



June 2015 Newsletter # 453



THE WIND DRINKER IS A
NEWSLETTER FOR RUNNERS OF
ALL ABILITIES

Renew your BSWD membership this month at:
www.winddrinkers.org

The Wind Drinker

Dear Wind Drinkers

By Dee Metrick

Dear Wind Drinkers,

Last week, a beloved member of my tightly-knit yet extensive work community passed away, breaking many hearts. I was left with the duty of notifying a few people, which was among the most difficult tasks I have faced in my career. Like many of the people who loved this man and were shocked by his unexpected death at 47 years old, my reaction upon hearing the news was less than graceful. The short version is that I heard the news and went for a run with one of my dearest and most trusted friends. He asked me if I was okay to go on and I believed I was, until I had to stop just short of a mile to sob in the middle of a street in Bozeman's historic district. Sobbing is a kind word. Hysterical wailing accompanied by wet and snotty blubbering might be more accurate. My beloved running buddy and I both loved the man who passed away. We both continue to love his mom, his two closest friends, and his housemates. When I was done crying, we ran another four and a half miles.

After returning home, the loss continued to strike me as overwhelming and unbelievable. I alternated between tears and shock until I could settle on making messes and mistakes at work. My efforts to be productive made sobbing on street corners seem like a better plan.

(Continued on page 2)

The Mature Runner

By David Summerfield

FNMR, A Mature Hero's Journey

Why is it I always have to do the Frank Newman Marathon Relay? I mean, no matter how (bad?) I feel, no matter the (bad?) weather, no matter what else is going on. And it seems the local runners are catching on too. I'm glad Bob Wade and Kathy Brown continue to carry Frank's torch. And there's a reason we all start 26 miles away, up in the mountains, and arrive (after negotiating several mountain passes) down on the Yellowstone in a park in a town far away. It's a journey – you really go somewhere - you get to see (dense fog and low clouds not withstanding) new mountain ranges appear before you.

After it was all said and done last weekend, I started reflecting on what had happened. Didn't we all go through some kind of a transformative process? Even that young buck who blew by me around mile 21, during the strongest downpour blowing in our faces – and wearing nothing but a pair of shorts!!! And he had this wide grin on his face, and gave me the strongest encouragement I had all day!!! It became so clear that all participants must feel their own sense of a "hero's journey" – to use Joseph Campbell's phrase. Even those who just run/walk just one segment of the 26 miles. You can feel everyone out on the course. I would venture to say that the more

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



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Due to family obligations, I missed my departed loved one's funeral. I missed my boss making a memorial speech that is going down in my work culture history as "amazing", "touching", and "moving". While my work family was in Bozeman facing their grief, I was running on the trails near Lolo Hot Springs, remembering my last few interactions with that dear man. In my head, I composed a sympathy letter to his mom. The run made the words come more easily. The words made the running feel restful.

This loss has made my brain feel fuzzy and full and incapable of creating a monthly article. Still, there is running. There is comfort in putting on my shoes and getting out the door. There is healing in movement and the rest that comes after.

Thank you, Dear Wind Drinkers, for providing a monthly space for me to remember the value in rest days, for accepting when heartache trumps creativity, and for continuing to inspire me to get out the door when the opportunity is there.

Your devoted editor,
Dee

RACE CALENDAR

June

3 BSWD Drinking Horse Trail. 6:30 pm

6 Jeremiah Sipes Memorial Run. Belgrade. 9K and 1 mile family run/walk. Lewis and Clark Park. Contact cptjsmj@gmail.com.

10 BSWD Cherry Creek Fishing Access. 6:30. Start off of Manley Road

13 The Governors Cup. Helena. 26.2 miles, 13.1 miles, and 1.2 miles plus 5K and 10K distances. The marathon is USATF certified qualifier for the Boston Marathon. govcup@bcbsmt.com

17 TourdeWolves. BSWD. 6:30 pm on Jackson Creek Road

18-20 30th Annual Montana Senior Olympics in Helena for ages 50 and older. 13 sports including 5K and 10K road races, race walk, and track and field events. Kayjn3@gmail.com.

www.montanaseniorolympics.org or call 406-586-

challenging the weather, the more one feels engaged in the true hero's journey. Some of you might not be familiar with Joseph Campbell. I'm a regular Bill Moyer's fan (PBS) and he interviewed Joseph Campbell many times – and produced a series called "The Power of Myth". As always, I recommend it highly.

So, here's a version of my own "hero's journey" on May 23rd. These types of journeys usually start with a deep, debilitating reluctance to actually start the journey. All the doubts, fears, and insecurities flood in, making it seem absolutely impossible. I was nursing a heel injury, had stopped being able even walk comfortably. I also knew I HAD to go on this journey. Why? A voice deep inside told me I had no choice, that it would not only be all right, but I would gain new, unknown strengths in the process. My rational mind said "Don't listen to that stupid voice!" My inner Self said "You've been on this threshold so many times before, have I ever let you down?" So, I handed Bob Wade my registration and \$3 at 8pm May 21st. Big sigh. I drove the course the next day, hiding my 3 caches of goodies and drink. Just like I always do. I would run/walk the whole thing by myself, early start (5:46am), and kept shaking my head on how stupid I was to even be doing this. Here's a brief description Joseph Campbell gives of a typical hero's journey:

"A hero ventures forth from the world of common day into a region of supernatural wonder: fabulous forces are there encountered and a decisive victory is won: the hero comes back from this mysterious adventure with the power to bestow boons on his fellow man."

And, the 1st step is always filled with doubt.... "can I handle the challenges that always come with this journey?" There I was, all alone, standing at that white spray-painted line near mile #13 on Bridger Canyon Road. It was 5:45am. It was raining. Dark. No one around...but my thoughts. I started the stopwatch, and took the first tentative steps. Darn it, the pain was still there. "Why am I doing this stupid thing anyway?" I screamed. Oh, right... I'm on some stupid quest or something." Well, my ride was long gone, I had already stepped off the cliff, and was starting to fall. Might as well make the most of it." Off I went.

And then something magical happened. I didn't realize it at first. My mind was drawn away from the pain, the thrill of the actual journey flooded my horizon. An elk ran across the road and glided over the fence right in front of my eyes. Now, don't go thinking weird thoughts here, but that elk became SO symbolic to me. He (she?) became my

5543

20 Old Gabe Middle Cottonwood Trail out of Bozeman. One of the toughest 50K runs in the world. 6:00am start. Contact Tom Hayes at runski@bresnan.net.

20 Girls on the Run 5K Belgrade. This is Thrive's 3rd Annual Run/Walk. No official times will be reported as all finishers are considered as winners. Starts at River Rock Development at 9:00 am. Raffle prizes at 11:00 am. Dogs on leashes are allowed. Race day registration at 8:00 am at the Community Center. Information: Amber at aking@allthrive.org or 922-4262

20 Heart and Sole. Billings. Starting at St Vincent Hospital and ending at Dehler Park 5K starts at 8:00 am, 2 Miles Starts at 8:20, 10K starts at 8:30. <http://heartandsolerace.org>.

21 Pony Trot in beautiful Pony, MT 5 & 10K courses on dirt roads. 8:00 am start. 10K Walkers start at 7:30 Unique awards.

24 Historic Depot. BSWD at 6:30 pm

27 Sweet Grass Festival 5 & 10K. Big Timber.

After the run enjoy the festival. 8:30 am start.

Runsignup.com

July

4 Reach Inc. Race for Independence. 1K, 5K, and 10K mostly trail race to raise money for the people served by Reach Inc. 10K starts at 8am. 5K starts at 8:30am. 1K starts at 9am. For more information, visit www.reachinc.org, email dee@reachinc.org, or call 406-570-5852.

11 Chief Joseph Uphill Run. Laurel. 2, 4 & 8 miles starting at Thompson Park Picnic Shelter. 7:00am start. Register at Runsignup.com

12 The Beartooth Run. Red Lodge. Signature endurance Road Race set at 10,000 feet. 5 & 10K Courses starting at 8:30 am. Register online at imathlete.com by 7/6/15. Info at info@beartoothevents.com or beartoothrun.com

August

8 Sweet Pea Run. 5 & 10K www.winddrinkers.org
Proceeds support student athlete scholarships, Bozeman Track Club, Junior & Senior Olympics. On line registration at Runsignup.com/run/MT/ Bozeman. Walk in packet pick up available.

15 Ed Anacker Ridge Run. www.winddrinkers.org.
Volunteers needed call 586-5543 or Kayjn3@gmail.com

September

5 Fun Run 12 for Charities. Red Lodge. 5 & 10K

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guide of sorts, my protector, my muse. I was in a different world where pain can't exist. My 1st walking mile was a 13:45. Heck, I only had 25 more to go, and the goal would be achieved. No sweat. And so it went, mile after mile. I felt a gaining strength throughout the whole morning. And I had lots of help along the way. The 1st relay point arrived around 7am, and no one is ever there that early. But just as I crossed that painted line, a Subaru came around the corner, stopped, and out hopped a man I recognized as usually being there every year. He was my first human helper along the way. We exchanged greetings, shook hands, and I felt like a million bucks. The tone was set for the next many hours. Strong, clear, powerful energy just pouring through me. Ironically, this "high" seems to need to be tested. Cresting Bozeman Pass – and still way out "in front of the pack", out ran Kay Newman to offer a refreshing drink in the rain. Thanks for being there Kay. And then the wind hit, with rain, most of the way into Livingston. At its worst as I neared the 3rd relay station – with rain blasting me in the face - out ran Darryl Baker to offer me a warm hat – I hadn't thought to get mine out – I was having too much fun playing with the rain. That's when I realized I was not letting the tough times into my world. I suppose I could have been miserable, but during my hero's journey – no sirree!! And, as usual, the last several miles are the toughest, requiring a doubling of effort. In the context of the journey I was on, it only meant I needed to call on this boundless source within, and there was the finish line. Please permit me to quote Joseph Campbell one last time. This may seem over the top, but the FNMR is just a microcosm of what happens all the time:

"The returning hero, to complete his adventure, must survive the impact of the world. Many failures attest to the difficulties of this life-affirmative threshold. The first problem of the returning hero is to accept as real, after an experience of the soul-satisfying vision of fulfillment, the passing joys and sorrows, banalities and noisy obscenities of life. Why re-enter such a world? Why attempt to make plausible, or even interesting, to men and women consumed with passion, the experience of transcendental bliss? As dreams that were momentous by night may seem simply silly in the light of day, so the poet and the prophet can discover themselves playing the idiot before a jury of sober eyes. The easy thing is to commit the whole community to the devil and retire

Fun Run. 5 & 10K Fun Walk. No entry fee. Donations encouraged. "Where Fun Benefits Everyone" email: funrun@rlacf.org. www.RedLodgeFunRun.org.

18 10th Annual Run at Work Day and the 4th Annual Run at School Day. Promoted by the RRCA. Start making plans now. Learn more at www.RRCA.org/programs

19 John Colter Run. Registration open. Details to follow.

Gallatin Valley Land Trust **Hosts Two Upcoming Community Trails Events**

National Trails Day: Every year, Gallatin Valley Land Trust and dozens of local volunteers join communities across the country to celebrate National Trails Day by helping to build and maintain the Main Street to the Mountains trail system. This year's celebration will take place on Saturday, June 6, from 9:00 am to 1:00 pm. With the support of individuals and work teams from throughout the community, we will be resurfacing some of the most heavily used portions of the Gallagator Trail, as well as several other smaller projects along the way. This event is perfect for families and people of varying physical abilities.

Volunteer registration begins at 8:30 at the new GVLT office at 212 S. Wallace Ave., to get tools and trail assignments. Work crews will head out at 9:00 am. Projects will wrap up around 12:00 and lunch, generously provided by Schnee's Boots & Shoes, will be served back at the GVLT office.

This event is free and open to the public. Pre-registration is not required but RSVPs are appreciated at 406/582-8404, ext. 1. Volunteers are asked to bring sunscreen, layers for weather, sturdy shoes, hat, and gloves. GVLT will provide some tools, but if possible volunteers are asked to bring shovels, rakes, and wheelbarrows. Parking is available in the GVLT lot at the corner of S. Wallace and E. Curtiss or in the Burke Park lot at the base of Peets Hill.

Thank you to the hundreds of volunteers who show up each year to maintain and celebrate our community trails!

Longest Day of Trails: Dawn-to-dusk bike rides highlight the Longest Day of Trails, an annual celebration of Bozeman's extraordinary trail system co-sponsored by the Gallatin Valley Land Trust and

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again into the heavenly rock dwelling, close the door, and make it fast. But if some spiritual obstetrician has drawn the shimenawa across the retreat, then the work of representing eternity in time, and perceiving in time eternity, cannot be avoided" The hero returns to the world of common day and must accept it as real."

And so goes the journey. Sitting on a bench under the pavilion in the park, wolfing down my Subway sandwich, I couldn't find the appropriate words to describe what had just happened. Best leave before I get all mushy. Before getting into the awaiting car, I turned around to look at all the people gathered in the rain, and realized every single person had just completed their own hero's journey, whether they realized it or not. - David Summerfield

WORDS FROM OUR PREZ

The Baldy Blitz,
Ready to tackle nine-plus miles of gnarly unmarked unsupported trail running with two quad and hamstring crushing hills, the first four-plus miles straight up the second five-plus miles straight down. Throw in unpredictable weather, snow, mud, rain, blizzards, post holing and winds strong enough to blow runners off their feet and you have the perfect ingredients to kick off the summer trail run season. Run – The Baldy Blitz!

Early every spring the Big Sky Wind Drinkers in conjunction with the South West Montana Climbers Coalition put on the Baldy Blitz which runs straight up the M to the top of Baldy, making sure EVERYONE touches the pipe on top then returns back to the M parking lot via a spur trail that takes the runners off the ridge to the top of Sypes and then back on the Foothills trail. Sounds easy and straight forward right? Throw in unknown early season Bozeman mountain weather, trails covered in multiple feet of snow and rotten snow, no real defined way to go from Baldy to Sypes and we have the "Blitz". This gnarly mountain race has grown in the number of runners over the past years as we see more and more trail runners in our area, and as Bozeman becomes better known for beautiful but challenging mountain runs. The Blitz kicks off the summer trail running series followed by the The Jim Bridger 10 mile Trail run, then the toughest 50K in the country The Old Gabe 50K, then the unparalleled, unmarked, unsupported Devil's Backbone 50 Miler and the infamous Bridger Ridge Run and finishing the season with the most

Gallatin Valley Bike Club. One of GVLt's most important membership drives of the year, Longest Day of Trails will take place on Saturday, June 20, 2015, from 6:00 am to 10:00 pm and will include guided bike rides for all abilities and ages through the Main Street to the Mountains trail system.

The event kicks off at the GVLt office, 212 S. Wallace Ave. with guided bike rides throughout the day on various loops from sunrise (6:00 am) to sunset (9:00 pm) and will feature trails on the Main Street to the Mountains trail system. Rides vary in ability and length. Spin around the Main Street to the Mountains trails for a few miles, a single loop, or the entire day. GVLt memberships (\$35 and up) are encouraged for participants. Members who sign up at the event receive a gift certificate to Montana Ale Works as well as numerous other local retailers and business establishments.

No registration necessary prior to the event. Bike rides are free and open to the public. If you're an avid biker, or a novice biker looking to learn about the trails, this is a perfect event for you.

For more information on either of these upcoming GVLt events, please contact Laura Prindiville at laura@gvlt.org or 406-587-8404 ext. 1.

RACE RESULTS

Regional Park - 4/29/15 - The first run of the 2015 summer season was held at the Regional Park with clouds, wind and a little rain. It was a fairly typical Bozeman spring evening. Thanks to Craig Hildreth who set up the courses. Thanks to the timers who were Darryl Baker, Laura Humberger and Mary Ann Quinn. Times are: **3.6 Miles:** Rob Maher 23:51; Tomas Dumbrovsky 24:46; Kyle Klicker 25:09; Bob Eichenberger 27:46; Leigh Holleman 28:09; Tom Moore 28:24; Lukas Geyer 28:28; Kurt Buchl 29:04; Yuriko Yano 30:24; Randy Oostema 32:14; Leonard Baluski 32:24; Frank Dougher 40:12; Tracy Dougher 40:14. **2.1 Miles:** Leslie Schmidt 19:11; Whitney Adams 19:14; Gail Cary 19:26; Ruth Story 21:49; Leon Shearman 23:51; Bob Wade 24:29; Jacki McGuire 24:36. **1 Mile:** Cooper Johnson 8:09; Jeff Johnson 8:17; Carrie Gaffney 8:22; Andrew Holleman 8:40; Laura Humberger 9:13; Klara Dumbrovsky 9:15; Karen Funke 11:30; Sierra Holleman 11:32; Tobias Holleman 11:49; Madison Oostema 12:22; Simon Payne 12:53; CJ Oostema 13:17; Evette Allison 14:13; Joe Galli 15:25; Teresa Galli 15:27;

eclectic and diverse trail run of the series, The John Colter run.

The actual number of years the run has been held is somewhat mired in myth and history. The best guess that this is the 14th year with the best overall conditions in everyone's memory. The roots of the race came from Tom Kalakay and Tom Hayes as an early season "I don't think the average runner can do this" tough as nails, memory creating trail run as both a fund raiser and awareness run for the South West Montana Climbers Coalition or SWMCC. The Big Sky Wind Drinkers became more involved as the race began to grow and become more formal requiring Forest Service plans, permits and running insurance, which looking at the trail and conditions is actually a pretty darn good idea! The focus of the Blitz is to keep it as pure and simple as possible focusing on the run itself. Therefore, there are no trail markings, no course aid, and no race sweeps - just pure trail enjoyment followed by, of course - good ice cold micro-brews and some good food. Never too early to drink a beer if you have just run a trail race.

If you are looking for a kick in the pants early season attitude adjustment trail run with a great after run gathering you definitely want to put the Baldy Blitz on your "must" do run schedule. For more information on the "Blitz" and other trail runs check out the Big Sky Wind Drinkers Web site winddrinkers.org and like us on Facebook.

See you on the trails.

Kurt Buchl
President - Big Sky Wind Drinkers



Theresa Leland 15:45; Jean MacInnes 15:48; Shawna Oostema 19:50; Jake Oostema 19:53.

Triple Tree Trails - 5/6/15 - Another chilly run but there was a great group of runners for our second event of the season. Thanks to Whitney Adams for setting up the event and to the timers who were Teresa Leland, Mike Rubsam and Ruth Story. Times follow: **5.2 Miles:** Mike Cary 41:55; Kyle Klicker 44:03; Tomas Dumbrovsky 45:01; Melissa Kinnear 45:10; Tom Walsh 47:23; Bob Eichenberger 53:29; Yuriko Yano 54:08; Kurt Buchl 54:24; Bridget Hoops 55:50; Tom Moore 57:06; Tracy Glass 57:12; Kelly Sprinkle 57:34; Teresa Galli 1:02:58; Sarah Anderson 1:03:36; Randy Oostema 1:06:00. **3.2 Miles:** Arnie Kleinsasser 23:19; Whitney Adams 24:26; Lori Johnson 26:25; Kelly Wilson 26:30; Shannon Regnier 26:43; Elizabeth Coughlin 26:44; Leslie Schmidt 26:52; Emily Kimmel 26:55; Daryl Baker 27:30; Leigh Holleman 27:39; Frank Dougher 28:18; Travis Miller 28:36; Craig Miller 29:04; Gail Cary 29:21; Leonard Baluski 30:32; Tobias Holleman 32:22; Suzanne Winchester 33:31; Mason Griffiths 34:15; Tim Griffiths 34:18; Tracy Dougher 38:22; Leon Shearman 39:18; Sandy Dougher 39:57; Ana Brown 41:00; Schuyler Norton 43:38; Herbert Norton 43:39. **2 Miles:** CJ Oostema 50:22; Madison Oostema 50:34; Jake Oostema 53:29; Shawna Oostema 54:08. **1.2 Miles:** Cooper Johnson 10:13; Andrew Holleman 10:14; Carrie Gaffney 10:22; Christine Anderson 14:24; Travis Anderson 14:29; Eric Anderson 14:32; Jane Foster 16:05; Avery Johnson 16:40; Robert Johnson 16:47; Bob Wade 19:50; Hazel Roulson 23:53; Leanne Roulson 24:04.

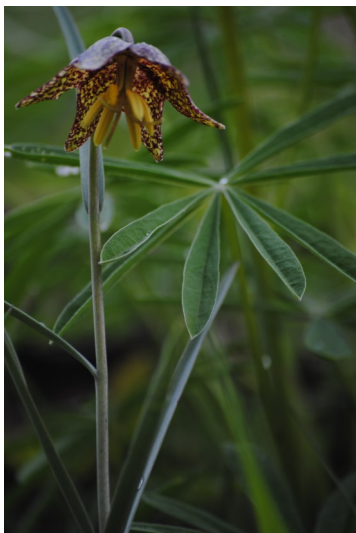
Highland Glen - 5/13/15 - We had a great group for the second annual run on the trails near Highland Blvd; Thanks to Tomas Dumbrovsky for setting up the event. Timers were Carrie Gaffney and Ruth Storey.. Times are as follows: **1.2 Miles:** Cooper Johnson 7:47; Jeff Johnson 7:48; Tom Moore 7:56; Eric Anderson 10:58; Christine Anderson 11:00; Travis Anderson 11:03; Avery Johnson 13:18; Robert Johnson 13:21; Simon Payne 14:01; CJ Oostema 14:03; Madison Oostema 14:44; Theresa Leland 15:49; Jean MacInnes 19:36; Kay Newman 25:59; Jake Oostema 29:20; Shawna Oostema 29:21. **2.6 Miles:** Kyle DeBoer 18:49; Andrew Holleman 19:39; Leigh Holleman 22:02; Travis Miller 23:28; Leslie Schmidt 24:04; David King 24:36; Jay Brooker 24:55; Lori Johnson 25:02; Teresa Galli 25:48; Angie Kociolek 25:49; Schuyler Norton 26:13; Herbert

Norton 26:16; Craig Miller 26:17; Leonard Baluski 26:22; Karen Williams 26:25; Dylan Rosenzweig 27:39; Andrea Rosenzweig 27:40; Sierra Holleman 28:35; Tobias Holleman 28:53; Karen Funke 28:55; Laura Humberger 29:51; Cadence Lundgren 31:47; Randall Lundgren 31:48; Bob Wade 36:47; Jacki McGuire 36:48; Suzanne Winchester 46:48; Norman Dyck 46:50; Jack, Jay & John Dudas ran with no times recorded. **4.8 Miles:** Simon Rosenzweig 33:02; Mike Cary 33:20; Eric Bendick 34:07; Jon Wirth 34:09; Rob Maher 35:17; Tom Walsh 36:09; Lukas Geyer 37:37; Ana Brown 37:56; Jenna Fallaw 38:03; Arnie Kleinsasser 41:02; Kurt Buchl 41:06; Bob Eichenberger 41:25; Kelly Sprinkle 45:10; Randy Oostema 52:31; Joe Anderson and Kirkwood Donavin also ran with no times recorded.

Bozeman Creek - 5/20/15 - There were lots of dogs and participants at the annual fun run where the entrants do not wear a watch and attempt to finish in the specified times. Thanks to Tomas Dumbrovsky for arranging the course. Also thanks to the timers who were Leonard Baluski, Leon Shearman, Amy Stefan and Jean MacInnes. With a time of 14:47, Cooper Johnson's time was the closest to the allotted time of 14:00 minutes. Leslie Schmidt completed the 28 minute course in 28:07. Bob Eichenberger's time of 47:33 was the winner of the 47 minutes. Congratulations to all. **14 Minutes:** Eric Anderson 11:59; Christine Anderson 12:03; Travis Anderson 12:11; Cooper Johnson 14:57; Gilen Boren 16:45; Theresa Leland 16:53; Jacki McGuire 17:55; CJ Oostema 21:55; Kay Newman 25:45; Jon Wirth 29:58. Pilar Mannque, Liz Anderson & Finn Wirth also ran with no times recorded. **28 minutes:** Andrew Holleman 20:53; Travis Miller 23:52; Bern Kohler 26:56; Suzanne Winchester 27:05; Jessi Cutler 27:06; Laurie Jungst 27:08; Elizabeth Coughlin 27:38; Sarah Carter 27:39; Brenda Truman 27:49; Becky Hochstein 27:48; Whitney Adams 27:49; Karen Williams 27:59; Leslie Schmidt 28:07; Tiffany Albin 28:15; Pam McCutcheon 28:16; Cory Vellinga 28:33; Linda Miller 28:50; Frank Dougher 29:12; Jenny Wirth 29:55; Dylan Rosenzweig 30:17; Craig Miller 30:43; Amanda Thompson 30:51; Aiden Kohler 31:15; Peggy Kohler 31:16; Simon Rosenzweig 31:51; Sierra Holleman 31:53; Tobias Holleman 31:54; Gail Cary 31:55; Jane Foster 31:57; Sandy Dougher 33:01; Tracy Dougher 33:49; Tim Griffiths 35:56; Keele Smith 37:01; Daryl Baker 37:05; Bob Wade 37:06;

Bonnie Eichenberger 37:31; Justin Arndt 37:45. **47 Minutes:** Klara Dumbrovsky 40:51; Rob Maher 43:31; Daryl DeFrance 43:49; Randy Oostema 44:32; Cybil Kallestad 44:55; Kurt Buchl 45:54; Tom Moore 45:55; Rachel Cutler 46:00; Lora Cutler 46:37; Bob Eichenberger 47:33; Lukas Geyer 48:12; Ana Brown 48:13; Tom Walsh 48:19; Ruth Story 50:13; Teresa Galli 50:37; Carrie Gaffney 50:38; Kathy Carey 51:39; Mike Cary 52:16.

The 27th Annual Frank Newman Spring Marathon/ Marathon Relay - 5/23/15 - Marathon Times: Joe Anderson 3:15; Ana Brown 3:28; Terry Leist 3:48; Ilka Hadwick 3:56; Mary Meccage 4:07; Ziev Avniel 4:09; Kasey Cummings 4:16; Tim Griffiths 4:16; Rob Toonkel 4:18; Stephanie Anderson 4:19; Kelly Wilson 4:29; Greg Young 4:42; David Summerfield 5:48. **Half Marathon (first half):** Kama Werner 1:48; Michelle Flenniken 1:48; Jenna Fallaw 1:48; Steve Eaton 2:00; Rosanna Dela Cruz 2:04. **(second half):** Kal Tucker 1:23; Rob Maher 1:35; Kirsten Holland 1:49; Sam Ada Stevenson 1:53; Brian Flikkema 1:54; Kari Rockhill 1:55; Kim Grether Sallou 1:57; Nikki Scalia 2:07; Daryl DeFrance 2:09; Ann Seitel 2:40. **8 Miles:** Molly Ward 1:30. **Marathon Relay:** 1. Dersu & Cap I Tan 3:13; 2. Jenny & Jon Wirth 3:23; 3. Scalia Team (Joe & Lynne Scalia, Mark Landsman, Joe Anderson) 3:42; 4. Lindley McCann Caitlin Adams, Micah Jastam, Allison Hoffman 4:02; 5. Silver Snails (Leonard Baluski, Gail Cary, Jacki McGuire & Leon Shearman) 5:14. **1/2 Marathon Relay:** 1. Marya Spaja, Slison Smith, Louren Gushiel 2:02; 2. Jennifer Kadillak & Kalla Wastial 2:10; 3. Nita Wade, Marie Dyk, Melisa Griffiths & Stephanie Clappen 2:11. 4. Griffiths, Clappen, Wade, Dyk (Team 2) 2:30. 5. J.K Runners Jennie Thompson & Katie Walters 2:40.



THE WIND DRINKER

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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 2014

Prez: Kurt Buchl 587-0756

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Membership: Darryl Baker, 582-5410

Treasurer: Jacki McGuire

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Newsletter Editor: Dee Metrick
570-5852 or aikidonerd@yahoo.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.

DISCOUNTS FOR MEMBERS:

Randy's Tech Service, 10% off for Wind Drinkers, Randy 580-1147

Rootstock Acupuncture, \$30 off Intake and 15% off thereafter,
Angie Kociolek, 209-2570.

Bob Ward & Sons, 10% off on shoes. See Elissa. 586-4381

Therapeutic Massage Works, Ann Sorenson, 15% off, 522-9015

Gallatin Alpine Sports, Tom Owen, Big Sky, 10% 995-2313

Roundhouse, Larry Merkel, 10% off all footwear, 587-1258

Schnees Boots and Shoes, 10% off athletic footwear, 587-0981

Universal Athletics, 10% off all shoes and gear, 587-1220,

Advanced Training Project, Steve Conant, 10% off, 581-5545

Clinical Massage Concepts, Paul Sergerston, \$55, 581-6242

Homestake Lodge, Chris Axelson, 10% off tkts & gear, 585-8052

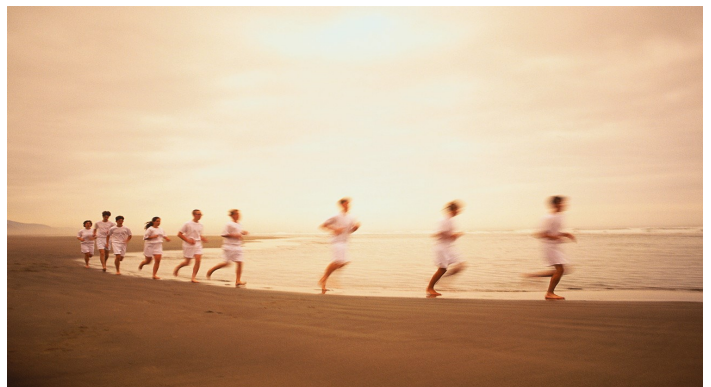
Four Zero Six Shirt Screening, Pete Sveen, 10% off, 600-5753

Bozeman Running Compay. Casey Jermyn, 10% off, 587-1135

Wholistic Running, Damian Stoy, 507-972-9720, \$30 off workshop
or private lesson

Molte Yoga Retreats, Turi Hetherington, 581-3636, \$25 off
workshops and \$100 off retreats

See www.winddrinkers.org for updates and more information.



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