



October 2015 Newsletter # 457



THE WIND DRINKER IS A
NEWSLETTER FOR RUNNERS OF
ALL ABILITIES

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

Dear Wind Drinkers

By Dee Metrick

Dear Wind Drinkers,

On September 5, 2015, my man-hunk and I arrived in Big Sky to pick up our packets for The Rut. We had big plans: he was going to survive the 50K and I was going to crush the 11K. We had two nights in a fancy condo so we could cry for a day after the race without our pets worrying that our limping and gimping would somehow hinder our ability to give treats.

Packet pick-up was smooth, quick, and filled with fit, stylish, European Solomon runners, dirt-bags from Missoula, and a few sexy, Bozeman athletes. After gathering our bibs and pins, we went over to the Rut souvenir table. Immediately, my eyes were drawn to a purple hoodie. Purple is my favorite color, zipper hoodies are my favorite clothing item, and The Rut was about to either kill my man-hunk or make him stronger, which made it a significant event in both our lives, no matter what the outcome. This warm, soft, luxurious sweatshirt had practically been made for me... Until I looked at the price. Fifty dollars.

When I am not running, I spend most of my time working my patootie off for a local non-profit. Any rumors you have heard about non-profit wages are true. When I did the math about how long I would have to work and how many different ways I would have to

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The Mature Runner

By David Summerfield

The mature runner IS the placebo!

The thread for this column fell right into my lap. After the August column about using quantum physics to carefully re-work your body, sub-atomic particle by sub-atomic particle – I wasn't sure where to go next. Stacy and I drove to my 60th Reunion at the Adventure Unlimited Ranches in Buena Vista, Colorado. And yes, I have participated at this youth ranch in all of the last 6 decades. Its my home if ever there was one. We climbed several 14,000' peaks, which prompted me to find out that our own Rob Maher has summited all 54 of them. Now I want to go back and finish off my final 14. I digress.

While hiking with what we called our "mountain family" – on our way to Lake Ann – a jewel at the base of a cirque at 12,000' -- an old friend found out about my wanting to re-work my body, and said I have to read "You are the Placebo – making your mind matter" by Dr. Joe Dispenza. He gave me his copy (he was reading it at the time) to read in the car on the way back to the ranches. Trying her best to read while on a very bumpy dirt/rocky road, Stacy read the Preface outloud to everyone in the car. Joe was the perfect example of someone real, doing just what I was trying to imagine. So, here's my best attempt at digesting Joe's own experience of doing just

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



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The Wind Drinker

adjust my monthly budget to pay for that hoodie, the perfectly colored and constructed princess-cape didn't seem as appealing. We walked away from the table and went out for a romantic dinner. I daydreamed about finding that purple hoodie at a yard sale in the spring of 2016 for just two dollars.

The next morning I saw my hunk start off on his 50K adventure then returned to our condo to prepare for my vastly shorter event. I put nuun into a hand-held water bottle, along with \$60 cash, my ID, and a key to the condo. Some lawyers might argue that the \$60 I brought along indicated a premeditation to my hoodie purchase but I disagree.

Long story short, The Rut 11K was beautiful, challenging, and filled with happy people. The weather was ideal. We ran and hiked up, up, and up in a wave of camaraderie and with sunshine on our shoulders. Then we ran down, down, down. Had this event been a typical Montana trail run, I would have left Big Sky without having to adjust my financial plan. But runner's high, combined with three opportunities to descend Andesite Mountain by ROPE, led to impaired judgement. Finishing in the back of the most hard-core races is one of my favorite methods of feeling adventurous. I have completed seven Ridge Runs. I have lost my mind during the Headwaters Relay. I have screamed when the Wolf jumped out at someone in front of me during the Wulfman 14K. But I have NEVER been on a course so steep that ropes were provided. Holding on to ropes to keep from tumbling down a mountain made me feel quite hard-core. So hard-core, in fact, that I believed I deserved that fifty dollar sweatshirt even more than I needed a shower. I have no regrets about my purchase.

My man-hunk survived and finished his race. When we went to dinner that night, I wore my sweatshirt. For the following week, I wore my sweatshirt to work, to sleep, and to the grocery store. One week later, while sitting with a friend in her home, I spoke of my tendencies to spill food and beverages on my torso, to leave important items in public spaces and not notice until they are hopelessly lost and gone forever, and that these accidental experiences were leaving me fearful for my new, beloved sweatshirt. My friend replied, "I am going through a divorce. I have a two year old daughter and am within three days of being a single mom in a home I can barely

what I want to do.

Joe was a new chiropractor, in his early 20's. The story starts out this way: "On a beautiful Southern California day in April, I had the privilege of being run over by an SUV in a Palm Springs triathlon." Does that give you a hint of what's to come? As he admitted, "Maybe I was just young and bold at that time in my life, but I decided against the medical model." His medical background made it easy for him to understand exactly what had happened. He sustained serious injuries to his spinal column & vertebrae. This is normally taken care of by multiple surgeries, the fusing of this and that, inserting rods and hardware, and so on, and doubts of ever walking again. He decided against all that, asking instead to be taken to the home of a friend, much to the consternation of the medical establishment. He was totally immobilized – laying flat on his stomach.

Joe was very vivid about his thought process at the time. He wanted to go within himself and connect (have a relationship) with what he refers to as "...an intelligence, an invisible consciousness...that supports, maintains, protects, and heals us every moment. It creates almost 100 trillion specialized cells (starting from 2), it keeps our hearts beating a little more than a 100,000 times per day, and it can organize hundreds of thousands of chemical reactions in a single cell in every second – among many other amazing functions."

So, here comes the application of quantum physics (in my humble non-professional opinion). There he was, lying face-down, motionless, seemingly paralyzed. Can you put yourself into that circumstance? You've really got nothing to lose.....try something unusual.... "First, every day I would put all of my conscious attention on this intelligence within me and give it a plan, a template, a vision, with very specific orders....And second, I wouldn't let any thought slip by my awareness that I didn't want to experience." That's it. Intention, pure and simple. Lying facedown – there's not a whole lot else to do but work with the mind. And he did, and finding it very, very challenging. The mind wanders – a lot!! He 1st wanted to spend several hours twice a day on his plan. Specifically, he saw the reconstruction of his spine... "...vertebra by vertebra, and I would show this consciousness, if it was paying attention to my efforts, what I wanted." It took many weeks to go through this reconstruction process without interruption. If he caught his mind wandering (thinking about what would happen if it didn't work, etc.), he would start all over again. He demanded of himself the utmost one point focus – the most difficult thing he had ever done.

afford. And you are talking to me about being afraid for your sweatshirt?” She had a point.

Thank you, Dear Wind Drinkers, for understanding the joy and insanity that can be caused by the perfect running memorabilia purchased after a perfect running event.

Your devoted editor,
Dee

RACE CALENDAR

October

10 Raw Deal Run (a community Fundraiser). McLeod (South of Big Timber) 3 & 6 mile runs Plus 3 mile walk all starting at 10:00 am. Chili Feed Follows. Sign up by 5:00 pm on Oct 9 to receive timing.

21 “Run Free”. The true story of Caballo Blanco. 7:00 pm at the Emerson Center in Bozeman. A documentary about the ultra-running legend, Micah True. He lived and ran with the Tarahumara Indians of northern Mexico (the Running People) The film won the 2015 Greenspan Memorial Film and Video Award presented by the Track & Field Writers of America.

31 Montana Cup. Helena. . 5 & 8K cross country runs at Sieben Ranch. Men start at noon. Women start at 1:00 pm. Registration opens on Sept 1.

November

11 Veterans Day Run. Butte. Starts at 11:11 am at Stodden Park ending at the American Legion Club. 2.5 Miles & 5.2 Miles Race day registration at Stodden Park.

RACE RESULTS

McGuire Potluck - 8/26/15 - Thanks to Steve & Jacki McGuire for again hosting a great run on the trail system near their home. The burgers and brats were delicious thanks to Dave Skelton, chief cook. Timers were Melissa Casper, Natasha Fraker and Suzanne Winchester. Whitney Adams set up the courses. We appreciate the part each played in the success of the evening. Results: **1 Mile:** Austin Fraker 9:09; Michael Mesin 9:11; Bryce Frahek 9:15; Leslie Schmidt 9:57; Claire Rembert 11:28; Reid Bartholomew 11:30; Craig Hildreth 11:36; Karen Funke 11:38; Hazel Roulson 13:06; Leanne Roulson 13:11; Sam Bass 14:09; Tommy

(Continued on page 4)

Try it yourself. I have. It’s HARD. The mind wants to think what it wants to think, when it wants to think it. He had to take control, absolute control. It took 6 weeks of a constant battle with his mind to do his bidding. Finally, he broke through the barrier, and did one whole reconstruction program without having to begin it all over again. “It was like hitting the tennis ball on the sweet spot....It clicked. I clicked. And I felt complete, satisfied, and whole. For the 1st time I was truly relaxed and present – in mind and body.” And the next step was equally important. With additional time on his hands, he started visualizing what he would do with his new body – what he called his “future potentials” that existed in the quantum field. He put his emotion into it. It almost sounded like an equation: take one part “Intentional Future”, add it to an “Elevated Emotion” and that equals the body believing it was actually in this future vision. Or, IF + EE = FVR (future vision realized). Joe actually said that as he did this, his cells were reorganizing themselves – which he describes later on as signaling new genes, or what’s called “epigenetics” (see page 92) – “the control of genes not from within the DNA itself but from messages coming from outside the cell.”

Now the main problem I see here, is that none of us are paralyzed, lying on our stomachs, with nothing to do except breathe and “think”, and most probably agonize about our dire predicament. I know Bob Wade had to go through a bunch of “reconstruction” after his accident on a bike, but he was mobile, and generally taken care of....(yes, Kathy, you did a lot of the taking care of!)... So the question becomes: how badly off do we have to get to do this kind of stuff? How many of us want the “privilege” of being run over by a large, heavy vehicle? Yes, here’s an invitation to process this idea, maybe even read the book, and see what you can come up with. I know I’m balking at doing it – I only last about 10 seconds, and BINGO! I’m distracted and on to something else....I think I need another doughnut, or something. The only way I can leave this is to say: “have fun with it, and see what happens!”

(Oh, by the way, Joe has gone on to a normal life of traveling all over the world, holding workshops, and is functioning quite normally)

- David Summerfield

Bass 14:11; CJ Oostema 19:32; Madison Oostema 19:39; Simon Payne 20:41; Jake Oostema 20:41; Shawna Oostema 20:43; Chris Roulson 21:36; Taber Roulson 21:37; Kay Newman 28:18; Linda Skelton 28:20; John, Jack & Jay Dudas had no times recorded. **3 Miles:** Tillman Bartholomew 23:42; Gary Hellenga 23:46; Becky Hochstein 24:16; Martin Rollefson 24:21; Arnie Kleinsasser 24:38; Gail Cary 25:07; Claire Vlasses 25:08; Ursula Vlasses 25:09; Kurt Buchl 25:32; Darryl Baker 25:33; Carrie Gaffney 25:34; Cooper Johnson 26:40; Jeff Johnson 26:41; Ryan Kelly 26:41; Elaine Kelly 26:42; Leonard Baluski 26:47; Celia Bertoia 28:03; Robyn Miller 28:15; Katy Brandec 30:02; Michael Vlasses 30:03; Rosie Nickelson 30:04; Susan Nickelson 31:52; Graham Austin 32:16; Mia Dudas 33:57; Sierra Holleman 39:14; Tobias Holleman 39:22. **5 Miles:** Kal Tucker 28:06; Leigh Holleman 35:31; Jenna Fallaw 36:25; Matt Ballenger 37:31; Whitney Adams 38:34; Alylia Vanierer 39:51; James Jang 39:53; Megan Ballinger 40:12; Grace Rembert 40:57; Randy Oostema 43:20; Kelly Sprinkle 43:27; Frank Dougher 44:17.

South Cottonwood - 9/2/15 - It was another great fun run set up and timed by Sandy and Tracy Dougher. Dave Skelton distributed finisher cards. Tom Walsh swept the courses. Thank you to all of them. Times are as follows: **2 Miles:** Ursula Vlasses 19:59; Craig Hildreth 23:18; Gary Hellinga 24:07; Sierra Holleman 25:32; Tobias Holleman 26:33; Leon Shearman 33:39; Jean MacInnes 38:35; CJ Oostema 41:42; Simon Payne 41:44; Linda Miller 43:35; Lindsey Cozzi 46:53; Kay Newman 48:41; Angie Kociolek & Evan Krza 53:50; Madison Oostema 1:03:38; Jake Oostema 1:08:36; Shawna Oostema 1:08:38; Mia & Jay Dudas 1:09:57; Jack & John Dudas no time recorded. **4.05 Miles:** Travis Miller 42:35; Amelia Hartshorn 42:51; Claire Vlasses 42:53; Michael Vlasses 42:55; Tony Hartshorn 42:56; Bonnie Eichenberger 45:08; Celia Bertoia 45:24; Craig Miller 45:30; Gail Cary 49:05; Karen Funke 50:01; Leonard Baluski 51:45; D'Arla King 56:11; Jacki McGuire 1:08:20; Randy Oostema 1:09:57. **4.9 Miles:** Kal Tucker 32:43; Andy Burns 37:04; Lukas Geyer 40:17; Roland Backmann 40:23; Will Hodgson 42:18; Mike Rubsam 42:35; Melissa Kinnear 42:36; Leigh Holleman 42:37; James Jong 45:41; Alycia Van Kirk 47:07; Kurt Buchl 47:09; Bob Eichenberger 47:45; Darryl Baker 47:49; Kelly Sprinkle 52:26; Robyn Miller 52:27; Jesse Hildreth 53:18; Christine Hodgson 53:39; Teresa Galli 56:05.

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What the hell is an acetabulum?

By Bob Wade

What the hell is an acetabulum? Well if you are human you have two of them. But most of the time they do their job quietly and you don't think about them. In fact you probably can't locate where they are unless you have studied human anatomy. On June 12 I found out what an acetabulum is when one of mine was fractured. The acetabulum is the socket in the pelvis where the head of the femur attaches to the pelvis. Fracturing it is not good in fact it is very bad.

How did this happen? I was on a bike ride, training for the Triton Triathlon. I had just turned right onto Main Street from Highland. I was crossing Haggerty Lane when a bus pulled out in front of me. I was not able to stop or avoid the bus. I had road rash on both knees and elbows. But the main concern was not being able to stand. I was transported to the ER. (Don't ever go to the ER on a Friday afternoon.)

I was in the ER a very long time. I was ultimately told I had a fractured acetabulum. I would have surgery on Monday. Thus began 12 weeks of non or limited weight bearing on my right leg.

I was successfully operated on on Monday June 15. Then the long involved recovery started. The surgeon said I should be ready for full activity by December. Ugh! Now the reason I am telling you about this is my excellent physical fitness should make the recovery easier and faster. So all those years of running, biking and swimming have had an unforeseen advantage. If the worst possible thing you can think of happens to you, all the years of training make you the star of the rehab process. This is not something you want to happen but sometimes S%@t Happens.

Physical Therapists were working with me even before the surgery. There were severe limitations on the motion of my right leg and I was not to put any weight on it. So a walker became my best friend. I would take long walks across the hall and back, at least 10 feet. I would toe touch with my right foot, support my body weight with my arms and swing the left leg forward. I walked this way for 12 weeks. The only modification was more weight was added to my right leg as the days crawled by. By the 12th week I was up 75% weight on my leg.

I was in the hospital 6 days and had physical therapy each day. We went for a "10 foot walk" and we practiced transferring from the bed to a chair and back again. I was not allowed to do any of these things without help. If I wanted to go from bed to chair I called a nurse for assistance. For each of these maneuvers arm strength was a big requirement.

MSU Track & Trails - 9/9/15 - The annual Andy Blank MSU Track & Trail Run was held under blue skies; Thanks to Leanne Roulson for setting up the courses. Also thanks to the timers who were Jeff Johnson, Angie Kociolek, Theresa Leland and Suzanne Winchester. Times are: **Track:** Jane Foster 3 laps with a time of 9:19, Leslie Schmidt 5 laps with a time of 11:04, Sandy Dougher 10 Laps in 42:15. **5 Miles:** Andy Brown 35:25; Kal Tucker 35:25; Dan Jackson 35:26; Will Hodgson 39:34; Liz Spartas 40:55; Alycia Vankirk 43:31; Ryan Simon 43:31; Kurt Buchl 51:10; Frank Dougher 51:12. **3.4 Miles:** Rob Maher 23:14; Tom Walsh 23:15; Bob Eichenberger 28:00; Matt Ballinger 28:43; Brittany Teraser 28:45; Gary Hellenga 28:46; Ben Harris 28:47; Gail Cary 30:49; Leonard Baluski 31:08; Cooper Johnson 31:31; Leif Growney 31:33; Elizabeth Growney 31:38; Bill Dobler 33:08; Mia Dudas 38:20; Tracy Dougher 38:52; Jacki McGuire 47:15. **1.4 Miles:** Leigh Holleman 14:22; Craig Hildreth 16:53; Darryl Baker 16:54; Tom Moore 16:56; Laura Humberger 18:27; Hazel Roulson 21:04; Chris Roulson 21:05; Leon Shearman 24:01; Jean MacInnes 27:46; Ryen Growney 31:34; Carrie Gaffney 31:34; Kay Newman 32:08; John, Jack & Jay Dudas ran with no times recorded.

Lindley Park Trails and Pizza Party - 9/16/15 - A great pizza feast was enjoyed by all. Thanks to the Doughers, Frank & Tracy who once again set up the courses with Tracy again holding the clock. Other timers included Teresa Galli and Bob Wade. Thanks to them as well. Times are as follows: **1.5 Miles:** Tom Moore 13:52; Leslie Schmidt 15:14; Angie Kociolek 15:27; Arnshal Hodgson 15:40; Graham Hodgson 16:29; Craig Hildreth 16:36; Celia Bertoia 16:53; Kastle Prywn 18:18; Alycia Vankirk 18:18; Hazel Roulson 19:51; Theresa Leland 27:15; Suzanne Winchester 27:15; Bridget Hoopes 32:02; Ryen Growney 36:14; Elizabeth Growney 36:15. **2.75 Miles:** Will Hodgson 22:50; Owen Naberhans 22:56; Darryl Baker 25:22; Tillman Bartholmew 25:31; Jesse Hildreth 25:56; Lukas Geyer 27:05; Kirkwood Donavin 27:05; Cooper Johnson 27:32; Carrie Gaffney 27:34; Reid Bartholomew 28:36; Ryan Bartholomew 28:37; Leonard Baluski 29:04; Sierra Holleman 29:30; Tobias Holleman 29:32; Rosie Nickelson 29:48; Leif Growney 30:43; Travis Growney 30:43; Kyle Butler 30:44; Mia Dudas 32:33; Susan Nickelson 32:42; Leon Shearman 34:29. **4.5 Miles:** Andy Burns 32:32; Dan Jackson 32:33; Jenna Fallaw 36:04; Elizabeth Spartas 36:14; Ana Brown 36:32; Whitney Adams 37:47; Bob Eichenberger 38:01; James Jong 40:16; Leigh Holleman 41:03; Ryan Samson no time recorded.

After I left the hospital I spent two weeks at the Gallatin Rest Home. At the rest home I had PT for an hour twice a day again arm strength and agility were critical. Initially I was not allowed to move from chair to bed with out calling for assistance. I finally convinced them I could go to the bathroom without aid. What a step forward! I did get in trouble though; I walked out of my room without an aid. That was a big no no.

On July 2, I came home. However our house had been transformed to a hospital ward. We had a hospital bed, a wheelchair, a shower chair and many other aids. I went to out patient physical therapy twice a week and I had a set of exercises to do daily. I even went for short walks with my friend the walker. I will be working on regaining fitness for the foreseeable future. My goal is to walk the mile at the Jingle Bell Jog and walk a 5 K at the Fat Ass Fifty. These are not lofty goals for a person whose run 30 Marathons and 13 Ridge Runs and the Western States 100. But unforeseen events may force one to reevaluate goals in light of circumstances.

All the medical people I have been involved with are amazed at my fitness. They assure me that my fitness will speed up the recovery. I hope they are right. But I didn't spend all those years training to be the fittest person at the rehab center.

I am now at 100% weight bearing but walking more then 20 minutes is still a challenge. Fortunately swimming and biking on a stationary bike are not a problem.

ANNOUNCEMENTS

Hey Wind Drinkers! Do you know what CN stands for? What are you planning to do to get stronger, maintain your exercise regimen, and enhance your fitness fun factor over the next six months? Look no further for an endurance and strength workout that won't have you always cursing the winter weather! It is time to add Nordic skiing to your training plan!

Introducing Bridger Ski Foundation's new Community Nordic Team! CN team is designed to connect our diverse network of adult athletes in the Bozeman winter endurance community.

You don't have to identify with the "all spandexed-out nordi" image to be a part of the fun! Nordic skiing will enhance your fitness no matter what your athletic goals may be. You will improve strength, stamina, balance, and mental toughness. Suffer from seasonal affective disorder? Endorphins and sunlight while cruising with friends through the white covered woods can help rid your woes. Get outside, make new friends, learn new skills, and get some other sweet perks! Whether you love it already, you want to be in better shape to shred Bridger Bowl, or you suffer

(Continued from page 5) **CN Team...**

through winter sports so you can get back to your favorite athletic endeavors come spring, Community Nordic Team has a place for you.

Joining the CN Team will increase your opportunities for whatever level of skiing you are interested in. Benefits include - Community Nordic jersey, 2 fall and 3 winter ski clinics led by guest coaches and elite skiers, nordic specific fall ski swap before larger BSF ski swap, nordic waxing clinic, discounted entry into the community nordic race series (3 races), automatic entry into 5 winter Wednesday time trial/practice races, local business discounts, community forum listserve to organize social events, community skis, potlucks, and to coordinate training sessions led by coaches and members, share and hear news on local, regional and national race information and ride coordination!

WANT MORE? The Masters Community Nordic programs have more options to meet your needs – check out our website for more info and to register for CNTeam, masters training groups, the winter beginner course and individual training plans, lessons and sessions. <http://www.bridgerskifoundation.org/nordic-masters/>

Questions? Ideas? Comments? We would love to hear from you. Email Heidi Makoutz, Masters Community Nordic Coordinator, at dwyermontana@gmail.com

BTC Cross Country Fall Classic

The Bozeman Track Club will be hosting its BTC Cross Country Fall Classic in conjunction with the USATF Junior Olympic cross-country championships on Saturday, November 7, 2015 at East Gallatin Recreational Park.

While the track club has been hosting the Junior Olympic cross-country championships in Bozeman for younger children for some time now, there has been interest by members of the Big Sky Wind Drinkers to add an open and masters division to the event. Thus, this will be the third year that the track club has invited members of the Big Sky Wind Drinkers to participate in the event.

Open and master's runners are all welcome to enjoy the trails, jog through the trees and scamper around Glen Lake as they experience a 5K cross-country course set up through the park. Historically, the BSWD have been well represented on the men's side, but we would really enjoy celebrating more of the ladies also joining us.

While the event is intended to be a recreational run, medals will also be awarded to the top three finishers in each age division for open and masters. A nominal fee of \$8.00 and online registration at www.montanarace.com closes on Wednesday, November 4, 2015 at 11:59 PM (MST).

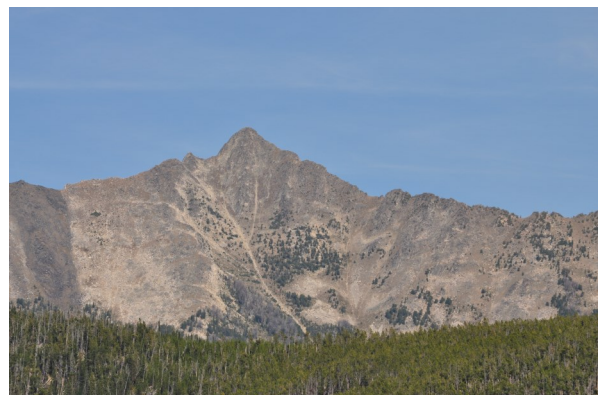
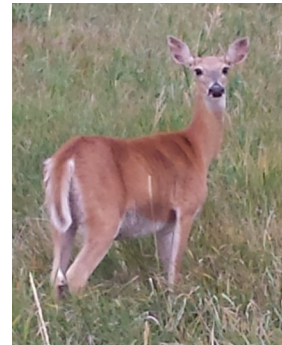
Bring a friend and enjoy the varying trails as you take in the experience of running through one of our wonderful community parks during the spectacular fall colors. For more information go to www.bozemantrackclub.org or contact Dave Skelton at bztckclub@gmail.com or (406) 587-7698.

See all of you soon!

Dave Skelton
Bozeman Track Club
USA Track & Field Montana

LOST & FOUND

A Leatherman's Tool and a Ridge Run Water Bottle were found on the west counter of the Lindley Center after the Annual Meeting and Potluck. If either item belongs to you, please, call 406-586-5543 or email kayjn3@gmail.com.



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
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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:

Bozeman Running Co., \$15 credit in store for every \$150 spent, Casey 587-1135

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,

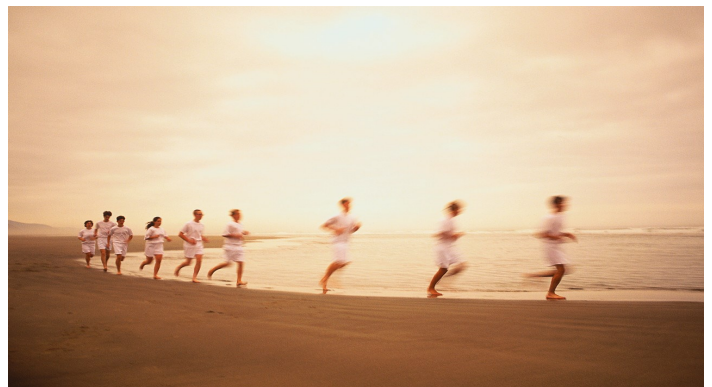
Advanced Training Project, Steve Conant, 10% off, 581-5545

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

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

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

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



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