

## September 2016 Newsletter # 468



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[www.winddrinkers.org](http://www.winddrinkers.org)

### Ridge Run 2016

If you are reading this newsletter you already know that the Ed Anacker Ridge Run was a few weeks ago. Most of you were probably at the starting line, if not this time 'round than in years past. Whether you are a rookie, like me, or you have lost count, like Pat Callis, we can all agree that this event is special. Not only for the unique and challenging course but for the history and the community support it fosters. Every year 250+ runners line up at Fairy Lake trailhead to find the edge of their ability. (No, really, literally there are spots you can't fall without a nasty tumble.) I know I am not alone in believing that the 9,500 feet of descent hardly makes up for the quad-crushing 6,800 feet of climbing.

When Ed Anacker started this thing he was surprised at its popularity and was quoted as saying "I didn't know there were so many crazy people". And it is not just young men with something to prove. Frieda Johnson completed the run at the young-at-heart age of 70 and Bob Hayes was 82 when he ran it in 2009. The truth is, those with a wanderlust and sense of adventure are always looking for a worthy challenge. The Ridge Run fits the bill and drew over 600 applicants this year. As the race grows in popularity it also calls upon a large pool of talented runner. Jim Walmsley came up from Flagstaff and there was an expectation he would crush the record. He did end up winning but the record (3:00:24) remains with Montana local Mike Wolfe. Not to be outdone by the boys, Kaitlin MacDonald set a new record for her age group at 4:00:26. This year also saw trouble befall one runner who came up from sea level and had to be air lifted off the top of Bridger Ski Area (I believe he made a full recovery).

The race isn't just about the young and fast, or even the mature and head-strong, but about all of us in the middle. The runners who must hike up the hills. Who look forward to the goodies at each aid station. Who feed off the energy of all those intrepid spectators that hike up Bridger to cheer you on at the halfway point. We are not necessarily chasing the leaders but we have time goals or finish goals or maybe just survival goals. Whatever the motivation, this race brings together the local studs, adventurous sloggers, regional track stars, and non-runners who just come to see the spectacle. So, thank you to Ed Anacker for the vision to start this race and to the Big Sky Wind Drinkers, along with the local running community, for keeping it going all these years. I was lucky enough to get in this year and appreciate the opportunity to check this item off my bucket list. Of course, now I have a time to beat and a course to conquer, so you better believe I will throw my name in the hat next year to do it all again. Who is with me?

- James Childre

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



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### 2016 Ridge Run Results

#### Male:

1 <sup>st</sup>	Jim Walmsley - AZ	3:14:03
2 <sup>nd</sup>	Chase Parnell - MT	3:28:17
3 <sup>rd</sup>	Rogan Brown - ID	3:32:11
4 <sup>th</sup>	David Ayala - MT	3:33:45
5 <sup>th</sup>	Erik Grumstrup - MT	3:33:54

#### Female

1 <sup>st</sup>	Kaitlin MacDonald - MT	4:00:26
2 <sup>nd</sup>	Emily Hannah - CO	4:05:19
3 <sup>rd</sup>	Anja Gruber - ID	4:06:17
4 <sup>th</sup>	Emily Allison - MT	4:07:16
5 <sup>th</sup>	Heidi Makoutz - MT	4:17:36

Youngest Female - Bridget Creel (19) MT

Youngest Male - Colter Flanagan (18) MT  
Brent Sordo (18) MT  
Seth Dayton (18) MT

Oldest Female - Liz McGoff  
Anita Moore-Nall

Oldest Male - Pat Callis (78) MT



### RACE CALENDAR

#### 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)

#### **3 Wortman Lung Cancer Foundation**

**Running Lungs Run** Bozeman starting at the Lindley Pavilion and running along the Galligator Trail. Register at [RaceRoster.com](http://RaceRoster.com)

**17 Colter Run:** Registration is open.

Registration is open. Total number is limited. 7 Mile Trail Run. [Winddrinkers.org](http://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. [Runsignup.com](http://Runsignup.com)

#### **18 8<sup>th</sup> Annual Scenic Half Marathon.**

Sandpoint, Idaho. Also a 5 & 10K Course. Early bird registration through August 31. Register online at [www.scenichalf.com](http://www.scenichalf.com) or contact [scenichalf@sandpointchamber.com](mailto: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](http://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](http://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. Official team jersey required. Cost is \$12 per person until October 15. [runsignup.com](http://runsignup.com)



Dear Wind Drinkers,

A few years into my running life, I had one of those obvious epiphanies: enjoy the training for whatever race you have entered. There is no point in signing up for a marathon if you don't like the idea of running 20 miles for fun. One must love running long distances to make marathons worth their time. The same goes for the Ridge Run... If you can honestly say, "I love those mountains! I love being in those mountains. I love spending a huge chunk of my free time, sacrificing my toes or heel skin to those mountains", then the Ridge Run is probably for you. Because on Ridge Run morning, you may have unexpected stomach issues that make the race miserable. You may twist your ankle and miss your goals. You also may have the greatest run of your life, but that is only possible with training and luck and lots of time dedicated to that beautiful, emotionally stimulating ridge. This lesson had been in me for years, which is why I have yet to sign up for the Rut 50K or an ultra marathon: the idea of the training required for those events fills me with more dread and fatigue than excitement and joy.

This summer's endurance event, which has required a tremendous amount of time, thought, and dedication, is my upcoming wedding. On August 27<sup>th</sup>, in front of our most beloved family and friends, man-hunk and I are going to officially commit our lives to each other.

Most of my marathon training plans have started the taper approximately three weeks from event day. For our wedding, that was the same time-frame at which our wedding planner informed us that she could not assist with our nuptials. My fiancé assured me that all would be well. I began a long list of "to-dos" and proceeded to feel overwhelmed with responsibility for tables and schedules and coordinating all the bits that make a wedding flow with ease. Then, as often happens in my experience, I was inundated with offers to assist from caring, dependable people. When the cake lady fell through just two weeks before our special day, a friend offered to step in and take over. Every set-back was met with reassurance from a member of my chosen and blood family.

Slowly, friends and family took on the responsibilities of the day and my "Too Much To-Do" list got shorter. In my mind, a major aspect of the wedding is bringing together the people from our community and family who will assist us in staying married. This amazing fellowship has already shown up to do their part before the nuptials have even begun, just as friends will assist me in finishing the last 22-mile training run before marathon morning. As can happen on race day, the weather may hinder our wedding day plans. One of us may have physical illness or ailments that slow us down and keep us from enjoying our wedding moments fully. But already, as we taper towards food, dancing, and the comingling of our families, the preparations have reminded me of all the reasons I love both my future husband and the people who see us through our difficult and joyful times. Thank you, Dear Wind Drinkers, for all you do to help me enjoy my life and face big events as a series of joyful, small steps.

Your devoted running buddy,

Dee



**The Wind Drinker**

## Fun Run Results for August 2016

**South Cottonwood Trail - 7/27/16** - Leanne and Hazel Roulson set up the courses, Darryl Baker and Mike Lavery timed and Tom Walsh swept the course. Jim Nallick provided the timing system Thanks to them all. **5 Miles:** Andrew Holleman 38:43; Tomas Dumbrovsky 40:27; Rob Maher 40:33; Cameron Murdock 45:01; Travis Wilson 45:16; Leigh Holleman 46:40; Lukas Geyer 49:03; Stella Nall 51:55; Anita Nall 1:03:20. **4 Miles:** Karen Funke 39:45; Kelly Sprinkle 43:35; Elise Perpignano 47:36; Gail Cary 48:26; Frank Dougher 49:48; Sierra Holleman 50:12; Tobias Holleman 50:19; Leonard Baluski 52:34; Suzanne Winchester 53:33; Tracy Dougher 56:45; Sandy Dougher 59:54 ; Mika Dumbrovska 1:02:00; Klara Dumbrovska 1:02:02. **1.8 Mile:** Laura Humberger 23:05; Kay Newman 46:29.

**Peets Hill - 8/3/16** - The Peets Hill and Gallagator Trail Run is another BSWD tradition. Thanks to Tracy, Sandie and Frankie Dougher for the arrangements. Also we appreciated Marsh, Karen Funke and Bob Wade for timing. **1.1 Miles:** Mika Dumbrovska 14:16; Klara Dumbrovska 14:16; Leon Shearman 17:02; Grayson Culver 20:13; Winston Culver 20:15; Carrie Gaffney 20:16; Theresa Leland 22:53; Jean MacInnes 22:54; Madison Oostema 27:49; Shawna Oostema 31:08; Jake Oostema 31:09. **3.5 Miles:** Terra Trom 29:01; Whitney Adams 29:15; Bob Eichenberger 29:20; Craig Hildreth 32:27; Christian Landers 32:47; Gail Cary 36:51; Cooper Johnson 37:16; Jeff Johnson 37:17; Reese Covington 38:01; John Covington 38:04; Leonard Baluski 38:04 Irene Grinberg 38:58; Sierra Holleman 39:13; Tobias Holleman 39:16; Merita Covington 41:50; John Covington 41:50 Hazel Roulson 41:53; Leanne Roulson 41:55; Laura Humberger 43:05; Tracy Dougher 47:27; Lana Aderholdt 48:19; Mary Hoagland 48:20; Sandy Dougher 56:43; Mia Dudas 1:00:38; Josh Covington had no time recorded. **4.8 Miles:** Rob Maher 34:54; Rick Landers 35:12; Andrew Holleman 35:39; Tomas Dumbrovsky 36:17; Roland Bochmiller 37:30; Lukas Geyer 38:24; Tom Walsh 38:25; Cameran Murdock 38:48; Travis Wilson 38:48; Ana Brown 40:28; Nicki Kimball; 40:28; Megan DeHaan 40:29; Tom Moore 40:35; Carly Urban 45:06; Janell Landers 45:07; Frankie Dougher 45:36; Tracy Glass 46:30; Teresa Galli 46:31; Randy Oostema 49:48

**Middle Cottonwood - 8/10/16** - Frank, Sandy & Tracy Dougher were in charge of the operation of the fun run. The timers were Frank, Kay Newman and Neal Rainey. Tom Walsh swept the courses. Thanks to all. Times follow: **1 Mile:** CJ Oostema 14:52; Darryl Baker 21:23; Kurt Buchl 21:24; Leon Shearman 22:21; Madison Oostma 27:02; Jake Oostema 27:29; Shawna Oostema 27:31; Mia & Jay Dudas 58:41, Jack & John Dudas had no time recorded. **3 Miles:** Rob Maher 22:30; Carly Urban 28:46; Kelly Sprinkle 29:12; Robyn Miller 29:13; Sierra Holleman 29:15; Dee Metrick 29:18; Tobias Holleman 29:21; Nicki Waliser 30:48; Anita Moore Nall 31:05; Karen Funke 31:14; Henry DeFrance 34:02; Reese Covington 35:13; Merritt Covington 35:15; Jamie Balke 36:53; Leonard Baluski 37:02; Josh Covington 37:23; Bella Childre 38:20; Klara Dumbrovsky 38:22; Ireland Childre 38:23; James Childre 39:46; Erin Childre 39:51; Avery Childre 40:29; Dan DeFrance 42:24; Sandy Dougher No time recorded. **5 Miles:** Andrew Holleman 27:10; Randy Oostema 29:02; Tomas Dumbrovsky 47:46; Gary Lowe 54:44; Leigh Holleman 55:00.

**Bear Canyon - 8/17/16** - Leanne Roulson and Susan McCall set up the run. Timers were Theresa Leland and Susan while Carly Urban swept the course. Thanks to them all. This was our second dog run of the year and those bringing dogs were Sierra Holleman, Shawna Oostema and Cristin Stokes. **1.4 Miles:** Seth Amunrud 12:30; Felix Trom 12:34; Lydia Trom 13:38; Hazel Roulson 15:21; Kurt Buchl 16:48; Darryl Baker 16:54; CJ Oostema 21:53; Jean MacInnes 24:33; Madison Oostema 25:34; Jake Oostema 25:48; Chris Roulson 27:46; Shawna Oostema 30:00; Anna Thorneley 31:09; Derek Christensen 31:11; Kay Newman 32:32. **2 Miles:** Gail Cary 30:05. **3 Miles:** Bob Eichenberger 29:46; Randy Oostema 31:01; Sierra Holleman 33:01; Suzanne Winchester 33:10; Dee Metrick 33:56; Andrew Holleman 35:33; Calvin Gustafson 35:34; Garret Coley 36:46; Leonard Baluski 37:37; Karen Funke 38:17; Cristin Stokes 44:11; Tobias Holleman 48:55; Pat Murphy 48:56; Diana Lowe 52:15; Jacki McGuire 58:08. **5 Miles:** Gary Lowe 38:41; Roland Buchmann 41:48; Kyle Murphy 42:17; Lukas Geyer 43:41; Lisa Verwys 47:10; Diane Charlton 47:18; Carly Urban 53:58.

## Your First Time

There is nothing like the first time. Your preconceived notions of what it will be like. How it will feel. Will you come out too fast? Can you perform under pressure? People will tell you what it feels like. You can watch videos of other people doing it. There are books and magazines that go into great detail about the subject. There are even coaches to teach you proper technique and form. But nothing can prepare you for the real thing. A long search of wading through marginal possibilities has ended. You have found the one. You know the challenge will test you, beat you down, break you, and lift you back up again. It is all so exciting and scary. You may have gone over this moment a thousand times in your head. Visualized every in-and-out. Tested every theory. You have been preparing for months and now the time has come to make it happen. To do the deed. Practice is over and the big show is about to begin. Are you hydrated? Did you bring protection? Did you apply body glide in all the right places? You better be ready because the time is now. Bust in there, give it all you've got, and come out a champion. And it doesn't matter what anyone thinks. The size doesn't matter. The time doesn't matter. Your overall performance doesn't even matter. There is always room for improvement. What is important is the fact that you did it. Oh, the first time is amazing and something that you will never forget. You will drink that cold bottle of water, kick your feet up, and be proud of what you have just accomplished. You did it. You ran your first race! (What did you think I was talking about?!)



## 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

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Website: [www.winddrinkers.org](http://www.winddrinkers.org)

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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

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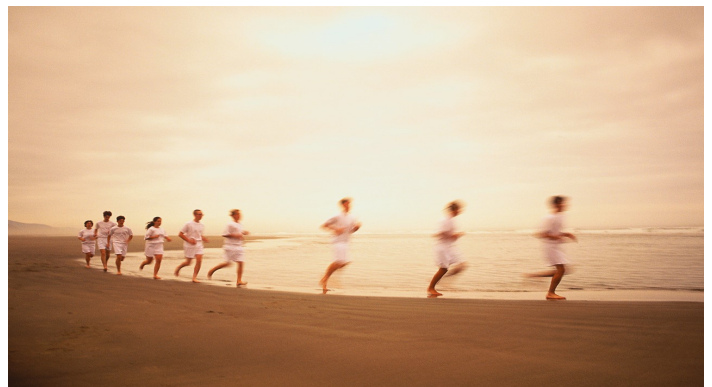
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**Wholistic Running**, Damian Stoy, 507-972-9720, \$30 off workshop or private lesson

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.”**