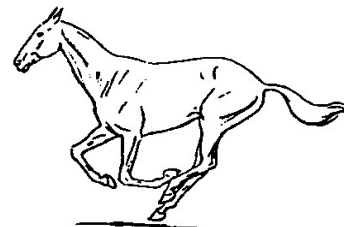




May 2014 Newsletter # 440



THE WIND DRINKER IS A
NEWSLETTER FOR RUNNERS OF
ALL ABILITIES

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

Old Timer's Corner

By Bob Wade

BSWD has been awarding college scholarships to a few outstanding high school seniors for many years. We sometimes wonder what the recipients achieve as they attend college and what they do after graduation. Kirk Keller sent me this information about his daughter Sarah. Kirk and Sarah are long time BSWD members.

Sarah Keller, has recently accepted a position as, Assistant Coach, Track and Field / Cross Country at Dallas Baptist University, Dallas, Texas. She will be working with long time Head Coach Jacob Phillips. Dallas Baptist University is an NCAA Division II school and a member of the Heartland Athletic Conference. She begins her new duties early summer 2014.

Sarah is a 2009 graduate of Manhattan High School and was awarded a BSWD scholarship in the spring of 2009. She begins her new duties early summer 2014.

Here is what Sarah says about her new position; "I am beyond excited to be able to help Coach Phillips coach cross country and track at Dallas Baptist! As I prepare to start, I can look back to see the impact and personal development that my family, Manhattan High School Track and Field/CC, Bozeman Track Club, Flathead Lake Distance Running

(Continued on page 2)

The Mature Runner

By David Summerfield

Nikki Kimball Defines the "Mature" Runner

Over the years, this article has played with the idea of being a "mature" runner – usually in a facetious way, since I (for one) can pull-off so many immature stunts all in the name of "running". But I've always wanted to find an example of someone who is really getting the best out of their mind and body by running in a really "mature" way. Nikki Kimball has just done it again this month, and I have to talk about it! She gave a talk to her BSWD fans at our Fun Run kick-off potluck, April 23rd. Here's what I learned:

The "Marathon des Sables", a week-long run across the Sahara Desert has garnered much press – and renown over the years, and for good reason. First of all, you are in Morocco...how exotic! It costs between \$2500 and \$4000 just to enter. You sleep on camelhair carpets laid out on the desert floor, with a windbreak around you. You have to carry all your own food and supplies for the whole week. We all know Nikki likes to cross-country ski in the winter, and take time off to give her legs a break before the

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



Inside this issue:

Old Timer's Corner	1-2
The Mature Runner	1-3
Dear Wind Drinkers	3-4
Race Results	4
Calendar	4-6
Photos	6-7

The Wind Drinker

Camp, and Big Sky Wind Drinkers had on my involvement and passion for running. As I move into a coaching role, there are many aspects that I learned through those programs that I want to carry on with me to DBU and beyond. I was blessed to have grown up and competed in a community with so many great running programs and committed coaches. It was those coaches and programs that taught me that the commitment to working hard and doing the small things make bigger things happen. Coach Phillips has a good thing going, and I am excited to be a part of that, to support him and the DBU running program!"

Sarah is currently employed at Kansas State, Manhattan, Kansas, Department of Athletics, working in their NCAA Division I Compliance Office. She is a graduate of Southern Nazarene University, Bethany, Oklahoma where she competed in Track and Field/Cross Country. She will continue to pursue her Masters in Sports Administration Degree while coaching.

Sarah has run with the Bozeman Track Club, The Big Sky Wind Drinkers and Manhattan High School. BSWD congratulates Sarah on her new coaching position. We often lose track of our scholarship winners as they leave Bozeman to attend college. We would like to hear about other scholarship winners and their achievements.

FRANK NEWMAN REMINDER:

The 27th Frank Newman Marathon will be run on May 24, 2014. The event includes a marathon two different half marathons and a relay event. The entry fee is just \$3.00 per person. The application is available on the BSWD website. Also applications will be available at all BSWD May Fun Runs. We need volunteers to help with this event if you aren't running we hope you will think about volunteering.

FLAGGERS NEEDED

The first annual Hustle For Hope to benefit the Gallatin Mental Health Center needs certified flaggers on Saturday, May 31st. If you or anyone you know can help this amazing cause, please contact Ingrid McNair at 406-556-6500 ext 2645 or imcnair@wmmhc.org. Thank you!

ultrarunning season starts up again. Well, she was offered an entry, and couldn't turn it down – and didn't have much time to train. How do you train for 115 degree heat, running in fine sand, carrying all your supplies? This is where the "mature runner" comes in. Nikki is incredibly smart and tenacious. And this isn't just the steely-gritty resolve to know how to push through pain stuff. She picked the brains of those who had done it before, and came up with a very sophisticated game-plan. Being in contention to win requires an attention to detail of the minutest sort...like knowing exactly how many calories she would need to survive each day, and it worked perfectly. She already knew that 2000 calories would do it – even though she'd be "eating off her own flesh" toward the end! She needed special adjustments to her shoes – so she went to Kurt at Schnees and got him to glue and then sew Velcro strips around her shoes so no sand could get in. (Any sand at all would develop blisters.) She had to run with a urinary tract infection one day – and could run with the pain...I guess she must have done it before and knew she'd survive.

She's also mature enough to spend the same amount of time describing the beauty of the region, like on Day 1 (in her write-up of the run on www.irunfar.com): "The beauty, however, held me in awe. Wind-formed waves of sand with an amplitude of roughly two to three inches topped the smooth curves of the dunes. Footprints of the runners ahead of me broke the wave-laden landscape into two halves. The sun, rather than harshly stealing my energy, lifted my spirits." And I have to admire her competitive attitude. Would you consider the following to be "mature"? Her main competition was Laurence Klein, a French gal who had won it 3 times, and is admittedly faster than Nikki (a 2:37 marathoner, a 7:26 100km runner). So, knowing her own strengths, she started conservatively and let Laurence have 11 minutes on her for Day 1, and another 11 minutes the next day. Day 3 Nikki took back 4 of those minutes, and described it so beautifully: "As I passed she (Laurence) warmly squeezed my hand, and we exchanged a smile of athletic commonality that transcends language and culture." As Nikki saw it, her only advantage in the whole race was the climb/descent of the highest point (Day 4). So, she and Laurence did the 1st 12km together at a faster pace than usual, and she let Laurence lead the way up the mountain of sand and rock

Bike to Work Week 2014 May 12-16 7-9AM

Monday: Rockford Coffee Roasters (Rouse and Main)
Tuesday: The Daily Coffee Bar and Bakery (Rouse and Oak)
Cafe M (33 West Kagy)
Wednesday: Costco Wholesale (19th)
The Wild Crumb (600 N Wallace)
Thursday: Sola Cafe (E.Kagy and Willson)
Community Cafe (302 N. 7th)
Friday: Community Food Coop (908 W Main)
Hillcrest (adjacent to Bozeman Deaconess Hospital & Highland Health Park)

Friday Party 5-8 PM at Beall Park Recreation Center
415 N. Bozeman Ave

Dear Wind Drinkers,

Recently, I learned about Tuesday Night Track, which is a weekly adventure involving speed-work and kind people who are willing to volunteer their time to help our running community. In my eight years of middle-aged running, I had never actually done speedwork. I had read about it in magazines and thought, “That sounds like a good idea”. Still, I could not rally without peer pressure. The problem? Fast people do speedwork. I am not a fast person. The prospect of being the slowest, fattest person on the track was terrifying but my irrational, self-centered fear would not stop me from trying this track stuff at least once. What was there to lose? The hope of running a marathon in under 4 hours was too tempting. My desire to run with faster friends was too enticing. At the very least, I would get myself to the first workout.

Arrival to the initial session confirmed my worst fears: while everyone was friendly, I was, indeed, the slowest, pudgiest person there. Nobody else jiggled. Nobody else was ecstatic over a 7:30 mile. I told myself that humility was good for the soul. I told myself that being at the back of the pack would inspire me to run faster. This would be good for me. The mean part of my brain hooted in triumph, knowing that my greener grass syndrome was in full swing: I believed life would be better in that moment if I were skinnier, faster, and had straight, flowing hair in a stylish, asymmetrical cut. Determined to finish the workout, I continued around the track as the kind-hearted fast people tried to encourage me as they ran past. I couldn’t breathe. In

(Continued on page 4)

(there were fixed ropes on parts of it – if you slipped, you’d slide down all the way to the bottom). She was just pushing Laurence past her comfort zone, figuring she could recover more easily, knowing her strength was climbing/running downhill: “After summiting, I took advantage of one of the rare technical downhill to play with speeds I would not see the rest of the week. I was slightly out of control, which I honestly find more exciting than scary, as I laughed my way past many a fellow athlete. I know I cannot beat these folks on the flat, but I could at least make sure they had to work hard to catch me once the descent ended and we returned to miles of flat, fast terrain.” (These sentences do explain how and why Nikki loves the Ridge Run – lots of opportunity for “exciting descents” – laughing your way past other runners – being out of control....but only “slightly”!!).

There is no hint of being facetious about Nikki’s maturity as a runner. Prepare well, have the knowledge to take care of every mishap, know your strengths and weaknesses, and exploit them the whole way! Oh, and have fun and enjoy the scenery and people! I urge you all to read her full account on www.irunfar.com – and more on Facebook. My heart still beats a little faster just thinking about being in Morocco, sitting on Nikki’s shoulder! - David Summerfield



Above: Nikki Kimball at a Checkpoint during Stage 2 – receiving 1.5 liters of water – their customary allotment between checkpoints

my reality, gravity pulled me harder than anyone else. My self-pity was much stronger than their self-pity. Then, from the sidelines I heard, “Go Deel!” I turned and saw two of my very favorite Special Olympics Athletes. They were there for their track practice too. They had been stretching and warming up as I made my way around the track. The sound of their voices pulled me back to the warm, playful reality that I experience every day in my work-life. Unless I am Kara Goucher or Kilian Jornet, my speed does not matter. What I do with my running is help myself to be healthier, set a positive example for the people I love, and outrun that abusive voice in my head when it starts to get too loud.

The honest truth is that some of those Special Olympics Athletes who were cheering for me are actually faster than I am. We had a race outside Reach Inc. last week and I came in last. But that does not matter. What matters is that the athletes who cheered me on helped me to get back to Tuesday Night Track for the next two weeks. While I will admit to cursing upon arrival (exact quote, “F*&%, I am actually here.”), I would also like to brag about running a 5K in 22:44. This is a PR for me and would not have occurred were it not for Tuesday Night Track and the Special Olympics Athletes who reminded me of the importance of showing up, doing my best, and being a positive part of my athletic community, regardless of my abilities or my fears.

Dear Wind Drinkers, thank you for letting me be myself, for accepting and welcoming anyone who wants to be part of our group, and for helping me to reach goals I never thought I would attain.

Your devoted editor,
Dee



Results:

Back from Bridger: (4/19/14) It was a beautiful sunny day with the snow covered mountains in the distance. We are so privileged to live in such a beautiful community. Thanks to Frank Stock and Kurt Buchl who set up the courses and arranged timing, refreshments, etc. 17.5 Miles: FrankJacques 2:02:30; Jake Milligan 2:04:40; Terry Leist 2:22:50; Brigit Noon 2:40:10; Andy Garza 2:53:49; Sherri Renck 2:53:49; Kasey Young 2:53:49; Dee Metrick 2:56:01; John Allen 2:56:49. 12.5 Miles: Chris “the hunk” Marth 1:58:01; Susan Gallagher 2:20:58; Julie Hergert 2:20:58; Amanda Henry 2:20:58. 10 Miles: Mitch Steckmest 1:06:40; Rob Maher 1:07:33; Neal Rainey 1:08:41; Laurie Detzi 1:15:00. 7 Miles: Leigh Holleman 52:38; Kurt Buchl 52:45; Chris McCarthy 52:50; Chris Gajus 53:47; Mike England 54:45; Craig Hildreth 58:53; David Varriccho 1:01:16; Pam Jacques 1:01:40; Barbara Bakwin 1:03:00; Laura Sullivan Russett 1:04:02; Ryan Russett 1:04:02; Pam McCutcheon 1:04:02; Theresa Vick 1:04:46; Megan DeHaan 1:04:46; Virginia Arnold 1:05:30; Susan Sullivan 1:14:46; Gay Hamilton 1:19:14. 5 Miles: Lynn Hubert No time recorded. 3 Miles: Anita Moore Nall 24:56; Ciaran O'Connor 25:00; Wendy West 29:47; Michele West 29:48; Sanna Oliver 33:12; Teri Kassens Crowe 33:45; Nelie Devitt 35:10; Jacki McGuire 40:19; Priscilla Dolan 40:40; Jean MacInnes 42:01; Bob Wade 45:50; Kay Newman 53:20; Larry Prince 53:59.

RUN CALENDAR

May

3 Rotary Interact Club Fun Run. Bozeman. 5K at the East Gallatin Recreation Area at 10:00 am. One mile fun run at 9:45. Profits go to the Cody Dieruf Foundation which helps local children affected with Cystic Fibrosis. Race day registration from 9-10 am. An ice cream social with live music follows. Register at racemontana.com.

11 Mother's Day 5K sponsored by Haven. Bozeman. Begins (9:00 am) and ends at the Ridge Athletic Club on Ferguson Ave. Registration now open at racemontana.com. The relatively flat course can be enjoyed by both runners and walkers. A picnic lunch with family activities follows the run. Questions? Call Erica at 406-586-7689 or erica@havenmt.org.

7 Highland Glen (NEW BSWD) 6:30 pm For directions: www.winddrinkers.org

14 Triple Tree BSWD 6:30 pm

17 Baldy Blitz. Bozeman. Starts at the M Parking lot at 9:00 am. Run up to the top of Baldy and back. Expect snowy trails.

17 Run for Recovery. Bozeman. 5K starting at the Commons @ Baxter & Love Lane (1794 Baxter Lane) and winding through Black Bull Community and Golf Course. Contact Stephanie@aliveagainliferecovery.org

21 Bozeman Creek BSWD Traditionally untimed . 6:30 pm

24 BSWD Annual Frank Newman Spring Marathon and Relay. 26.2 Miles starting on Bridger Canyon Road at 8:00 am. Half marathon starts at the top of the Bozeman Pass on the Frontage road. The completion is at Sacajawea Park in Livingston with awards and a picnic. More information to follow. Entry fee is \$3.00 plus \$3.00 for guests who attend the picnic. Teams can be made up of 2 or 4 persons.

25 Solomon 7K City Trails Run. Bozeman. For recreational runners sponsored by Schnees Boots & Shoes, Salomon Running, Copper Whiskey Bar & Grill and BSWD. Arrive by 11:30 am (35 E Main) to board buses for the 1:00 pm start. A portion of the race proceeds will benefit the Bozeman Deaconess Cancer Center. A post race party at the Schnees Downtown location follows. Registration at <https://runsignup.com/Race/MT/Bozeman/SalomonCityTrails> Info: Bryce at 548-3310 (office) or 214-793-5944 (cell)

28 BSWD Cherry River Run 6:30 pm

June

7 Masons Mountain Run. Red Lodge. 10K & 2 mile Trail Run at Lion's Camp 9 1/2 miles south on Hwy 212 to Lake Fork Turnoff. 10:30 am start. Register at www.active.com

14 Thrive Girls on the Run 5K for Fathers Day. 9:00 am start at River Rock Community Center in Belgrade. Info: hmakoutz@allthrive.org or 922-4236. Additional information at <https://www.allthrive.org/girls-on-the-run-5K-fathers-day/>

14 35th Annual Heart&Sole Race. Billings 5&10K plus 2 Mile Health Walk. Proceeds benefit the Y. Register at www.heartandsolerace.org.

14 Governors Cup. Helena. Marathon, 1/2 Marathon, 10K, 5K and 1 Mile fun run. Limited entries for 1/2 and Marathon. www.govcupmt.com

15 Prison Break Run. Deer Lodge. 3 & 6 Miles starting at 8:00 am. Race day registration at 7:00 at Newland Company (212 Missouri Ave. Proceeds benefit Deer Lodge Athletic Assn Scholarship

Information: Candice Miller 846-1197

19-21 Montana Senior Olympics Summer Games in Great Falls for individuals 50 years of age and older. 5 & 10K Road Races. Race Walk on the track plus Track & Field events. Call 586-5543 or email kayjn3@gmail.com

July

4 Reach Inc. Race for Independence. 1K, 5K, and 10K around the trails on the northeast side of Bozeman. Races begin at 8am at the Reach Inc. Work Center. All proceeds benefit adults with developmental disabilities served by Reach Inc. For more information, contact Dee at dee@reachinc.org or 406-587-1271. Registration information at www.reachinc.org.

4 Liberty Dash. 5k, 10k and kid's run by the Yellowstone River. All proceeds benefit Landon's Lookout, Livingston's non-profit teen center. Kid's run starts at 8:15 AM, with the timed 5k, 5k walk, and 10k starting at 8:40 AM. All events will be in Sacajawea Park, Livingston. Register on-line at <http://www.landonslookout.com/latest-news/activities/rodeo-run-registration/> , or print and mail registration to Landon's Lookout, 110 E. Lewis, Livingston MT 59047.

26 Headwaters Run. Three Forks. 1/2 Marathon at 7:30 followed by the 5 & 10K at 8:00 am all on the new trail system. For information contact lotse@hotmail.com or call 599-7791

August

2 Sweet Pea Runs. Bozeman. 10K starts at 7:15 am and the 5K starts at 7:25. Register online at racemontana.com. Early bird registration until July 1. For more information see www.winddrinkers.org.

9 Ed Anacker Ridge Run. Bozeman. www.winddrinkers.org. To volunteer call 586-5543 or email kayjn3@gmail.com

30 Fun Run 11 for Charities. Red Lodge 5&10K Fun Run, 5K&2Miles Fun Walk. No entry fee. Donations encouraged, they will benefit 54 local charities. Email funrun@rlacf.org. Check out www.RedLodgeFunRun.org

October

11 9th Annual Raw Deal Run Community Fundraiser. McLeod. Located at the Raw Deal Ranch, 16 Miles south of Big Timber 3 Mile Run/Walk and 6

(Continued on page 6)

Mile Run along with a 1 Mile Cow Poke Lope (kids run). Winners receive prizes of locally produced meat. Enjoy a Halloween Costume Contest and free Chili Feed. Registration available in early June at www.sghw.org. Contact at 932-3090 or programs@sghw.org.

Want to increase your odds of getting into the Bridger Ridge Run? Reach Inc. is going to sell raffle tickets for \$10 each from April 1 through June 6th at 5pm, when the winning name will be pulled. The entry is transferable but the race participant information must be given to Dee Metrick within 24 hours of the raffle pull. All proceeds from this raffle benefit the people served by Reach Inc. This raffle is for in-state residents only (due to lottery laws). If you have questions or would like to purchase a ticket, please contact Dee at aikidonerd@yahoo.com or 406-570-5852. There is also more information at www.reachinc.org.

Speaking of non-profits, now is the perfect time to buy a membership to the Gallatin Valley Land Trust: For those of you who are into gratitude and who run on local trails, the Gallatin Valley Land Trust has been instrumental in getting so many runnable trails in our valley. Recently, the GVLТ hired a new Communications and Community Outreach Manager named E.J. E.J. is not only a good friend of the editor of this fine publication but she has also been a mover and a shaker in the local non-profit community for many years, helping Reach Inc., HAVEN, the Bozeman Youth Initiative, and Eagle Mount to increase their resources. E.J. is currently selling \$25 memberships to the GVLТ. If you use the trails in this town, you should ponder buying a membership. For more information, please contact E.J. at 406-750-1774 or ejporth@gmail.com. Thanks!

The logo for the 'Hustle for Hope' 5K race. It features a large green leaf design with the words 'HUSTLE for HOPE' in black text. Below this, it says 'Gallatin Mental Health Center' and '5K'. To the left, it says 'SATURDAY MAY 31ST'. At the bottom, it says 'HOPE. GROWTH. WELL-BEING.' and 'SAVE THE DATE! HELP US RAISE ENOUGH TO CONTINUE CARING FOR THE COMMUNITY'. At the very bottom, there is a small URL: www.active.com/bozeman-mt/running/distance-running-races/hustle-for-hope-2014.



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 aikidonerd@yahoo.com
Website: www.winddrinkers.org



OFFICERS FOR 2014

Prez: Kyle McKenzie 599-2815, Kurt Buchl 587-0756

Vice Presidents: Tracy and Frank Dougher, Frank Stock, Tomas Dumbrovsky, Martin Rollefson
Membership: Darryl Baker, 582-5410

Treasurer: Jacki McGuire

Results, Calendar: Kay Newman
kayjn3@gmail.com

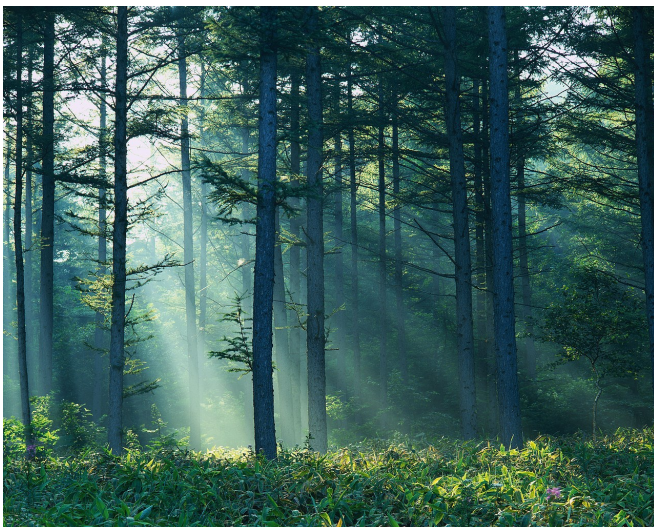
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Find email addresses at www.winddrinkers.org

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

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

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

Pro-Light Gear, 421 W Griffin, Brad, 20% discount, 582-0508

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, \$45, 581-6242

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

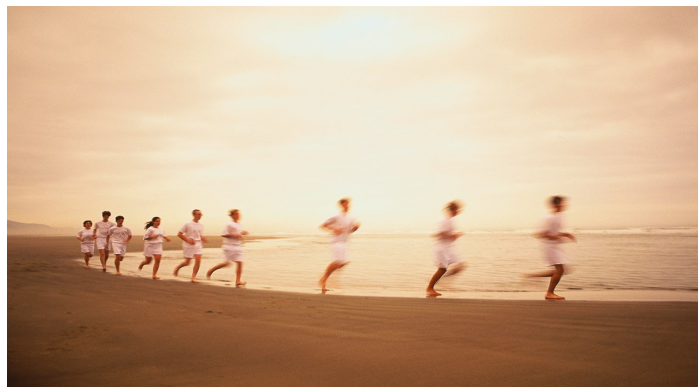
Four Zero Six Shirt Screening, Pete Sveen, 10% off, 600-5753

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.”**