank Newman Spring Marathon and Marathon Relay. In honor of one of the founders of BSWD. Starts on Bridger Canyon Road at 8:00 am and follows the frontage road to Sacajawea Park in Livingston. Enjoy the picnic that follows.

JUNE

1 Annual Madison River Run. Ennis. Water to Whiskey 5K. Start off your summer with this fun race. More info to follow.

13-16 Montana Senior Olympics to be held in Missoula using venues at the new Fort Missoula Regional Park. Open to adults 50 and older. 14 sports including Track & Field, 5&10K Road Races Cycling, & Swimming. Visit www.montanaseniorolympics.org for more information.



VOLUNTEER OPPORTUNITIES

WE NEED YOUR HELP! VISIT WINDDRINKERS.ORG > VOLUNTEERS TO SIGN UP FOR A SHIFT



FAT ASS 50K
JANUARY 5
9:00AM-12:15PM



FROZE NOSE
FEBRUARY 2
8:30AM-11:00AM



Coming up...

FAT ASS 50K

Join us on JANUARY 5th to burn off those holiday calories! Pick your own distance of 5k loops, road or trail. Timing starts at 9AM and ends at 3PM.



BSWD INFORMATION

DISCOUNTS FOR MEMBERS ARE AVAILABLE AT MANY LOCAL BUSINESSES:

- 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.”



Proud member of the
road runners club of
America

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 signing up online under "Membership," or sending dues to:
BSWD, PO Box 1766, Bozeman, MT 59771.

Memberships are \$15 annually, for individuals and families. Benefits of membership are receiving our newsletter, discounts at local businesses, the opportunity to vote in club elections and participate in fun runs.

Submissions to newsletter must be in by the 25th of each month to miracbrody@gmail.com