



# July 2016 Newsletter # 466



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)

## From the Prez

By Rob Maher

Among the wonderful trends in the Bozeman area is the increasing number of running-related events and activities. There was a time that the Wind Drinkers sponsored or at least organized most of the running events around town, but these days it is common to see cones and paint markings set up for an event sponsored by a school, community group, bar, or one of the shoe stores (most often Bozeman Running Company and Schnee's).

Saturday morning, June 25, for example, had the 'Stache Dash 5k/10k (sponsored by Zoe Care), the Jim Bridger Trail Run 10 mile (sponsored by Bridger Ski Foundation), and the Run the Ranch 8k sponsored by Schnee's. Then Sunday, June 26, was the Bozeman Tritons Triathlon (sponsored by the Tritons Club), the Pony Trot 5k/10k (sponsored by the Pony, Montana historic preservation group), and the Livingston Farm to School Summer Scramble 4 mile (sponsored by the Livingston Farm to School Program). Lots to choose from!

Even when an event is not officially sponsored by BSWD, many of the local groups borrow race-related equipment from us, such as cones, flagging, stop/yield signs, timers, and so forth. It has been our policy to loan out equipment at no charge on a first-come first-served basis to community groups for such events.

Besides our BSWD Wednesday Fun

(Continued on page 2)

## Dear Wind Drinkers

By Dee Metrick

### Dear Wind Drinkers,

When I was a college student, one of my nicknames was "Everyday Debbie". If I enjoyed an activity or form of entertainment, I wanted to do it "EVERY DAY". This compulsive fun-seeking did not end when I moved to Montana. While my middle-aged actions tend to be healthier (and more consistently legal) since those more reckless times, my instinct to take a joyful experience and love it to death has not faded. Over my decade of running, when a race experience was spectacular, as many of them are in these parts of the country, I would make them an annual event. Thus, my multitude of Ridge Run finishes, my plethora of Wulfman socks, and my enthusiasm for becoming the race director for the Reach Race on July 4th.

Just before the calendar changed to 2016, I made a resolution: I will only participate in races I have never run before. As you can imagine, that commitment has already been beneficial, leading me to small, rural races with long histories and inaugural races with new friends. Today, as I faced the end of my career as newsletter editor, I had the joy of running the Pony Trot 10K. This race has some of the most spectacular views I have seen in a race, there was a plethora of lupine growing along the course, the race directors most certainly wanted everyone, regardless

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



### Inside this Issue:

Dear Wind Drinkers:  
pages 1-2

From the Prez: pages 1-2

Calendar: pages 2-4

Results: pages 4-6

Scholarship Essays:  
3-7

# The Wind Drinker

(Continued from page 1) *Prez...*

Runs each week, there are opportunities to run on Tuesday night at the MSU track for a group workout, and Thursday evening and Saturday morning with a local group from the Bozeman Running Company. We even have some events get scheduled on Wednesday evening at the same time as our Fun Runs. The “Brew Run 5k Series” put on by Bozeman Running Company is one example.

All of these activities and opportunities indicate to me that we have a vibrant, active, and fun community of runners. The social and community-focused nature of these events is also a great sign for all of us—people tend to show up early, talk with each other, say ‘thank you’ to volunteers on the course, and sincerely congratulate everyone who participates.

What more do you think BSWD can and should do to promote fitness and running in the Bozeman area? The BSWD officers would be delighted to hear from anyone who has requests or suggestions. We are a volunteer group, so please don’t wait express your hopes and dreams for current and future events and activities: we benefit from your ideas and involvement.

I’d like to say thank you to all BSWD members for making our community a great place to have running be a part of everyone’s lifestyle. As we always quote Frank Newman, “It is not important *how fast* one runs, but *that* one runs.”

-Rob Maher

## **RACE CALENDAR**

### **July**

**6 BSWD Fun Run** at Bohart Ranch. 6:30 pm  
**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).

**13 BSWD Fun Run at Cherry Creek.** 6:30 pm. Starts at Reach (near E Gallatin Rec Area)

**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

(Continued from page 1) *Dear Wind Drinkers...*

of pace or ability, to have a wonderful journey. Today’s experience was one of those rare ones in which every second felt amazing. My body was connected to the landscape. My energy flowed out to the infinite universe. I wished I could dream about these spectacular miles every night... Instantly, I planned to repeat the adventure next year.

Had I stayed in my annual routine during race season 2016, this race would not have been on my list of “Things to Do”. While I remain committed to running and service to our running community, life has taken a turn: a family member faces a terrible illness, my upcoming marriage means commitment to grow along side someone who doesn’t require running to maintain a modicum of mental health, and my demanding job seems to get more rewarding as it continues to get more demanding... Seeking joy and play required letting a commitment go. Editing the Wind Drinker seemed to contribute less to my exuberance than writing for the Wind Drinker. (Writing also had a more flexible time-line). I put out a request for a replacement and a kind, enthusiastic, new member of our Wind Drinker community stepped up. James Childre is taking over my monthly duties so I may do more for those I care deeply about. Henceforth, please send any articles or photos you want included in this newsletter to James at: [James@redpointmontana.com](mailto:James@redpointmontana.com).

Once again, I have made a promise to myself: this is a change in my service to the Wind Drinkers, not an end. I plan to remain an active volunteer for our community, a monthly contributor to this newsletter, and a voice for the slower, devoted runners in our community. Also, I plan to see all of you at the Pony Trot in 2017...

Thank you, Dear Wind Drinkers, for giving me this opportunity for so many years, for encouraging me to continue this column, and for helping me have these rare days of overwhelming joy and perfection.

Your devoted community member,  
Dee



fun run/walk. Proceeds to local non profit organizations. The Bob Marshall Music Festival follows. Starts at the 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://runsignup.com/Race/MT/SeeleyLake/ChangeYourPaceChallenge>.

**20 New BSWD Event.** Check the web site for directions to the Baden Ranch. 6:30 pm

**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).

**27 BSWD @ South Cottonwood.** 6:30 pm

## 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](http://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)

**6 Run for the Health of it!!** Community Health Fair and 5K Run/Walk Roundup. 8:00 am start. Register at [www.imATHLETE.com](http://www.imATHLETE.com). Search Health Fair Run. Or pick up race form at the hospital and return to Michelle Giles. Cost is \$25. Info at 406-323-4929. Pre-registered runners receive a t shirt.

**13 Ridge Run.** Entries have been determined. To volunteer contact Denise at [wiedenheftd@gmail.com](mailto:wiedenheftd@gmail.com)

**13 An Ri Ra.** Butte Irish Folk Festival Run. Bus to the start. Run Greenway Trail to the finish at the Chamber of Commerce. 1 Mile starts at 8:30 am followed by the 5 & 10K at 9:15. See [Buttespissandmoanrunners.com](http://Buttespissandmoanrunners.com)

## 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. [Runsignup.com/Race/MT/Billings/TheMontana](http://Runsignup.com/Race/MT/Billings/TheMontana)

## October

**8 Raw Deal Run in McLeod** (outside of Big Timber; Mostly trails 3 Mile Run, 3 Mile Walk, 6 Mile Run all starting at 10:00 am. Enter at Run Sign Up. A community fund raiser

(Continued on page 4)

## **Big Sky Wind Drinker Scholarship Winners:**

**Student: Taya DeFrance**

**Harrison High School, Harrison, MT**

### **What Running Means to Me**

My heart pounds as I step into the starting blocks. As soon as the gun goes off, my nerves are forgotten, and the adrenaline kicks in. This continuous cycle of emotions is what I love about running.

I have been the only female runner on the cross country team the past eight years. In practice I do not have anyone pushing me; therefore, I have learned that I need to set my own goals and work hard to reach my full potential.

Running has helped me in other aspects of my life. I have been more successful in school. I set difficult goals for myself academically because I know I can accomplish them if I work as hard as I do in athletics.

Running has challenged me both physically and mentally. My coach always tells me that running is mental. I believe in this statement one hundred percent. I have to break through the mental barrier that is telling me I cannot do something. By breaking through that barrier, I have become stronger as an individual. My strength grows every time I step out on the track or run the dirt roads around my home town of Harrison. I feel powerful and accomplished at the end of a run.

Track and field is my favorite sport because it is both a team and individual sport. I plan to participate in track and field at the collegiate level, and I look forward to the opportunity to improve my skills and techniques in track and field.

I have the perseverance to finish what I start. Running has given me courage to start a race and determination to finish. I do not give up, and I push myself to succeed. I will continue to demonstrate these values in all aspects of my life.

**Student: Kyle Zachary McLaughlin**

**Belgrade High School, Belgrade, MT**

### **I RUN**

I have always been that kid that wanted to be the best at what I do. I searched for years growing up where I



for local non-profits. Check the web site at  
sweetgrasscommunityfoundation.org

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

## **RACE RESULTS**

**Historical Run - 6/22/16:** There was a new route for our run this week which combined two areas ( L Street and Story Hills) that were used in the past. We had a new problem in that the train blocked the crossing so our times are not as accurate this week as usual. I have adjusted all times that came after 39 minutes by subtracting 15 minutes. Thanks to Leeanne and Hazel Roulson who set up the courses plus Leeanne also timed the run. Thanks to Anita Moore Nall the other timer. Results are: **5.4 Miles:** Dylan Humberger 40:40; Rob Maher 40:42; Fabian Menalled 40:44; Tom Walsh 40:49; Elizabeth Coughlin 40:51; Randy Oostema 41:40; Ana Brown 42:56; Teresa Galli 43:33. **3.35 Miles:** Bob Eichenberger 29:22; Kurt Buchl 30:22; Craig Hildreth 30:24; Dan Heimbigner 30:27; Christian Landers 31:50; Janell Landers 32:29; Suzanne Winchester 33:09; Kelly Sprinkle 37:43; Jill Abbot Stoltzfus 37:58; Mallory Weber 38:02; Marisa Griffith 38:05; Kaitlyn Landers 38:43; Rick Landers 39:07; Mia Dudas 40:35; Anna Thornley 40:58; Celia Bertoia 41:00; Leonard Baluski 41:00; Karen Funke 42:01; Eric Humberger 42:29; Laura Humberger 42:47; John, Jack & Jay Dudas had no times recorded. **1.5 Miles:** Chris Hedrick 13:55; Tom Moore 15:50; Hazel Roulson 16:51; Chris Roulson 16:53; Tom Londe 17:24; Sam Bass 19:05; Tom Bass 19:05; Jacki McGuire 27:03; Bob Wade 31:40; Kay Newman 31:41; Jean MacInnes 32:29; Theresa Leland 32:30; JD Hedrick had no time recorded.

**Tour de Critters - 6/15/16** - Thirty eight runners enjoyed the great courses provided by former BSWD president, Franklin Coles. We certainly appreciated his sharing his lovely trails located along Jackson Creek Road. Thanks to him, Frank Dougher, coordinator and timers who were Tom Moore, Craig Hildreth, Jack & Neal Rainey. Times are: **1.6 Miles:** Tom Londe 21:05; Frankie Dougher, Jr 28:02; Shawna Oostema 33:10; Derek Ehrfsen 33:51; **2.4 Miles:** Kyle Klicker 19:45; Brian Bachmann 20:29; Frank Leach 21:32; Elizabeth Coughlin 21:49; Kurt Buchl 23:18; Kyle McDonald 23:57; Daryl Baker 23:59; Tobias Holleman 27:45; Celia Bertoia 29:06; Karen Funke 29:20; Kaitlyn Landers 29:22; Janell Landers 29:25; Leonard Baluski 31:01; Irene Grimberg 31:32; Kelly Sprinkle 33:41; Robyn Miller 33:43; Laura Humberger 34:00; Leon Shearman 34:46; Hazel Roulson 34:53; Chris Roulson

(Continued on page 5)

should begin my path to success. My 7th grade year I was told that Cross Country is the toughest sport you could do at that age. Running two miles without stopping was easier said than done. My first day of practice I remember laying on the ground looking up at the sky wanting to die due to the amount of pain my body was in. That was the hardest day and I can remember walking home exhausted thinking to myself I will never do this again. Now fast forward 6 years to This day. I would have never imagined finding myself standing before my classmates being a two time All-State runner. Being the slowest kid on the team my freshman year I ran a 28:23 for 3 miles. I knew that I needed to improve my time: this became my motivation for the following years. Working hard I made my way through the ranks of runners on the varsity team for 3 years, then running a 15:59 for my last State meet to place 6th overall.

I currently hold the 2nd fastest time in Belgrade Cross Country history which I never saw myself doing EVER!!!! I am digging for that acceptance from my peers with what I do with my life. I have found it in myself to work through pain, injuries; overcome asthma attacks. Every day that I put on my running shoes I work harder than the last day knowing I can better myself. To hit that split just right and then do it over and over again till my body can train itself to sustain that lack of oxygen but still run quickly. I have the determination to find the fight inside of me to obliterate the completion in every way possible. Minutes turn to seconds and seconds seem to turn into small movements that predict who will come out on top. I fear that part of failure with running and I have learned to accept it when things don't work out. That's life I would say and we eventually overcome those fears and it's those what make us great with what we do. So the next time I come around that last corner with 200m to go I will not finish without a fight to the end. I am not out of breathe or energy just running with my heart like I have been taught to my whole life.

This all is why ..... I RUN!

**Student: Haiden Merica**

**Bozeman High School, Bozeman, MT**

## **What Running Means To Me**

I remember seeing a Nike ad campaign a few years back titled "Find Your Greatness" and I felt oddly inspired. It dealt with promoting hard work and trying your best no matter how much athletic ability you have. Discovering your own personal limits and disregarding societal standards that chose what make

34:54; Jacki McGuire 44:01; Sandy Dougher 44:52; Mia & Jay Dudas 45:14; John & Jack Dudas had no time recorded. **4.8 Miles:** Andrew Holleman 36:18; Rob Maher 40:13; Roland Badmann 41:53; Tom Walsh 43:45; Christian Landers 44:03; Alycia VanKirk 50:00; Randy Oostema 55:31.

**Drinking Horse - 6/8/16** - Carrie Gaffney, Vice President, arranged the weekly fun run. Bob Wade, one of our past presidents, marked the courses and told us about the bench that is along the trail which is dedicated in memory of his father. Timers were Kathy Brown, Tracy Glass and Tom Moore. Thanks to all who contributed to the fun filled evening. Times are: **4.4 Miles:** Jon Wirth 38:49; Rob Maher 41:08; Tom Walsh 48:06; Randy Oostema 1:03:04. **2.4 Miles:** Andrew Holleman 20:58; Adam T Axelson 25:22; Bob Eichenberger 26:51; Cooper Johnson 27:33; Jeff Johnson 27:35; Leigh Holleman 27:45; Cerly Urban 28:11; Kurt Buchl 28:17; Daryl Baker 28:20; Kelly Sprinkle 28:45; James Jimmy 29:07; Craig Hildreth 29:46; Sierra Holleman 30:43; Fabian Menalled 33:36; Celia Bertoia 33:53; David King 34:01; Nick Waliser 34:17; Karen Funke 34:28; Leonard Baluski 36:05; Lazuro W 39:55; Terban Menalled 40:13; Laura Humberger 44:03. **1.5 Miles:** Carson Swica 15:41; Greg Swica 15:43; Wren Wirth 21:59; Sam Bass 22:12; Tommy Bass 22:15; Maddie Swica 22:30; Jen Swica 22:33; Tom Londe 23:05; Wren Wirth 26:20; Jenny Wirth 26:23; Leon Shearman 27:03; Jean MacInnes 32:08; Bob Wade 35:40; Shawna Oostema 40:12.

**Bozeman Creek:** It was another nice evening for our first dog run of the season. Thanks to Whitney Adams for setting up and to the timers who were Leonard Baluski, Amy Stefan and Otto Stefan. Times are as follows: **Short Distance (15 Minutes):** Finn Wirth 9:59; Kathy Brown 10:05; Jennifer Wirth 10:07; Madison Oostema 10:55; Maggie Hofferber 11:07; Cale Hofferber 11:08; CJ Oostema 26:49; Lindsey Cozzi 27:24. **Medium Distance (30 Minute Time Allowance):** Bob Wade 23:03; Jesse Hildreth 28:12; Craig Hildreth 30:44; Leon Shearman 31:02; Kay Newman 31:13; Frankie Dougher 32:37; Frank Dougher 33:20; Daryl Baker 33:23; Gail Cary 33:24; Bob Eichenberger 33:28; Kelly Sprinkler 33:38; Robyn Miller 33:39; Travis Miller 33:43; Barbara Bakwin 33:56; Sandy Dougher 34:26; Lynn Maher 34:28; Shawna Oostema 36:21; Jake Oostema 36:23; Suzanne Winchester 37:41; Alyce VanKirk 39:50; Irene Grimberg 41:19. **Long Distance (45 Minutes):** Tom Moore 38:41; Scott Flatlip 39:30; Tom Walsh 40:01; Whitney Adams 41:06; Rob Pudner 41:23; Uri Menalled 41:25; Matt Ballinger 42:09; Megan Ballinger 42:13; Dan Jackson 42:53; Teresa Galli 43:43; Jon Wirth 43:56; Rob Maher 44:06; Fabian Menalled 44:14; Adam

(Continued on page 6)

someone a "good" runner, basketball player, golfer, etc. Maybe I connected with it so closely because I never felt like I was good enough, and not just when it came to sports. To think I could enjoy doing an activity without being good at it was a foreign concept at that time and it's safe to say I didn't feel good about myself, or find my greatness, until I started running.

It began at the start of high school when I joined the talented Bozeman High cross country team. Although I was apprehensive at first, I embraced the warm and accepting atmosphere within no time. The friends I made became my best friends, and even though they did not continue on running with the team, it didn't matter because I had already found my place. The place where I have never felt more uncomfortable or joyful within a span of 20 minutes. The place that watched me fail time and time again. The place that gave rise to my passion for pain, because pain means growth. The niche where I met the Haiden I wanted to spend the rest of my life with, the thoughtful, self-loving, and happy individual I had always hoped I'd become.

That does not imply I am perfect or it was a smooth road to self-acceptance; as little as 2 or 3 months ago I did not have the positive outlook I do now. I made the decision to end my high school running career by not participating in track this spring. At first I felt this meant I had failed and that I was a quitter, but shortly after the official season started I began to reap the benefits of my choice. I run for me now, I no longer compare myself to the outstanding performance of my teammates. It is all about me and my workouts, my hard and easy days. I have the time to enjoy running (in my opinion) for what it should be: a chance to get outside and take advantage of having two legs and a pair of lungs. An hour in my day dedicated to self-renewal and basking in all of Bozeman's glory. Of course I miss the feeling of competition and the wonderful company of my girls, but I am entirely content with doing my own thing for the time being.

Cross country gave me running, running has given me self-esteem, empowerment, and a better version of Prozac. Honestly, when I feel down, nothing can pick me up like a good run. I think to myself how incredibly blessed I am to have the ability to run, even if I never made the varsity team. Some people can't walk and I'd have been a fool to not participate simply because I wasn't the best. I plan on running as long as I possibly can no matter how slow I am or become. I believe the sport of running has the power to make anyone an athlete, bring people together, and change an individual's life for the best.

Axelsson 48:56; David King 51:13; Kal Tucker 52:13; Randy Oostema 53:00; Gro Lunde 57:34.

### **Frank Newman Marathon, 1/2 Marathon and Relay**

- **5/28/16** - The day was chilly and cool like so many other days when we have honored the founder of our organization. Thanks to Kathy Brown and Bob Wade for arranging the great event. Timers were Darryl Baker, Jessica Snyder & Alma Snyder. John Atichson, James Jong & Tom Londe were at the 1/2 Marathon Junction. Cale Hofferber handled the water stops. Thanks to all of them for making the run a success. Times are: **Marathon:** Isaac Riese 2:58; Kama Werner 3:25; Andy Klem 3:31; Bret DeYoung 3:43; Heidi Marks 3:45; Reed Fendly 3:54; Anne Rich 3:55; Thomas Strathmann 4:01; Stephanie Andersen 4:02; Alyssa Davis 4:12; Stephanie Jamrow 4:12; Erica Erickson 4:48; Elery Erickson 4:54; David Summerfield 5:56. **Half Marathon (1st half):** Andrew Holleman 1:35; Jenna Fallaw 1:37; Rob Maher 1:38; Michelle Flenniken 1:39; Leigh Holleman 1:45; Brendan Munery 1:54; Britnay Fasy 1:57; \_\_\_\_\_ ? 2:03; Lori Johnson 2:07. **Half Marathon (2nd Half):** Ben Williamson 1:19; Jenn Brewington 1:27; Madison Hart 1:38; Audrey Baker 1:57; David Landsverk 2:01; Lindsey Hanna 2:07; Alex Phelps 2:08; Lisa Bradley 2:11; Ashley Harmer 2:14; Anne Seitel 2:17; Joann Kamplain 2:17; Anna Pappert 2:33; Ben Thomas 2:36; Kiera Liedberg 2:38. **Marathon Relay Teams:** Tortise and Hare: Terry and Carol List 3:34; Team DeFrance: Daryl, Dan, Amy and Henry DeFrance 3:38; HeiDee: Heidi Markoutz and Dee Metrick 3:42; Mix and Match: Pam and Scott Schaffer, Lindsey Pennell and Tom Hogg 3:47; Silver Snails: Steve McGuire Leonard Baluski and Leon Shearman 5:17.



### **Student: Race B. Owens**

#### **Ennis High School, Ennis, MT**

#### **What Running Means to Me**

To many people running means being exhausted, but to me it means much more than what others could imagine. As one of my shirts from cross country says "running is freedom", I truly believe this is what running means. When running, all stress is cleared away. Mountain air that is fresh and crisp surrounds me and the everyday clouds of doubt and responsibilities disappear as soon as I am a few steps into my run. Every trail or road that I take is a new adventure with my freedom to choose where to go.

My whole family runs, my two brothers, my sister, and my parents. When I was younger I was raised with the running mentality that even though something might be unpleasant you have to push through the difficult situation to get what you want. This mentality has helped me in many different times and has made me who I am. It has also enabled me to push myself to be the best that I can be. It is nice to have acquired this unique perspective while growing up, especially when I have set goals both personally and academically. Having obtained this ability has given me freedom to be able to accomplish goals and arduous tasks that are put before me.

Not everyone has the ability to enjoy certain physical activities, such as running, whether it is due to age, health, or disabilities. I realize running positively affects my health both mentally and physically. It keeps me in shape so I can do the other outdoor activities that I love. Also, running makes it so that I can work hard and be able to accomplish physical tasks. Science has shown that running will keep me agile into my old age, giving me the freedom of mobility.

Sometimes it is necessary to think dilemmas over and clear your mind. Running has personally helped me make many decisions. With nothing but the sound of feet rhythmically hitting the ground and the sound of your own deep breathing, it is a perfect time to get away from everything. This is one of the reasons that I enjoy running the most. Sometimes the feeling of wanting to just run away from a difficult situation can be satisfied by the right trail. And when coming back from this trail it likely the solution to that situation will be obvious.

Throughout my high school years running long distance has helped me belong to a group yet become



an individual. Distance running has been very prevalent in my life and has had a very profound effect on me. Running has surrounded me all of my life. Many people that I now consider my friends I have met through running; also my family is closer because of it. Running has given me freedom in a multitude of ways. Even though running on certain days is a difficult and exhausting task, I have found perseverance is a runner's friend and some of my best memories include my running experiences. The sum of my running experiences has given me faith in my abilities and freedom to accomplish what I choose to do with my life.



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

### OFFICERS FOR 2015

**Prez:** Rob Maher [rcmaher@hotmail.com](mailto: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  
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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,

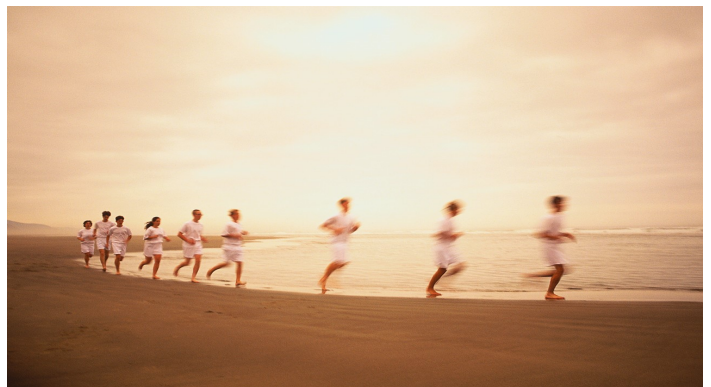
**Advanced Training Project**, Steve Conant, 10% off, 581-5545

**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.”**