

May 2016 Newsletter # 464



THE WIND DRINKER IS A
NEWSLETTER FOR RUNNERS OF
ALL ABILITIES

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

From the Prez

By Rob Maher

At the BSWD spring potluck on April 20, Tom Hayes presented an extended version of his PechaKucha narrated slide show about the history of the Wind Drinkers. Tom's excellent presentation reminded me that a lot has happened since the creation of the club by Frank Newman and Andy Blank in 1973, and only a few of the charter members on the roster at the time of the official founding in 1975 are still present here in the Bozeman area. Jim Banks (who Tom interviewed in our January 2016 newsletter) is one example.

As I listened to Tom Hayes' presentation I started to think about how our tradition in America is to name children, places, and events after famous people in our past and present. Many of our street names, park names, young children's names, business names, and even dog and cat names trace their heritage to a notable person from the past.

Along with the name "Bozeman," perhaps the most prominent local example name is "Bridger," the surname of legendary mountain man Jim Bridger, who roamed the Rocky Mountains in the 19th century generation after Lewis and Clark. We have the Bridger Mountain Range, Bridger Brewing, the Jim Bridger Run, the Bridger Ridge Run, Bridger Bowl ski area, probably 500 dogs named Bridger, etc. So many "Bridger" monikers are floating around the running community that our 50km run

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The Mature Runner

By David Summerfield

The Mature Runner Obviously Has
Super Thought Control

I was blown away from an article in the Bozeman Daily Chronicle this week (using that reference, you must assume it is now mainstream knowledge and won't shock anyone, right?). So, go to Saturday, April 23, 2016, page 2: headline – "Mind. Blown. Brain-controlled drone race pushes future tech". Site: indoor basketball court at the University of Florida in Gainesville. 16 teams at the world's first drone race involving a brain-controlled interface – using willpower to drive drones across a 10 yard distance. This was 1st demonstrated at the University of Minnesota in a public display in 2013. Of course I'll have a "hay-day" with this one!! If your thought can make a drone rise up off the ground and proceed in a willed-specific direction, isn't that what we do every day we go out for our "workout"? And what if that drone, sitting on the ground, had thought back at the competitor wearing the brain-controlled headset: "naw, I don't feel like it today, I'm a bit tired from all the practicing. Think I'll just sit here and rest for the rest of the day." The competitor wouldn't allow it – and would obviously override the drone's resistance and made it fly! That's a hint, dear reader. Got a problem getting out of bed to go for a run? Who's controlling you, anyway? Dare I ask, "Who IS controlling you? You or your body?"

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



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that previously used the Bridger name is now called the “Old Gabe,” relying upon Jim Bridger’s nickname to avoid confusion.

And we have two BSWD competitive events named for our own famous people. The first is the Frank Newman Marathon, which is held on the Saturday of Memorial Day weekend. The late Frank Newman (1931-2011) was more than just the co-founder of BSWD. He was also a firm believer in the importance of our club being not just about the fastest times and the greatest elite accomplishments, but also about participation by any and all interested people in our community. This essential sentiment is expressed in the founding charter where Frank Newman wrote “Therefore, it is not important *how fast* one runs but *that* one runs.” BSWD embraces the community spirit of Frank Newman by keeping the cost and folderol to a minimum for the spring event that bears his name. Although I did not know Frank very well, he always knew my name and I remember looking for him at the start and along the route of the Frank Newman course. I know that Frank and his family could not be happier about how we honor his legacy with the marathon.

The second competitive named event is the Ed Anacker Bridger Ridge Run. Ed Anacker (1921-2011) was a legendary figure in the Bozeman running community. By the time I met him in 2002 or so, Ed was already over 80 years old and retired more than a decade from his position as an MSU chemistry professor, but still showing up for the BSWD weekly fun runs—usually in his VW microbus! My own two young sons used to come to some of the fun runs in those days and they would often end up walking the 1 mile course with Stella Anacker, Ed’s wife: the boys could tell a beautiful grandma when they saw one! Stella passed away in 2007. Ed Anacker’s creation of the Bridger Ridge Run in 1985 established the iconic trail running event for Bozeman and all of southwest Montana. While the logistics of the event has evolved over the years and the route has become beaten into a much more distinct trail than in the early days, each August BSWD welcomes people who have decided to tackle the course for the first time—and everyone who has participated in the Ridge Run will always remember his or her first time. I know that Ed and his family could not be happier about how we honor his legacy with the Ridge Run each year.

Whether this year you go out seeking your first completion of the Frank Newman Marathon or perhaps your first completion of the Ed Anacker

The next step (of course) was to google “how can thought have power”. Up came a site called Collective-Evolution. I would recommend it to all (mature) people! It offers up the current discoveries and discussions about all the things that are being created/discovered today to solve all the world’s problems. It is the most amazing resource for “this is exactly what is being done today to fix what’s wrong in our world” and gives endless articles about how to help change the world by oneself. Because of what quantum physics has uncovered, thought is seen now as just energy and vibration. It’s already shown that matter is just that, but thought is no different. All there is around us everywhere is a whole array of vibration levels. Get down to the sub-atomic level, and there’s nothing but pure energy – and we then see that we’re all part of one energy field called the “unified field”. As I learned from Bill Bryson’s book “A Short History of Almost Everything” – whatever we see with our senses is pure illusion – we never even touch the ground when we walk on it – there’s always a “thin” layer of space between all objects. That makes the following true – what is real is that which we cannot see (or feel, hear, or taste, smell, etc.) Years ago, science proved that there was such a thing as electrical waves, and now we know that thoughts emit wavelengths/vibrations – and follow along electrical waves. And instruments are invented that can catch those vibrations, and send them to do a specific task – like fly a drone in a basketball court. How about moving a seemingly objecting body to move along a certain trajectory, like down a path in the mountains? Here’s a case in point. Me, (of course being a mature runner) came up with a challenge yesterday. I spent a good amount of time with a carpet shampooer, up and down stairs and all that. I moved a lot of furniture (we bought a couch and had to rearrange the whole house to accommodate it), and I had less sleep than I usually like. It was Friday, my blessed Friday when I go out onto the High School track to do a “springtime getting back in running shape after a winter of skiing every day.” I didn’t feel like it. I had a narrow window of time between PE classes – I usually have about 20 minutes between classes to do my 20 minute time trial. The track is 1.5 miles away. The deadline was fast approaching, and my body said “don’t do it...you’re sore....you’ll hurt...get back in bed.” I had 15 minutes of contemplation. I slowly changed the thought form. And, I really doubted it would work. In a rather mechanical way, I walked out the door, told myself – “ok, now DO IT.” The body woke up, I was a little shocked, it got better, and suddenly all was going smoothly. The energy kept increasing, I was never so energized. Energy kept building all day long. Something tells me all runners worth their “salt” do this all the time. Somehow we’ve learned how to dispute the data being fed to us by the body. We’ve learned how to override the system. I wonder if instead of putting on this brainwave headgear shown in the newspaper article – and willing a drone to fly, we could have the receptors placed in our bodies, and get the body to

Bridger Ridge Run, I hope you will take a moment to reflect on the great gift that people like Frank and Ed have given us: a spirit of courage to will and to persevere in all of the challenges life puts before us.

RACE CALENDAR

May

4 BSWD Fun Run at Highland Glen (on Highland BLVD) at 6:30 pm Check the website.

7 Don't Fence Me In. Helena. 30K at 7:30, 12K at 10:00, 5K at 10:30, Non competitive dog walk at 10:45. All starts and finishes near Anchor Park. This is a fund raiser for the Prickly Pear Land Trust. "May we all have trails to run 4 ever" Contact Martin Miller at 459-6296 or mpmiller93@yahoo.com. On line registration soon at www.pricklypearlt.org Note: The course change on the 30K route is shown on the website.

11 BSWD South Side Trail. Run at 6:30 pm followed by a pot luck. Bring a dish to share. Thanks to Kurt Buchl

18 BSWD Triple Tree on Sourdough Road at 6:30 pm

25 BSWD Fun Runs continue at East Gallatin at 6:30 pm.

28 Frank Newman Spring Marathon, ½ marathon and Marathon Relay. The run is in honor of the founder of BSWD. The marathon starts at 8:00 am on Bridger Canyon Road. The half marathon starts on Bozeman Hill on the Frontage Road at 9:30. You can preregister (www.Winddrinkers.org) or register at the start at 7:30 am. The finish is at Sacajawea Park in Livingston where you can enjoy a picnic lunch. Cost is \$3.00 per runner and each guest. This is a low key event yet miles are marked and there are 3 water stops.

June

16-18 Montana Senior Olympics. Helena. For adults 50 and older. Competition in 5 & 10K Road Races, Race walks, Cycling, Track & Field plus other sports. Information at Kayjn3@gmail.com or www.montanaseniorolympics.org.

18 Wulfmans CDT Run. Point to point 14K on the Continental Divide. Homestake to Pipestone Pass. Trail run with good footing in most places. Cutoff at 240 entrants. Post race picnic at 11:00 am. RunSignUp .com

18 BSWD Old Gabe Run. 25/50K. For entry call Tom Hayes at 406-556-1496

July

4 Reach Inc. Race for Independence. 1K, 5K, 10K to benefit adults with developmental disabilities in our community. For more information, visit:

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obey us as if we were in the U of Florida basketball court. Seems like a round-about way to do what we already do directly! The interface equipment costs \$500. Hmmm, free sounds better. So, go have fun playing with your own personal interface equipment and do what you really want to do!!

- David Summerfield

Vibrate The Cosmos – Your Thoughts & Intentions Can Create Your Path



Dear Wind Drinkers,

April has brought green grass and flowers back to our beautiful valley. This month has also brought my vision back to full sight.

My weekday runs are mostly executed in the early mornings, before work and traffic start to weigh on my thoughts. As soon as sunrise is later than 7am, my morning adventures are mostly limited to the small circle of light illuminated from my headlamp. This is how most of winter feels to me... My head stays down, I try not to fall too far or too often, I enjoy the sky when colors and clouds appear, and I endure the darkness for months on end until I can open my bedroom window and wake to fresh air and the sounds of singing birds. On winter weekends, I make the most possible use of daylight, running through snow and wind, working for every moment of peace and unity with my environment. Running has made the darkness of winter tolerable and given me incentive to keep moving. I want to be ready when our local trails dry out. I want the mountain wildflowers to feel accessible the minute they sprout from the cold soil.

At the turn of 2016, I spent a few months pondering David's mind-over-matter writings. There is no doubt for me that some of us have less dopamine and serotonin than others. In the world of mind-over-matter, this seems like a disadvantage. Not that I cannot embrace the power of my mind the way David can, but that harnessing and expanding that power

www.reachinc.org or call Dee: 406-570-5852.

16 Devil's Backbone. 50 Mile Solo & Relay. For entry call Tom Hayes at 406-556-1496

23 Headwaters Bank Run. Three Forks. 5 & 10K plus ½ Marathon to benefit the Headwaters Trail System to build more trails. Register for \$20 by 7/6/16 on line at racemontana.com or visit www.threeforksmontana.us Click on Visit Three Forks then Headwaters Trail. Register at 7:00 am at Veteran's Park on Race Day. Half starts at 7:30 am and at 8:00 am for the 5 & 10K. For more info call Lotse at 406-599-7791 or Email to: lotse@hotmail.com.

August

6 Sweet Pea Run, Annual Bozeman Tradition. 5K starts at 7:25 am and 10K at 7:15 am at 208 E Main. Register & information at runsignup.com/Race/MT/BozemanSweetPeaRun. No race day Registration. Packet Pick up at Security Bank at 670 S 19th (basement) on Wed Aug 3 – Fri Aug 5 10:00 am – 5:45am. Race day information from 6:00 – 6:45 am On Bozeman Ave (SW side of Main Street)

13 Ridge Run

September

3 Fun Run 13 for Charities. Red Lodge. 5 & 10 Run, 5K and 2 Mile Walk. No entry fee. Donations encouraged. www.RedLodgeFunRun.org or email funrun@rlacf.org

17 Colter Run: Save the date. Details to follow.

18 Montana Marathon. Billings at 7:00 am-1:00pm Montana Half 8:15-1:00 pm. Montana Marathon 10K at 9:15-1:00 pm. [Runsignup.com/Race/MT/Billings/The Montana](http://Runsignup.com/Race/MT/Billings/TheMontana)

October

29 Montana Cup. Bozeman. Save the date. Details to follow.

RACE RESULTS

Back From Bridger - 4/16/16 - The annual BSWD Back from Bridger Fun Run started in the Bridger Bowl parking lot which provided a snowy slippery start to the traditional event. The course provided views of elk and deer. Thanks to the Doughers (Frank, Tracy & Sandy) who planned and set up the event. Also thanks to the timers who were John Aichson, Colter Flanagan, Barb Keith, Kevin Keith, Ester Schwier, Brad Stanten and the three Doughers. Results are: **18 Miles:** James Childre 2:15:02; Rob Maher 2:22:57; Terry Leist 2:22:59; Kelly Green 2:46:24; John Tengelsen 2:46:25; Lindsey Hanna 3:12:43. **12.5 Miles:** Lori Johnson 2:06:00. **10 Miles:** Chris McCarthy 1:17:16; 7 Miles: Jill Bedessen 58:05; Kurt Buchl 59:58; Darryl Baker 59:59; Bill

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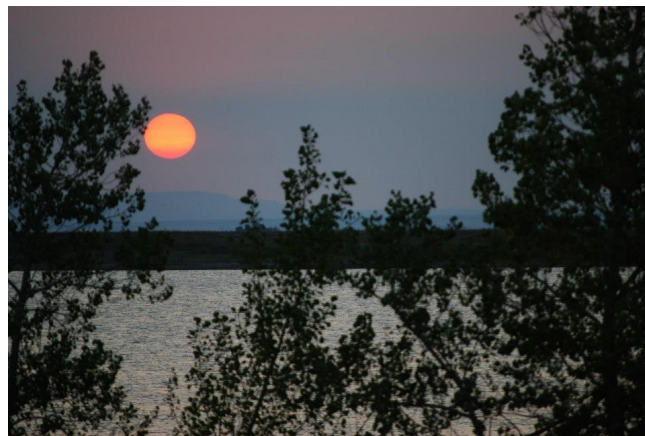
does not come as easily. I will never run like an Olympic athlete, no matter how diligently I train. It's not in my genes. Still, I can experience the same level of joy and feelings of accomplishment and frustration in running that they do. Similarly, if I can expand the power of my mind, I am willing to work for that. I don't want November through March to be just a grind for me for the rest of my (hopefully long) life. So what do I do? The same thing I always do. I ponder the question, "What might it be like if...?" What might it be like if I could enjoy winter for what it is, as a slower, darker time? What might it be like if I could learn to slow down with the seasons and still feel joy and connection to my surroundings?

This winter, I failed miserably at slowing down. But failure no longer scares me. In terms of accepting the darkness and enjoying each winter day to its fullest potential, I did better in 2016 than in 2015. I plan to spend the winter of 2017 practically enlightened. And how will I do that? I have no clue. But I have many months of sunshine, warmth, and wildflower happiness to let my mind and body wander until I come up with a solution.

Thank you, Dear Wind Drinkers, for inspiring my imagination and sharing my joy about the start of racing season. I look forward to seeing you on the trails.

Your devoted editor,
Dee

Photo by Dee Metrick:



(Continued from page 4) **Results...**

Flanagan 1:01:09; Teresa Galli 1:05:02; Kelly Wilson 1:05:02. **3 Miles:** Jesse Hildreth 21:30; Craig Hildreth 24:15; Gail Cary 25:32; Leonard Baluski 26:47; Leon Shearman 43:04; Jean MacInnes 44:10; Bob Wade 48:44.

Photos by Darryl Baker:



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 2015

Prez: Rob Maher rcmaher@hotmail.com

Vice Presidents: Whitney Adams, Craig Hildreth, Tracy & Frank Dougher, Bob Eichenberger, Jenna Fallaw, Carrie Gaffney, Leanne Roulson
Membership: Darryl Baker, 582-5410

Treasurer: Jacki McGuire

Results, Calendar: Kay Newman
kayjn3@gmail.com

Secretary: Kathy Brown

Equipment Mgr: Leigh Holleman
leighholleman@msn.com

Publisher: Tom Hayes

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:

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,

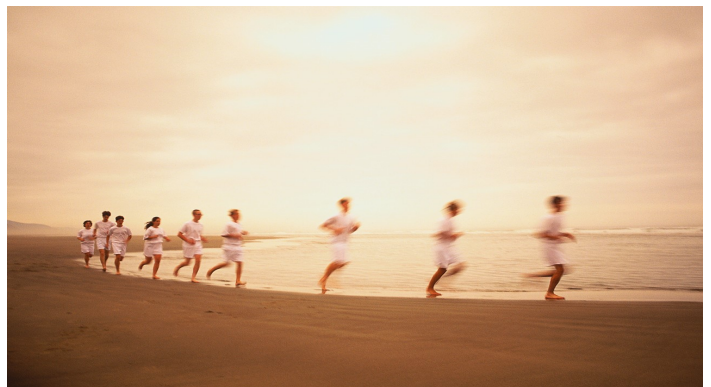
Advanced Training Project, Steve Conant, 10% off, 581-5545

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.”