

August 2016 Newsletter # 467



THE WIND DRINKER IS A
NEWSLETTER FOR RUNNERS OF
ALL ABILITIES

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

Reporting for Duty

By James Childre

In July, I humbly accepted the role as the editor of the Big Sky Wind Drinkers newsletter. First, a little background on who I am; a banker turned entrepreneur and currently operating a home inspection and building diagnostics business in Bozeman. I am the father of 3 daughters and have 12 years of marital bliss under my belt. I climb, ski and play at altitude whenever possible. As a runner, I was never a track star and I haven't won any big races...yet. As a transplant from Florida, via Oregon, North Carolina, and originally Colorado, I am still



acclimating to running on rocks and over mountains instead of trudging through sand and over palmettos. Now that trail running is part of my daily life I am motivated to run as

(Continued on page 2)

Dear Wind Drinkers

By Dee Metrick

Dear Wind Drinkers,
As the summer days begin to grow shorter, my man-hunk and I get closer to the sacred summer evening when we make our ten-year commitment official. The party should be epic. The average age of the guests will be somewhere around 50, maybe 60. Montana Rose will play music. There will be vegetarian kebabs to accommodate the minority of vegetarian family members and prime rib for everyone else. Most importantly, there will be original, personalized vows that will help us begin our second decade together.

If you ever want to have the miles of your run fly by, ponder the promises you would make to your chosen life-partner. Running mirrors my understanding of marriage quite well: it takes commitment, dedication, and a willingness to continue on, even when the weather isn't ideal and my mind doesn't scream, "Yes! Let's do this." Additionally, I often forget how much I love running until I am forced to take a day or week or month off. Once I must stop, I miss the freedom, the comfort, and the healthy mind that comes along with keeping running in my everyday life. The same goes for my relationship. Just when I

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

Reporting for Duty:
pages 1-2

Calendar: page 3

Results: pages 4

Jim's Rebound :
5

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

far and as fast as I possibly can. I will be in the mix on the Ridge Run and the Rut 50k this year. While you may not find me on the podium, you will see me at the finish line smiling. I hope to bring a new energy and perspective to this community, building on all the great work from Dee Metrick and the board. I have been given some artistic license to upgrade, change, improve, and otherwise fashion this newsletter into a modern, creative expression of our eclectic running community. I will take a few months to get the hang of it before I make any significant changes. I will welcome all recommendations, insight, and advice along the way and look forward to your feedback. We may be strangers now but, we can all appreciate the simple act of lacing up our shoes and running down a dirt path in search of nothing more than time spent in the mountains with friends and an accelerated heart rate. Welcome to my world and thank you for allowing me into yours.

Your new editor,

James Childre



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

forget to be grateful for the companionship of someone so lighthearted and caring, he takes a month to be with his distant family, and my heart aches for his presence in our home.

Thusly, it was not a surprise that my favorite vow so far came to me on a run. I will promise, to my man-hunk, to continue to seek out new adventures and find joy in our daily routine. Does that not sound like running to you? We must train regularly to enjoy the big races, the trail runs away from home, and the first warm, sunny trot in spring that goes on for multiple hours. How many times have I pushed myself out the door during a winter snow storm with visions of a summer trail run as my motivation? And how many times have I gotten myself out into a swirling flurry of flakes and felt as beautiful as I have ever felt, simply because the snow and I seemed so in love? Snow on my eyelashes makes me feel sexy. Snow on the trees makes me feel alive. Snow in the small circle of my headlamp makes me feel bad ass... My regular running routes, which start from my home and get me back in time for a shower before work, are named in my running journal as "Bobcat short", "Bobcat long", "Northwest Trails", "Quick east loop", "Neal's loop", "Heidi's loop", and "Reach race from Purple Pi House". Over the years, I have completed these hundreds of times each. Yet they continue to stay fascinating to me as long as I continue to stay present and aware of the beauty and variety of my home, the seasons, and each day.

My commitment to running includes a continuous effort to remain mindful. Whether I am participating in a new race in a new land, or repeating a route that I have done so many times, my hard work is as much about experiencing life as it is about pace, heart-rate, and mile markers.

Thank you, dear Wind Drinkers, for helping me to learn about the joys and overcome the challenges of long-term commitment, to fearlessly and enthusiastically face marriage as I did my first marathon, and to remember that I would rather bring in new experiences than keep myself bored with mindless entertainment.

Your devoted editor,

Dee

RACE CALENDAR

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](#) (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. You can also 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.

10 BSWD Fun Run Middle Cottonwood 6:30pm

13 Ridge Run. Entries have been determined. To volunteer contact Denise at 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 Buttesspissandmoanrunners.com

17 BSWD Bear Canyon. Fun Run 6:30 pm

24 BSWD Trail Run & McGuire Potluck Bring a dish to share. 6:30 pm (2303 Highland Court)

31 2nd Annual BSWD Hyalite Run at 6:30 pm



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

3 Wortman Lung Cancer Foundation Running Lungs Run Bozeman starting at the Lindley Pavilion and running along the Galligator Trail. Register at RaceRoster.com

17 Colter Run: Registration is open. Registration is open. Total number is limited. 7 Mile Trail Run. Winddrinkers.org

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

18 8th Annual Scenic Half Marathon. Sandpoint, Idaho. Also a 5 & 10K Course. Early bird registration through August 31. Register online at www.scenichalf.com or contact scenichalf@sandpointchamber.com

24 Yellowstone Rendezvous Trail Run. West Yellowstone. ½ Marathon Run, Relay, 5K, 10K, and 2K Kids Run. Packet Pick up and Race Day Registration on race day from 6:30-8:30. Start and finish at the Rendezvous Trailhead Building. The run is on wide well maintained trails.
www.skirunbikemt.com/events

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

29 Montana Cup Bozeman. Cross country course starting at the softball fields near Highland Blvd with regional city teams. Women start at 12:00 pm followed by the men at 1:00 pm. Age groups of 39 and under and 40 plus. Official team jersey required. Cost is \$12 per person until October 15. runsSignup.com

Fun Run Results for July 2016

Andy Blank Track & Trail Run - 6/29/16 - The annual Andy Blank Run, named to honor one of the founders of Big Sky Wind Drinkers, was held at the MSU track and nearby trails. Thanks to Jenna Fallaw who set up the courses and to the timers who were Ana Brown, Craig Hildreth and Jean MacInnes. **1 Mile**

Track: Liliana Agaglia 16:10, Amanda Agaglia 16:20. **1.4 Mile Track & Trail:** Karen Funke 21:55; Sam Bass 26:52; Tommy Bass 26:52; James Garman 33:19 Bob Wade 33:24; Suzanne Winchester 34:04; Kay Newman 35:00. **3 Miles:** Whitney Adams 26:36; Kurt Buchl 28:41; Daryl Baker 29:04; Gail Cary 30:05; Kathleen Karlson 32:14; Leonard Baluski 32:59; Laura Humberger 34:55; Tobias Holleman 35:56; Jacki McGuire 48:24. **5 Miles Track & Trail:** Rob Maher 36:54; Tom Walsh 39:05; Elizabeth Coughlin 42:08; James Jong 42:15; Tom Moore 44:32. Carly Urban also ran with no time recorded.

Bohart Ranch 7/6/16 - We appreciate that Jean MacInnes who again provided her beautiful facility for our weekly fun run. She also marked the trails and helped with the timing. Other timers included Gail Cary and Mike Lavery. Bob Eichenberger and his daughter, Abby DeBoer took care of the set-up. Leonard Baluski also provided pizza to celebrate his birthday. Thanks to all. **1 Mile:** Frank Dougher 13:05; Tom Moore 14:48; Sam Bass 14:49; Tommy Bass 14:50; Leon Shearman 15:40; Maddie Swica 16:48; Jen Swica 16:50; Darla King 20:06; Bob Wade 21:29; Lazaro W Vinola 21:30; Norm Brown 24:58; Theresa Leland 25:19; Kay Newman 27:06; Kim Rollefson 27:07; Tim Griffiths 29:09. John, Jack & Jay Dudas had no time recorded. **3 Miles:** Andrew Holleman 21:38; Bob Eichenberger 23:53; Martin Rollefson 23:58; Chad Carpenter 24:05; Darryl Baker 24:15; Cooper Johnson 24:44; Jeff Johnson 24:44; Carly Urban 25:08; Tricia Siefert 25:09; Abby DeBoer 25:20; Carson Swica 25:36; Carrie Gaffney 25:39; Greg Young 25:52; Kelly Sprinkle 26:22; Leslie Boughton 26:24; Eric Humberger 28:52; Sierra Holleman 29:40; Leonard Baluski 29:54; Tobias Holleman 29:58; Susan McCall 30:29; Karen Funke 30:37; Laura Humberger 30:38; Hazel Roulson 31:03; Leanne Roulson 31:42; Chris Roulson 31:44; Tracy Dougher 32:09; Irene Grimberg 32:19; Mia Dudas 37:08; Jacki McGuire 40:46; Sandy Dougher 41:31. **5 Miles:** Rob Maher 39:12; Carrie Krause 40:11; Leigh Holleman 40:21; Jenna Fallaw 40:52; Justin Carpenter 40:54; Ana Brown 40:55; Tom Walsh 1:54; Elizabeth Coughlin 42:35; Lukas Geyer 43:51; Teresa Galli 57:00; Anita Moore Nall 58:50.

Cherry Creek - 7/13/16 - Bob Eichenberger did a great job setting up the courses for the weekly fun run. Timers were Karen Funke, Dee Metrick and Neal Rainey. Thanks to them all. Times follow: **1.5 Miles:** Randy Oostema 14:37; Tom Moore 16:49; Cooper Johnson 22:33; Jeff Johnson 22:35; Sam Bass 22:50; Tommy Bass 22:52 Theresa Leland 24:40; Maddie Swica 24:43; Jen Swica 24:45; Taber Roulson 29:19; Bob Wade 32:19; Leanne Roulson 32:21; Kay Newman 32:22; Chris Roulson 32:23; Derek Chrenslien 32:56. **2.8 Miles:** Craig Hildreth 26:17; Carson Swica 28:42; Greg Swica 28:43; Teresa Galli 28:58; Daryl Baker 28:59; Carly Urban 28:39; David King 30:07; Bill Dobler 30:11; Celia Bertoia 30:12; Leonard Baluski 30:15; Sierra Holleman 31:03; Eric Humberger 31:24; Jamie Balke 32:11; Laura Humberger 32:12; Irene Grimsberg 32:20; Anna Thornley 32:57; Carrie Gaffney 33:05; Nick Waleser 33:07; Davy Lachnor 33:08; Hazel Roulson 33:15; Leon Shearman 38:07 Mia, Jack & Jay Dudas 45:35; Jacki McGuire 47:35. **4.8 Miles:** Rob Maher 30:21; Lukas Geyer 32:16; Tom Walsh 32:47; Roland Badwranan 33:53; Leigh Holleman 36:10; Whitney Adams 36:44; Bob Eichenberger 37:29; Carrie Krause 45:24

Baden Ranch Road Race - 7/20/16 - Thanks to John and Ramona Baden for hosting a wonderful run and potluck at their home. Carrie Gaffney made the arrangements while Roland (no last name) Darryl Baker and Adam Wollant did the timing. We appreciate their efforts. **1 Mile:** Teresa Galli 13:50; Karen Funke 18:19; Jacki McGuire 18:19; Anna Thornley 25:39; Derek Chrensensen 25:39; Lynn Paul 28:02; Jean MacInnes 28:02; Kay Newman 28:02. **3 Miles:** Kyle DeBoer 24:28; Bob Eichenberger 27:00; Craig Hildreth 28:24; Abby DeBoer 28:27; Kathleen Karlson 31:10; Jeff Johnson 32:01; Gail Cary 32:46; Bill Dobler 32:49; Robyn Miller 32:50; Kelly Sprinkle 32:50; Celia Bertoia 33:23; Randy Oostema 33:23; Sarah Anderson 33:32; Kelly Wilson 33:33; Leonard Baluski 33:37; Sierra Holleman 36:22; Laura Humberger 36:35. **5 Miles:** Tom Walsh 40:39; Neal Rainey 41:21; Travis Wilson 42:25; Scott Flatlip 44:24; Dee Metrick 48:25; Leigh Holleman 48:26.

Jim's Rebound on the Ridge May be Something to See

By James Childre

By now we have all heard about the incredible turn of events at the end of the Western States Endurance Run this year, not least of which because the winner is closely related to BSWD member, Darryl Baker. It was Andrew Miller, Darryl's nephew, who stood atop the podium. No one would argue that he did not deserve the win. However, it was Jim Walmsley who was destined for victory until he made a wrong turn at mile 92. He was set to break the course record and instead ended up in 20th place. Andrew Miller ran his best race and persevered. Jim Walmsley stumbled through the last 8 miles after having lost it all because quitting the race was not an option. While Andrew enjoys the spoils that go to the victor, Jim will try again next year and no one will bet against him. I was excited to watch the dramatic finish of this race because, let's be honest, most ultra races do not end so spectacularly.

My excitement for Jim's next race is more pressing because I know that he is coming to Bozeman to participate in the Ed Anacker Ridge Run, August 13th. This historical race, along the iconic skyline of our hometown, will see a competitor race along her spine and likely crush the record. I hope the volunteers are ready early this year because Jim is coming. Point him in the right direction and cheer him on. We don't all run ultramarathons but for me, performances like this are an astonishing feat of the human body and a recognition that our mind is a powerful tool that can take us well beyond anything we thought possible. The spirit of the trail runner is one that is not easily broken. I will see Jim at the start line and watch as he quickly runs away from me.



Photo: Myke Hermsmeyer

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

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OFFICERS FOR 2016

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Vice Presidents: Whitney Adams, Craig Hildreth, Tracy & Frank Dougher, Bob Eichenberger, Jenna Fallaw, Carrie Gaffney, Leanne Roulson

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For recent updates on what's happening with the BSWD, get on the web; www.winddrinkers.org

Race Directors, please submit your calendar information by the 25th of the month to Kay Newman. Please include contact information, date, and distances. Please do not send an attachment with huge flowery descriptions; just the simple facts. Race Calendar: Always check www.runmt.com for race updates and more details.

DISCOUNTS FOR MEMBERS:

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

Rootstock Acupuncture, \$30 off Intake and 15% off thereafter, Angie Kociolek, 209-2570.

Bob Ward & Sons, 10% off on shoes. See Elissa. 586-4381

Therapeutic Massage Works, Ann Sorenson, 15% off, 522-9015

Gallatin Alpine Sports, Tom Owen, Big Sky, 10% 995-2313

Roundhouse, Larry Merkel, 10% off all footwear, 587-1258

Schnees Boots and Shoes, 10% off athletic footwear, 587-0981

Universal Athletics, 10% off all shoes and gear, 587-1220,

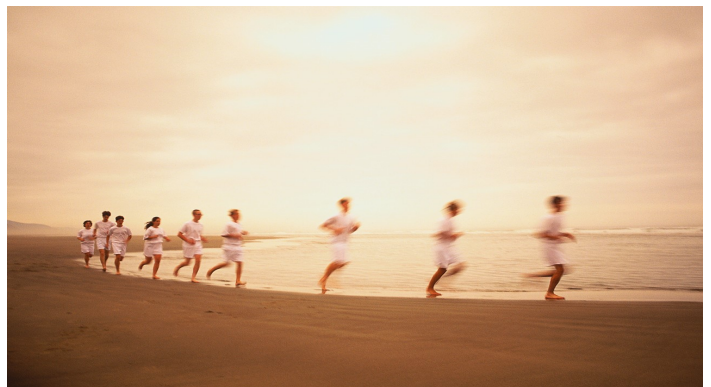
Advanced Training Project, Steve Conant, 10% off, 581-5545

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

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

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

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



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