



# June 2016 Newsletter # 465



THE WIND DRINKER IS A  
NEWSLETTER FOR RUNNERS OF  
ALL ABILITIES

Renew your BSWD membership this month at:  
[www.winddrinkers.org](http://www.winddrinkers.org)

# The Wind Drinker

## From the Prez

By Rob Maher

It should be no secret that I'm a strong supporter of "linear parks:" public trails and recreation corridors passing through and between neighborhoods in a community. Enlightened urban planners realize that providing off-street interconnected trail systems encourages bicycle and foot commuting in addition to the obvious opportunities for recreational use. Some communities around the country have created trail corridors that follow the natural geography of the city, such as creek valleys and ridge lines. Sometimes the corridors include other civil infrastructure like sewer and water utility pipelines, and power lines and communications cables. Many communities have found ways to reuse abandoned rail corridors for "rails to trails" projects. Bozeman's Gallagator Trail and the Story Mill Spur Trail are local examples. In New York City the abandoned elevated train tracks not far from the Hudson River in midtown Manhattan have been converted into the popular and beautiful High Line walking parkway. Whenever I travel to a new community I like to look at maps of the community trail systems to see how the planners have made use of the linear park amenity.

From the standpoint of linear parks, it's too bad that Bozeman didn't have the opportunity to establish key corridors through town before urban growth took over. Wouldn't it be

*(Continued on page 2)*

## The Mature Runner

By David Summerfield

In the past we have shared some of the more memorable essays written by those wishing to run in the Bridger Ridge Run. There's a huge spectrum of reasons to run this thing....here are a few we think need sharing – for some darn reason... The authors' names are withheld, to protect the innocent!

"I'd like to see more of the Bridgers and also say hi to the squirrel that made confetti out of my spare underwear when I went camping there last year. That guy really knew how to party."

"Because it's a real challenge for me? Because I want to make my 26 year old cat (no joke) proud? Nah. You should accept me because I love what you are about, and that color looks good on you today. New haircut? It makes you look 10 years younger."

"Because I'm from Virginia and want to experience some of the toughest mountains in the West! And because I think this race will be EASY. It's not even a full 20 miles. Can't be that difficult."

"I Hail from LA wher da land is swampy, Where Voodoo say, Your soul, it cant b fixed.Ive been tol by

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



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wonderful if the town founders had penciled-in a Bozeman Creek Trail that followed the creek corridor all the way from south of town at Sourdough Canyon, north through downtown Bozeman, and all the way north past the Stockyards and out to the East Gallatin area? And what if the founders had thought about 11th Avenue as a great place for a trail corridor linking MSU north to the high school and beyond, and south past the field house and all the way down to Leverich Canyon? Ah, the endless possibilities if one could go back in time...

Recently there has been talk of establishing a better trail corridor along Kagy Blvd., and even the possibility of a trail from northwest Bozeman out to the airport and Belgrade. I encourage BSWD members to participate in these discussions and to get involved by encouraging our city planners and elected leaders to keep linear parks a priority that is appropriately balanced with the calls for conventional parks like softball diamonds, soccer fields, and swimming pools.

Meanwhile, one of my new pet projects is figuring out a good loop route that circles Bozeman as much as possible on existing trails. I'll call the loop "Bozeman 360" or something like that. I think I have a the basic concept for a good route starting at Tuckerman Park and following the Sourdough trail north to Kagy Blvd, then Kagy east to the Highland Glen area, through the Glen area and across Highland Blvd. to Lindley Park, then north across Main St. to Broadway, up to Story Mill Spur and all the way to the East Gallatin Recreation Area and then Cherry Creek. That would comprise the counter-clockwise "Bozeman 180." I'm not as familiar with the northwest Bozeman trail options, so I could use some help and suggestions on how to choose a route from Cherry Creek across to the new northwest Bozeman neighborhoods west of 19th Avenue, south to the Mall, over to MSU, and then back south to Tuckerman Park. My goal is to have the route figured out this summer and then see if BSWD members might be interested in running all (or part) of the route this fall. I figure it will be close to 20 miles. Let me know what you think!

Marie herself there is no utta way, if u don't run up hi they b no utta try. U b 60 soon. Time wil run out if u don't run d Ridge u always b in doubt"

"In case there isn't a 33rd BRR due to our country ending in November, and because preparing for/participating in the 31st BRR was a damn fine experience I was lucky enough to share with my wife and friends and would love the privilege of repeating."

"On the Ridge, there is only the present moment. But that moment takes years, or lifetimes, to understand. Past and future fall away like East and West. So point your toes South, cinch up your kilt, and hang on. – The Unknown Bagpiper"

"I'm a Montana girl! Here I found magic in the trails and mountain tops. Last year I lost my brother. My friends and the trails have kept me sane, moving, living. It's time now to get them on that trail, high on the ridge, under that big sky."

"I am a recently separated Paramedic moving to Bozeman. I'll be running in memory of a team mate who was killed in Afg. As a reminder to myself of how lucky I am to have another day to run and breathe fresh air."

"11 yrs ago the Ridge conquered me. Lost for hours, sliding down scree, tearing bottom off my pants, crying on the hillside, staring @ my house below, vowing never again! View from my house – Ridge taunting, laughing @ me! Let me conquer the Ridge!"

"The poet Rilke wrote "The future enters into us, in order to transform itself in us, long before it happens." The seed for this race was planted only a couple years ago, but the spirit of the race has long resided in me. The mountains are calling..."

"There once was a boy named Gil, they told him to go run up a hill, he took their advice, and didn't think twice, so now he is running for thrills. This masochist indulges in endless training, full-body lube, and lancing blisters."

"There is a race across the Bridger Range/Whose runners must be deranged/But to finish again/I'll have a fat grin/And my wife will still think I'm strange"

## **RACE CALENDAR**

### **June**

**1 BSWD Bozeman Creek.** No watches allowed. Try to finish your distance in the previously allotted time. Starts at 6:30 pm

**8 BSWD Drinking Horse Mountain.** Starting at 6:30 pm

**15 Tour de Critters.** BSWD traditional fun run. 6:30 pm. Off of Jackson Creek Road (formerly Tour de Wolves)

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

**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 Heart and Sole Run for your Life 2016.** Billings. 5 & 10K Runs and 2 mile health walk. Registration & information at [heartandsolerace.org](http://heartandsolerace.org). 406-254-7426

**22 Historic Depot to Story Hills.** BSWD. 6:30 pm

**23 – 25 Junior Olympic Championships.** Bozeman. MSU Track & Field Complex. Ages 18 and under. Volunteers are needed. Experience not required. For information or to volunteer call 406-587-7698 or email [bztclub@gmail.com](mailto:bztclub@gmail.com).

**29 BSWD Andy Blank Track & Trail Run** starting & finishing on the MSU Track. 6:30 pm. Named for one of the founders of our organization.

### **July**

**4 Reach Inc. Race for Independence.** 1K, 5K, 10K to benefit adults with developmental disabilities in our community. For more information, visit: [www.reachinc.org](http://www.reachinc.org) or call Dee: 406-570-5852.

**9 The Beartooth Run.** Red Lodge. A road race that raises the bar! Starts at 10,000 ft at the top of the pass with a 500 foot gain. Parking opens at 7:00am. 8:15 mandatory meeting. Information at [Redlodgeevents.com](http://Redlodgeevents.com). Register at [imathlete.com](http://imathlete.com). Early deadline is May 22 with progressive rate hikes after that date.

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

**16 Change Your Pace.** Seeley Lake. The inaugural run with 5 & 10K Courses and a 2K family fun run/walk. Proceeds to local non profit organizations. The Bob Marshall Music Festival follows. Starts at the

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“Went to college, failed to start, decided to learn the ridge by heart. 7 years later, school is done, but one diploma is not won. My feet must meet from end to end, the ridge to which my time did bend. It was surely, my best friend.”

“The landmark ridge line/giving direction to all/some choose to take it/Bridger rock and sky/muscles burn as does the sun/just keep pushing on/Pain sweat blood more pain/the body falls to darkness/the mind soars to light”

“Top 3 reasons: - I grew up in Saskatchewan! Which is practically Montana?...except for the whole mountain range thing; - I live in Charleston, SC. The only place flatter than Saskatchewan; - I train in the Blue Ridge NC (don't laugh); Cheers!”

“For my mom who triumphed over cancer hiking trails with me, who says when she thinks of me running she can do anything, for my best friend Anthony, the truest support and inspiration I've ever known, and for me because when I run, life comes to life.”

“A Bridger Ridge Runner I yearn to be/1 of those lucky 250/Gliding across the sky through sleet or smoke/I'll scramble from the M to my excited kinfolk/ At the finish line a bigger smile you will not see/so please pretty please, stop reading, pick me!”

“I am scared to death of the Ridge Run, but I want to do it anyways. I will do it, pick a few lfowes along the way, throw up a couple times, probably be last, and drink a lot of beer at the end. There's still free beer right...?”

“Why I Run Up Mountains: A Haiku  
Negative voices/say: you are no good at this/I run anyway.”

“I like to read. I like to cook. I like to explore. I like to share. I like to experiment. I Like to challenge, to appreciate, to dance, to verVe , to cry, I like to climb. I like TO evoke wonder. I like to Understand. i like to gNaw life.”

Elementary school at 10:45 for the 10K & 11:00 for the 5K. 2K at 11:15. Info at [www.seeleylakecommunityfoundation.org](http://www.seeleylakecommunityfoundation.org) or call 406-677-3506. register at <https://runsSignup.com/Race/MT/SeeleyLake/ChangeYourPaceChallenge>.

**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](http://racemontana.com) or visit [www.threeforksmontana.us](http://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](mailto: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 [runsSignup.com/Race/MT/BozemanSweetPeaRun](https://runsSignup.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](http://www.RedLodgeFunRun.org) or email [funrun@rlacf.org](mailto: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. [RunsSignup.com/Race/MT/Billings/TheMontana](https://RunsSignup.com/Race/MT/Billings/TheMontana)

### October

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

## RACE RESULTS

**Target/Costco Trail Run - 4/27/16** - The first run of the summer season was held in typical Montana Springtime weather - clouds, rain and cool temperatures. Thirty one runners showed up despite the conditions. Thanks to Lee Ann Roulson for setting up the courses and to the timers who were Tomas

“We had twin girls last summer/And my hubbie applied to run too/Hoping to have a reason to train/ And a break from diapers too!/My plea is similar to his/But also I would like to compete/To inspire my three kids/By completing this awesome feat!”

## BUSINESS ANNOUNCEMENT

My name is Will Caton and I am the founder of Swiss Fit Montana ( [SwissFitMontana.com](http://SwissFitMontana.com) ). I have met with Chris McCarthy and he has been really great in trying to give me ideas to help get the word out about my business. As a result, I would like to offer your organization an exclusive training program.

In a few weeks you will host your famous Bridger Ridge Run. I would like to offer your club an exclusive Ridge Run specific training class. The training sessions would be specific to uphill trail running strength and downhill resistive power training. The sessions would meet twice a week at night for 5 weeks. These strength training sessions when combined with your regular run training will give you great results come race day!

Such a semi-private training package would normally run \$200 for 10 sessions. The WindDrinkers price would only be \$150 for 10 training sessions. As a bonus all participants would be eligible for a free post Ridge Run recovery session! This is an additional savings of \$20 to \$45. The sessions would run for 5 weeks just prior to the race. It would be best to have the last session the Tuesday/Wednesday prior to race weekend.

I can accommodate three runners per session and can offer two sessions a night for a total of 6 people per night or a total of 12 WindDrinkers for the weekly sessions. So, space would be limited, but I can promise great results for those that are committed to the training.

Please let me know what thoughts you have! I'd love to help the WindDrinkers have some great results in August!

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Dumbrovsky and Jeff Johnson. Times are as follows: **4.5 Miles:** Rob Maher 33:43; Roland Bachmann 34:37; Bob Eichenberger 40:30; Randy Oostema 43:05; Kelly Wilson 44:39. **3.1 Miles:** Travis Anderson 25:59; Tom Moore 26:43; Cory Vellinga 28:56; Teresa Galli 29:56; Gail Cary 30:21; Leonnard Baluski 30:58; Pam McCutcheon 30:58; Sarah Anderson 30:59; Cooper Johnson 32:58; Carrie Gaffney 33:00; Tracy Dougher 36:23; Leon Shearman 44:47; Jacki McGuire 45:31; Suzanne Winchester 46:28; Bob Wade 48:50. **1.1 Miles:** Sierra Holleman 11:50; Tobias Holleman 11:56; Maggie Hofferber 14:18; Cale Hofferber 14:19; Jean MacInnes 17:33; Christie Anderson 20:10; Eric Anderson 20:29; Kabe Donath 20:30; Kay Newman 21:20; Frank Dougher 22:21; Elaine Dougher 22:22.

**Highland Glen 5/4/16** - The second fun run for the summer season was conducted by Whitney Adams. Thanks to her and to the timers who were Mark Cenito and Jennifer Wirth. Times are as follows **1 Mile:** Andrew Holleman 5:18; Klara Dumbrovsky 6:34; CJ Oostema 8:16; Maggie Hofferber 8:50; Cale Hofferber 8:56; Finn Wirth 9:25; Evan & Dan Krza 10:07; Wren Wirth 11:19; Jon Wirth 11:21; Madison Oostema 11:33; Jean MacInnes 13:25; Jake Oostema 15:57; Shawna Oostema 15:58; Kay Newman 16:43; Leanne Roulson 16:43; Chris Roulson 19:11; Taber Roulson 19:12; No time recorded for John, Jack & Jay Dudas. **3 Miles:** Jeff Johnson 26:09; Bob Eichenberger 27:13; Peter York 27:31; Whitney Adams 28:03; Craig Hildreth 29:51; Darryl Baker 30:36; Cooper Johnson 30:56; Carson Swira 30:58; Cory Vellinga 31:06; Kelly Wilson 31:49; Pam McCutcheon 31:51; Alycia VanKirk 31:55; Leonard Baluski 33:46; Gail Cary 34:02; Sierra Holleman 34:07; Vicki Saab 34:41; Angie Kociolek 34:42; Tobias Holleman 36:12; Mia Dudas 36:28; Fabian Mualled 37:50; Irene Grimberg 40:00; Hazel Roulson 44:03; Leon Shearman 46:08; Maddie Swira 48:42; Jen Swira 48:44; Carrie Gaffney 48:46; Bob Wade 54:05; Sam & Tommy Bass had no time recorded **5 Miles:** Eric Bendick 35:39; Rob Maher 35:57; Roland Budemann 39:35; James Jong 40:54; Kurt Buchl 41:53; Tom Moore 42:15; Tracy Glass 46:27; Bill Flanagan 48:09; Teresa Galli 49:22; Randy Oostema 55:54.

**South Side Trail - 5/11/16** - The weekly fun run was arranged by Bob Eichenberger. Timers were Teresa Galli and Jennifer Wirth. Thanks to them all. Results are as follows: **1.1 Mile:** Sierra Holleman 11:04; Lazaro Vinola 12:18; Leon Shearman 18:16; Angie

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Will Caton  
Swiss Fit Montana  
406-548-7385

## **OTHER ANNOUNCEMENTS**

### **Region 11 Junior Olympic Championships – June 23-25, 2016**

Coming up in June is the 2016 Region 11 Junior Olympic track & field championships for student athletes ages 18 years and younger. Athletes from Idaho, Montana, Utah and Wyoming will convene at the Montana State University track & field complex to vie for a top five finish and qualify for the national track & field championships in Sacramento, CA on July 25-31, 2016.

The Bozeman Track Club is excited to be hosting this year's event because for the first time in five years the national championships will be contested on the western side of the country. Thus, we are expecting a record turnout at the Region 11 J.O. championships on June 23-25, 2016 at the MSU track & field complex.

As the 2016 U.S. Olympic Team Trials and the XXXI Olympiad in Rio de Janeiro draw closer, there is much excitement in the sport this summer. With all that enthusiasm, we as a youth track club are excited to serve as ambassadors of the sport of track & field and a guiding light for those young stars who dare to dream of being future Olympians.

The two and half day Region 11 Junior Olympic competition will boast some of the top athletes in our region, such as Trey Tintinger from Helena who is high jumping 6' -4" as only an 8th grader. His current mark would have placed him in the top three at last year's AA boys high school track championships. Another outstanding jumper is our own Delaney Bahn from Bozeman who as a freshman in high school and is currently sitting in a three-way tie for the top mark in the state with a height of 5' -7" for all four of the girl's class divisions.

Kociolek & Evan Krza 18:49; Theresa Leland 19:01; Jean MacInnes 19:02; Kim Rollefson 24:44; Kay Newman 24:45; Finn Wirth 29:27; Wren With 29:32; John Wirth 29:34; Morgan Dunlap 30:31; Neil Swann 30:32. Ann Wirth & Tiffany Allan had no times recorded. **3 Miles:** Andrew Holleman 20:55; Charles Eichenberger 22:30; Christian Blank 23:33; Rick Landers 23:37; Peter York 24:18; Martin Rollefson 25:10; Craig Hildreth 25:28; Cooper Johnson 26:13; Jeff Johnson 26:13; Randy Oostema 28:27; Tom Moore 28:42; Bonnie Eichenberger 29:46; Gail Cary 29:46; Fabian Menalled 30:01; Leonard Baluski 30:40; Dan Krza 31:58; Irene Grimberg 32:43; Tobias Holleman 33:36; Laura Humberger 34:25; Jacki McGuire 42:28; Suzanne Winchester 42:33; Gro Lunde 44:10; Mia, Jack & Jay Dudas 44:36. **4.9 Miles:** Ana Brown 32:10; David Ayala 32:11; Rob Maher 34:26; Jenna Fallaw 38:40; Leigh Holleman 38:41.

**Triple Tree - 5/18/16** - The trail at Triple Tree was enjoyed by a large group of runners. Thanks to Jenna Fallaw for setting up the courses and to the timers who were Leonard Baluski, Teresa Leland and Amy Stefan. Times are as follows: **Short Distance:** Taber Roulson 16:43; Maddie Swica 17:12; Greg Swica 17:13; Finn Swica 17:42; Jack Rainey 18:03; Neal Rainey 18:05; Wren Wirth 24:39; Jon Wirth 24:42; Bob Wade 24:45. **Medium Distance:** Rob Pudner 31:08; Whitney Adams 32:09; Tom Moore 32:46; Tracy Glass 33:57; Kelly Wilson 34:24; Connie Martin 35:03; Cooper Johnson 35:12; Kelly Sprinkle 35:21; Robyn Miller 35:48; Dave Kaseht 37:37; Tim Griffiths 38:10; Carson Swica 38:44; Jen Swica 38:46; Pam McCutcheon 39:35; Sierra Holleman 40:16; Cory Villenga 40:41; Tobias Holleman 40:49; Gail Cary 41:36; Tracy Dougher 44:30; Frank Dougher 45:46; Hazel Roulson 47:58; Leanne Roulson 48:16; Mia Dudas 51:41; Sandy Dougher 55:12; Jacki McGuire 1:02:47; Suzanne Winchester 1:02:48; John, Jack & Jay Dudas had no time recorded. **Long:** Andrew Holleman 44:13; Kyle McDonald 44:59; Kim Roush 47:32; Rob Maher 47:32; Jenna Fallaw 48:08; Jennifer Wirth 48:26; Roland Bachmann 49:33; James Jong 51:01; Jeff Johnson 51:45; Lukas Geyer 51:58; Leigh Holleman 52:09; Alycia VanKirk 52:40; Bob Eichenberger 55:38; Peter York 55:40; Darryl Baker 59:55; Gro Lunde 1:02:54; Craig Hildreth 1:03:02; Carrie Gaffney 1:05:15; Teresa Galli 1:05:17; Randy Oostema 1:07:19; Ana Brown 1:09:16.

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With all of this talent and excitement to look forward to we are really excited to be hosting this regional event. Our goal is to offer a first class event for all the athletes, coaches and parents who will travel to Big Sky Country as our guest for three days. It takes a lot of people to host a first class track and field championship, and with record numbers expected, we need the support of the community. Thus, we are asking for your help and assistance.

Specifically, we are looking for a two-hour commitment to help with some essential, but easy, tasks that do not require any previous experience or understanding of the sport. We need help with activities each day of the meet; such as, checking athletes in, serving as gate volunteers, admissions, retrieving implements, raking, holding a measuring tape, among others tasks. We could also use some help leading up to the meet on Thursday or Friday.

If you can help, or need more information, feel free to contact me at (406) 587-7698 or [bztclub@gmail.com](mailto:bztclub@gmail.com) --- and take the time to visit us at [www.bozemantrackclub.org](http://www.bozemantrackclub.org).

Thanks and see you on the track soon ---

Dave Skelton,

Bozeman Track Club

Also, news from **EXCEL PHYSICAL THERAPY:**

On Saturday, June 4th, we are offering a free Running Camp for beginner runners from 9am-12pm with Jason, Megan and Chad at our Bozeman office. We will limit it to 30 sign-ups and participants register online:

<http://excelptmt.com/2016/05/11/free-excel-pt-running-camp-642016-register-online-now/>

**EVENT FROM GVLТ:**

For every mile walked, hiked or biked on area trails, GVLТ will receive \$1 from the Trails Challenge Fund.

## **BALDY BLITZ**

### **FEMALE**

Caroline Hardin 2:14:42; Minde Erickson 2:16:49; Marilee Woyth 2:22:22; Jenna Fallaw 2:25:14; Liz Spartas 2:28:06; Chelsee Pummel 2:28:28; Shannon Gustafson 2:28:47; Jenny Terry 2:37:46; Melissa Moore 2:39:02; Fran Zelnitz 2:43:43; Megan Dehaan 2:44:14; Becky Speidel 2:44:15; Shayla Paradeis 2:44:52; Brittany Simkins 2:51:49; Leslie Cohen 2:53:30; Nikki Parnell 2:53:50; Allison Milodragovich 2:55:10; Katie Adam 2:58:18; Jelica Summerfield 2:58:42; Holly Robertson 2:59:10; Alisen Berry 3:03:13; Tracy Glass 3:03:53; Else Trygstad-Burke 3:07:07; Kelly Wilson 3:10:08; Annie Ley 3:14:21; Amy Braulrich 3:14:27; Kim Ibes 3:18:22; Audrey Baker 3:20:35; Jill Martin 3:38:11; Anita Moore-Nall 3:53:54; Cindy Austiguy 3:53:56; Jackie Woyth 4:07:45; Diordra Strigenz DNF

### **MALE**

David Ayala 1:49:03; Over 1:50:47; Chase Parnell 1:51:08; Mike Bestwich 1:52:42; Tyson Roth 1:53:48; Buzz Nanavati 1:57:53; Jim Rucker 1:59:49; Jonathan Hickett 2:01:37; Jake Milligan 2:01:55; Craig Hertz 2:03:16; Cale Hofferber 2:04:33; Eric Bendick 2:04:41; Christian Crozier 2:05:41; Tyler Melzer 2:07:57; Patrick Costello 2:09:49; Junior Eudave 2:10:56; Kyle Mehreas 2:11:19; Ryan Fell 2:12:10; Matt Lavin 2:12:27; Ben Ohman 2:13:14; Adam Cook 2:14:20; James Childre 2:14:43; Ian Nenbauer 2:17:05; Josh Apple 2:18:02; Erik Terry 2:21:09; Levi Lucy 2:21:27; Kyle Gunnarson 2:22:59; Ben Ford 2:26:09; Herbert Norten 2:26:49; Thomas Strathmann 2:27:08; Rob Maher 2:27:13; Eric Alley 2:28:05; Derek Gustafson 2:28:48; Carl McCarley 2:29:10; Michael Haskett 2:30:21; Jim Whelzu 2:30:54; Mark Genits 2:35:00; Joe Kilen 2:35:31; Bruce Maxwell 2:36:22; Bret DeYoung 2:36:36; Egor Trilisky 2:37:27; Michael Vlasses 2:38:12; Neil Swann 2:38:44; David Weinstein 2:39:10; Greg Johnson 2:41:15; Chylo Laszloffy 2:42:57; Sean Ostrowski 2:43:13; Scott Sheer 2:44:13; Brandon Koehler 2:45:05; Jeff Johnson 2:50:56; Robert Jensen 2:53:29; Nic Acker 2:53:37; James Jong 2:56:18; Bill Glass 2:58:09; Tim Griffiths 2:58:26; Neal "Mr. Speedy" Rainey 2:58:37; Rick Cooper 3:04:32; Scott Flatlip 3:12:19; Douglas Fisher 3:34:33; Joseph Harris 4:04:02; Don Rodgers 4:09:45; Sam Reid DNF, Tim Strigenz DNF, Greg Young DNF.

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Sponsoring businesses from the community (shown below) have done their part, now you can do yours. \$1 for 1 mile. It is that easy. Our goal is to reach 20,000 miles in just 17-days! Participants will be invited to celebrate at a BBQ at the GVLT office upon completion of the challenge at 6:00 pm on Tuesday, June 21.

Here's what you do:

1. Hike, bike, or walk on area trails.
2. Log onto [www.gvlt.org/events/challenge](http://www.gvlt.org/events/challenge) and record your miles. (logging form coming to this page soon)
3. Earn money for GVLT.

You can use a Fitbit to track your miles, an app such as Strava, or simply refer to the GVLT or any local trail map for distances. Record your miles after each individual trip, or keep track and do it all at once. Challenge your friends or even other businesses. We'll keep track and announce the winners at the ending celebration. Prizes will be awarded for the people who log the most miles as well as several other categories. Expect some serious competition and lots of fun!

### **Don't miss our Double Days!**

Saturday June 11th- Dee-O-Gee Double Doggie Day: Double your miles if you logged with your dog on this day! Pick up a free goodie at either Dee-O-Gee location if you log on this day.

Sunday June 19th-McKenna Financial Cycle Sunday: Double your miles if you logged on a bike on this day!

**Send us a photo of yourself logging miles** and we'll share your photo during our Facebook progress updates! Send photos to [ej@gvlt.org](mailto:ej@gvlt.org).

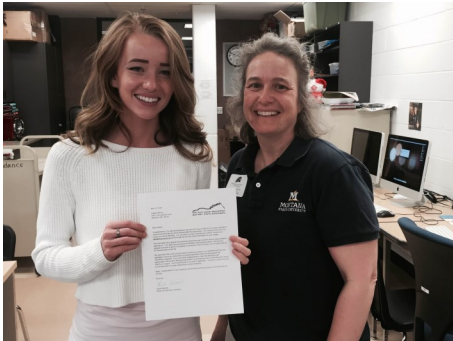
**\*MILES WILL NOT BE COUNTED UNTIL THE BEGINNING OF THE CHALLENGE ON JUNE 4TH\***

## **MORE WIND DRINKER NEWS**

Baldy Blitz Quick report.

Race day was typical Baldy Blitz weather, only problem is it only rained, no blizzard. But the rain was

**East Gallatin - 5/25/16** - Thanks to Carrie Gaffney for setting up the great courses at the East Gallatin. It was a nice evening. Thanks also to the timers who were Teresa Galli, Tracy Glass and Amy Stefan. Times are as follows: **1.2 Miles:** CJ Oostema 11:43; Maggie Hofferber 12:45; Cale Hofferber 12:45; Finn Wirth 13:06; Jane Foster 13:11; Sam Bass 13:16; Jack Rainey 13:28; Tommy Bass 13:29; Theresa Leland 17:03; Kay Newman 19:23; Jenny & Wren Wirth had no time recorded. **2.9 Miles:** Kurt Buchl 25:01; Jeff Johnson 25:02; Dan Hembigner 25:03; Ed Wiseman 25:11; Jesse Hildreth 25:36; Craig Hildreth 26:05; Cory Vellinga 26:14; Andrew Holleman 28:17; Angie Kociolek 30:17; Gail Cary 30:24; Celia Bertoia 30:24; Leonard Baluski 30:28; Cooper Johnson 30:55; Sierra Holleman 30:57; Leanne Roulson 30:58; Pam McCutcheon 31:03; Linder Wiseman 31:15; Randy Oostema 34:16; Tobias Holleman 35:23; Carson Swica 38:54; Leon Shearman 41:14; Mia Dudas 41:43; Daryl Baker 44:34; Bob Wade 45:15. **5.2 Miles:** Kyle McDonald 32:08; Jon Wirth 40:46; Lukas Geyer 44:02; Leigh Holleman 44:53; Elizabeth Coughlin 45:00; Neal Rainey 45:02; Tom Moore 45:05; Ana Brown 49:21; Alycia VanKirk 54:11; Robyn Miller 54:12; Kelly Sprinkle 54:12; Gro Lunde 54:48; Kim Roush No time recorded.



**Above:** Haiden Merica, one of four recipients of a BSWD scholarship

a torrential down pour for an hour or so. So I guess beggars can't be choosers. We had 98 people sign up. Thank you Tom Hays and Colter Flanagan, without these two, I wouldn't have pulled it off. Thank you also for those who showed up to join the fun. Please see attached copy of race results. Might be a good idea to post these to the Wind Drinkers web site. I've talked with Kurt and a few others, we will make a few changes for next year, but not to many. Kurt and I want to keep the essence of the Baldy Blitz alive: word of mouth mainly, very little race support, crappy course conditions, sprinkle in a dash of chaos, and there you go, we have a race called the Baldy Blitz.

Thanks again,

Bill Flanagan

## 2. Ridge Run Entry Statistics

This year the Bridger Ridge Run had a record number of people that put in for the race. It has obviously become a very popular race and as a result it is much more difficult to gain entry. The race is set up to allow 250 runners to run it. A number greater than this is selected based on numbers of drops in the past, and then by race day, there are approximately 250 runners. This year's Bridger Ridge Run entry statistics are as follows:

1. There were 643 people that signed up for the Ridge Run this year. 207 were women, and 436 were men.
2. There were 24 people that were let in based on the fact that they had been past winners or had run the Ridge Run at least 10 times.
3. 296 people were selected as a result of the lottery process, the fact that they were not selected last year, essay, or volunteers. Overall 106 women and 214 men were selected.
4. 323 people were not selected.

There were people from 27 states and 2 foreign countries that put in for the race. The youngest person is 18 years old and the oldest is 78. The vast majority of people that put in have never run it. One individual



(Continued from page 8) **Ridge Run stats...**

has run it 26 times. For those that did not get in this year, don't give up hope. There are still opportunities to help out this year. Come out and help us carry water, work an aid station, help at the finish line, sweep, and remember to put in next year.

Bridger Ridge Run Committee

### **HARD WAY UPDATE:**

Dear friends, family and colleagues,

I have some exciting news. Today we are launching a crowd funding campaign to raise the last \$15,000 for our documentary *The Hard Way*, an inspirational story about 89-year-old ultra runner Bob Hayes.

Our campaign will raise money for post-production, editing, color correction, sound mastering, music licensing, promotion and film festival entry. When finished the film will air on Montana PBS and in film festivals across the country and world.

We believe in Bob's story and this film. We hope you will consider joining us on this journey with a contribution.

You don't even have to put on your running shoes to help us finish this race.

You can contribute to our crowd funding campaign at Seed and Spark.

<https://www.seedandspark.com/studio/the-hard-way>

We have a month to reach our goal of \$15,000 and 500 followers. So also hit the FOLLOW button on our page. WE also have some killer incentives from race entries to t-shirts!

So please consider sharing this with as many people as possible. Tweet it, Instagram it, Facebook it, email, just do it! Follow us on Facebook at:

<https://www.facebook.com/thehardwaydocumentary/>

Thank you!

Jeremy and Erik

[erikpetersenphoto.com](http://erikpetersenphoto.com)

## 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](mailto:aikidonerd@yahoo.com)  
Website: [www.winddrinkers.org](http://www.winddrinkers.org)

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570-5852 or [aikidonerd@yahoo.com](mailto:aikidonerd@yahoo.com)

For recent updates on what's happening with the BSWD, get on the web; [www.winddrinkers.org](http://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](http://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,

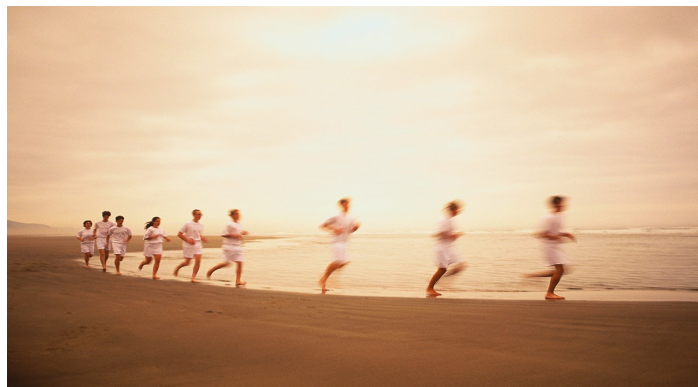
**Advanced Training Project**, Steve Conant, 10% off, 581-5545

**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](http://www.winddrinkers.org) for updates and more information.



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