

The Wind Drinker



November 2014 Newsletter # 446



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,

For twenty years I have talked about writing a book, imagined that book getting published, and cherished daydreams of people throughout the country laughing at my written wit and sincerity. After years as a national best-seller, the book would be made into a movie. Tina Fey would star as the lead female. She would gain at least 50 pounds for the part and gossip magazines would rave that she looks more beautiful than ever. The character in my not-yet-written book who has Down Syndrome... Well, he would be played by an actor who actually has Down Syndrome. When Donnie Wahlberg would call and tell me of his experience starring in such a role, I would say "Sorry, but nope" and talk him into donating at least a million dollars to Reach Inc. Before the conversation ended, I would make him laugh, waiting until the last possible moment to mention the man-hunk who has my heart and a firm promise of monogamy. Sorry again, Donnie-boy.

Daydreaming about a book is much easier than actually writing one. How does one sit in front of a computer and pop out 1500 words in one session? I ask that sincerely. For me, the only way to find inspiration is to run. When I run, characters jump out

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The Mature Runner

By David Summerfield

World Records and Other Tidbits

It again took my daughter (Jelica) to bring me into the current world of real running. She knows of my interest in the "sport", and always sends me the very latest up-and-coming running star and their accomplishments. So, right on cue, I received an email a month ago with a 10-minute YouTube attachment – the last 10 minutes of Dennis Kimetto's amazing marathon world record. There were several cameras following his every step and breath (from the air and on the ground). I couldn't help but have an elevated heart rate for those 10 minutes. If you've ever wanted to really analyze and scrutinize the "fastest man in history" – you should look it up – just put in "Dennis Kimetto" and it's all over the internet. Here's what I've learned about this most amazing runner:

First of all, in 2008, he was still a "dirt-poor" farmer in Kenya, growing maize and tending to cattle. He was running around 4 miles a day – and from a Kenyan, that means that's what he covered doing his daily chores. Then came a "chance" encounter with Geoffrey Mutai who invited him to

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



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at me. Or they fly by. Suddenly, there must be a magpie in my book and an orange sunrise. There must be empowerment for those of us who are labelled “Athena”. There must be women laughing together and purple cars and purple houses and purple flowers.

While writing my imaginary book on a recent run, I noted that running and drinking have lots in common. I have gotten scars on my hands and knees from falling while running and while drunk. I have accidentally let strangers see me peeing while running and while drunk. The same goes for losing articles of clothing, feeling prettier than I actually am, and crying with strangers who instantly became my best friend. (I love you, Megan D!) The biggest problem with writing while running (or being drunk) is, in that moment, my ideas seem BRILLIANT and HILARIOUS!!! Just as the caps lock button and excessive exclamation points do not make my writing more exciting, runners high does not make me a good writer.

I would give up on the whole project right now but I can’t. Characters keep following me on my runs and I can’t outpace them. One has Down Syndrome. One is a magpie. Sunrises are an important part of the story and Tina Fey would be too skinny to be the main character. Given the choice between not running and just accepting my new running buddies, I will take my new running buddies. No problem. They are funny and interesting and sometimes inspire me to cry. Also, I haven’t had imaginary friends in decades. The problem is that they don’t leave when I stop running. They haunt me when I sit. They tell me to run or to write but most certainly to stop wasting my time with television or magazines.

As if in a blackout, I assembled a desk over the course of the previous two weekends. It’s beautiful. I have named her Stephen, after Stephen King, even though she has declared herself to be female. She, along with my other imaginary friends, has expressed strong opinions. She is to be Stephen and she is to be female and she is my desk for writing my book. And when I have nothing to say, I am to go for a run, even if it is snowing, even if it is cold and dark, even if I would rather watch television and eat unhealthy food.

Thank you, dear Wind Drinkers, for being my imaginary and real friends for so many years, for

join his training group. “I think what really motivates me to be a fighter is the fact that I come from a humble background...I try to really make sure that I achieve my best so that I can assist my family.” No wonder that if we hear of a Kenyan who takes up running, they immediately become “world record” material. And, since beginning his serious training, Dennis made sure everyone knew he was going to break records. He ran a 1:01 for his 1st ½ marathon, and 59:14 the next year. He ran alongside his mentor (Geoffrey Mutai) in Berlin and missed winning by 1 second (2:04:16) – not bad for his 1st ever marathon. Then he won Tokyo (course record) and Chicago (2:03:45, and a course record) – and made these amazing predictions about the world record before this year’s Berlin Marathon. “If the weather is perfect...I’ll break the record.” And the weather was perfect (48 degrees, sunny – flat course).

If you watch the final 10 minutes of the race, you’ll see the most composed, steady, smooth, focused person on the planet. If for that experience alone, treat yourself to those 10 minutes. They just might get etched on your memory banks – and filed away as “this is what I can look like if ever I’m under pressure!” All of his 5-km splits were in the 14:30 – 14:40 range. The main reason he beat Emmanuel Mutai was his 7th 5-km, a 14:09 !! And Mutai was just 16 seconds behind! Enough statistics! Well, almost enough. I looked up the progression of marathon world records, and if you go back 70 years, here are the progressions (starting in 1944): 2:26.42, 2:17.39, 2:12.12, 2:09.12, 2:08.05, 2:06.50, 2:04.55, 2:02.57. If you notice, the average drop in time is 2 minutes every 10 years. So, by 2024, someone will have run a sub-2 hour marathon. Both Kimetto and Mutai said after the race that the 2 hour marathon is going to happen.

Other little tidbits: all these fast record-setting races for the past several years have been won while wearing the Adidas “Adios Boost” running shoe. So...if you want to set records, maybe you should go get the Adidas Adios Boost, no? Well, it might help to have the body of a rural farmer from Kenya...! This last race earned him \$154,000.00. And he’s about to win the “World Marathon Majors Title” – which includes a ½ million dollar bonus. With all this money and appearance fees, he sends it all back home – building churches, schools, and he funds opportunities for younger athletes: “I also help young

helping me to move when my mind told me to sit, and for helping this “bigger than Tina Fey” body-typed woman to feel welcome in our super-fit, generally “skinny like Tina Fey” running community.

May the sunrises and magpies bring you great joy.

Sincerely,
Dee

RACE CALENDAR

November

2 2nd Annual Livingston Education Foundation 5K Zombie Run. 9:00 am preceded by a free kids run at 8:30 am. Questions evjeendurance@gmail.com or lef4kids@gmail.com

8 Jim Banks Turkey Trot. BSWD Tradition. Meet on Springhill Road at Foothills Fellowship Church on Centennial Drive. 9:00 am. Distances of 1.3, 2.7 & 4.4 Miles. Predict your time and win a turkey for the holidays. www.winddrinkers.org.

8 Junior Olympics Cross Country 5 K : Open and Masters at East Gallatin Recreation Area Bozeman. 11:00am start. \$5.00 entry fee. Register at coacho.com by November 4. For more information regarding registration, schedule, maps and competition rules visit www.bozemantrackclub.org or contact Dave Skelton at 406-587-7698 or at bztclub@bresnan.net

15 Bon Appetite. BSWD Fun Run. Meet at the Elks Parking Lot (205 Haggerty Lane) at 9:00 am to run any course and any distance followed by a no host breakfast at a local restaurant (to be decided that morning) at 10:00 am Call 586-5543 for information.

27 Huffing for Stuffing. Thanksgiving Day Run for the whole family with proceeds going to The Gallatin Valley Food Bank. Starting at 8:00 am. 5 & 10K Runs with a 5K Untimed Run/Walk and a Kids Run.

December

6 BSWD Jingle Jog. Starting at 9:00 am at the Lindley Center. Bring a Christmas goody to share. www.winddrinkers.org

January

3 Fat Ass 50K. BSWD annual event at Headwaters State Park at Three Forks. Run as many 5K laps that you want on trail or road courses starting at 9:00 am.

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athletes who are at the start of their running career, because they are now like I used to be in the past and I know how important it is to be helped at the start... In the future, they are the world record holders and champions, so I find it important to help them.” Now, I know the BSWD helps young athletes with its scholarship program....perhaps we should find a Dennis Kimetto in our midst. Come on, Bozeman....this person IS out there somewhere!!
- David Summerfield



Above: Dennis Kimetto crossing the finish line at the Berlin Marathon (Sept 28, '14) in a world record 2:02:57

Below: From the John Colter Run, photo by Darryl Baker. Bob Hayes, who is 88, and Cooper Johnson, who is 8.



Self timed. Official course closes at 3:00 pm. If the temperature in Bozeman is 0 degrees or below that morning, the run will be held the following Saturday. www.winddrinkers.org

February

7 BSWD 34th annual Froze Nose at 9:00 am on the MSU campus at the corner of S11th and Grant Streets. Your time at this event will determine your Handicap for the annual BSWD Handicapped Run in March. Choose from distances of 1, 3 or 5 mile courses.



RACE RESULTS

Back To Bridger - October 18, 2014 - The annual Back to Bridger Run was held under sunny skies and warm temperatures. It was not at all what the club founders expected at this event. Frank Newman once told me you wanted the weather to be as cold and snowy as possible, thus indicating a great year of skiing. Those who participated this year seemed to enjoy the ideal fall morning. Thanks to the Doughers, Frank, Sandy and Tracy for organizing plus setting up the courses. Thanks to Susan Sullivan and Lynn Hubert for timing. Thanks to Jonne Shearman for the cupcakes. It was rumored that someone (maybe there were others as well) even ate two of them. Times are:
17.5 Miles: Wendy Bauwens 2:57:49. **12.5 Miles:** Ana Brown 2:03:28; Sherri Renck 2:33:53; **10 Miles:** Rob Maher 1:16:30. **7 Miles:** Kurt Buchl 1:05:25; Leigh Holleman 1:05:28; Darryl Baker 1:05:42; Lori Johnson 1:09:30; Lindsey Hanna 1:12:51; Allen Bross 1:12:51; Anita Moore Nall 1:17:22; Jamie McEvoy 1:17:24; Fabian Menalled 1:21:41; Dorothy Bradley 1:26:05. **3 Miles:** Whitney Adams 30:06; Teresa Galli 31:32; Gail Cary 32:45; Celia Bertoia 34:27; Leonard Baluski 36:22; Irene Greinberg 37:45; Leon Shearman 44:24; Bob Wade 47:18; Jean MacInnes 47:58; Sara Fedorka 52:30; Emily Kimmel 52:51; Kay Newman 57:24. **1.5 Miles:** Suzanne Winchester 36:18.

Halloween Costume Run - October 25, 2014 - A small crowd showed up both in and out of costumes to enjoy the fine run organized by Tomas Dumbrovsky and Whitney Adams. Timers were Tom Moore and Suzanne Winchester. Thanks to them all. Times are: **1 Mile:** CJ Oostema 14:07; Bob Wade 15:12; Kay Newman 20:10; Madison Oostema 21:05; Jake & Shawna Oostema 23:08; Mia Dudas 23:09. **3 Miles:** Gail Cary 29:27; Leonard Baluski 30:00; Tracy Dougher 33:20; Andrew Holleman 35:44; Poppy Atkinson 36:21; Susan Atkinson 36:23; Sierra Holleman 39:27; Bev Adams 52:00. Jack & John Dudas also ran with no time recorded. **5 Miles:** Rob Maher 35:06; Joanne Perino 37:00; Tom Walsh 37:00; Lisa Verwys 39:01; Whitney Adams 41:11; Leigh Holleman 43:40; Sherri Renck 47:18; Jamie McEvay 50:29; Kathleen Karlsen 56:24; Joey Karlsen 56:25.



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

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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

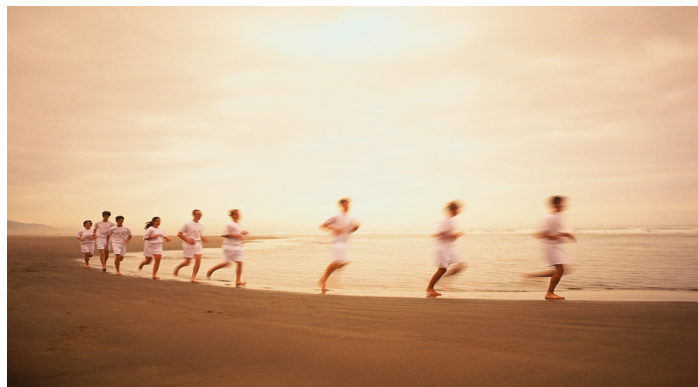
Four Zero Six Shirt Screening, Pete Sveen, 10% off, 600-5753

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.”**