



February 2017 Newsletter # 473



Renew your BSWD membership at:
www.winddrinkers.org

Dear Wind Drinkers,

First, I want to express sad news: Elle, my housemate spider with five legs, has passed away. Memorial contributions may be sent to Reach Inc., attn.: Dee, 322 Gallatin Park Drive, Bozeman, MT 59715. Her loss is felt deeply by at least one very strange human who enjoys having spider companions around her home, no matter how much that creeps out her husband. Speaking of which, my rebranding to “wife” from “middle-aged girlfriend”, seems to be going well. There are a few benefits to marriage which I hadn’t anticipated, the most important being that if you invite the right people to your wedding, they partially fund your honeymoon. Thanks relatives! Your support will help us to head south during Montana’s long winter.

Hunky husband and I have spent many months planning our February backpacking trip to the bottom of the Grand Canyon. For most of America, February is too cold of a time for camping in that area. For Montanans like us, the weather is quite a bit like Gallatin County’s May, except for a statistical probability of dry, significantly less windy conditions. We hope to sleep under the stars, in temperatures that range between 40 and 55 degrees Fahrenheit.

From our first day of research, when I discovered that small rodents will chew through all of your belongings in search of food, excitement has permeated my being down to my soul. Thieving rodents! Vultures! Five thousand feet of elevation change!

I joined the second-best Facebook group: Grand Canyon Hikers (the very best is “Montana Birders”) in response to my delight. This group has incredible information for anyone who wants to explore this federally protected territory. GCH makes me love Facebook even more, and be happy to live in Bozeman, where the peer pressure to stay fit is inspiring, rather than oppressive. While exploring the wisdom and experience on that page yesterday, I discovered an amazing fact: tarantulas reside in the base of the Grand Canyon. Tarantulas inside the Canyon tend to grow slightly larger than tarantulas on the Rim.



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



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The Wind Drinker

Camping in the base of the Grand Canyon had been on my bucket list for many years. But the more I researched, the longer that list became. Soon, I had added “see a condor”, then, “take a photo of a criminal rodent”, and now, “greet a slightly-larger-than-at-the-rim tarantula” as subsections to the “Camp at the base of the Grand Canyon” line of my lifetime to-dos.

How is this linked with running, you ask? Well, I could not be excited about this trip, and confident in my abilities to hike on a long, steep, potentially icy trail, without having lived so many years in our Bozeman Wind Drinker Culture. I have hiked to and from Baldy in less than ideal conditions. I have faced over 5,000 feet of elevation change over nine miles before. The biggest challenge I face on this adventure is trying to be honeymoon sexy for my husband while also being my sincerely excited self over the scorpions, lizards, snakes, and spiders who may also participate in our backpacking journey.

Thank you, dear wind drinkers, for your consistent inclusion and encouragement for me to keep moving and exploring in our gorgeous and wild landscape. I had no idea how much joy was in my future when I began a couch to 5K training program a dozen or so years ago.

Your devoted trail compatriot,

Dee



BSWD FAT ASS 50K

First Name	Place	Split Times
Betty Aleagha	32	0:43:44 5k: 43:44.26
Daryl Baker	21	1:26:10 5k: 39:03.74 10k: 47:06.43
Celia Bertoia	29	0:37:46 5k: 37:46.44
Terry Cunningham	18	1:20:50 5k: 40:21.12 10k: 40:28.60
Mark Genito	4	4:08:25 5k: 33:02.22 10k: 32:18.55 15k: 32:55.13 20k: 36:04.06 25k: 38:10.45 30k: 38:42.24 35k: 37:12.56
Tim Griffiths	8	2:56:09 5k: 33:04.95 10k: 32:41.00 15k: 32:32.26 20k: 33:56.10 25k: 43:54.78
Mellissa Griffiths	24	1:38:14 5k: 46:55.78 10k: 51:18.96
Mason Griffiths	33	0:46:51 5k: 46:51.37
Craig Hildreth	13	1:49:37 5k: 32:42.74 10k: 37:17.40 15k: 39:36.61
Rhonda Hildreth	35	1:30:43 5k: 1:30:42.62
Nancy Hillman	23	1:29:34 5k: 42:45.03 10k: 46:49.21
Daniel Hillman	14	2:04:29 5k: 35:22.95 10k: 42:30.22 15k: 46:35.99
Mary Hoagland	19	1:21:37 5k: 39:12.39 10k: 42:24.62
Clem Izurieta	1	5:46:56 5k: 28:32.98 10k: 24:36.12 15k: 34:44.20 20k: 34:20.24 25k: 34:25.54 30k: 35:35.35 35k: 36:42.75 40k: 36:04.47 45k: 40:47.40 50k: 41:07.52
Kirk Keller	17	1:05:42 5k: 35:11.66 10k: 30:29.98
Brandon Koehler	7	2:50:49 5k: 27:02.33 10k: 30:52.75 15k: 35:21.83 20k: 39:38.92 25k: 37:52.99
Karen Lambiase	15	2:05:20 5k: 43:35.80 10k: 38:01.53 15k: 43:43.30
Ben Landry	12	2:14:20 5k: 33:02.81 10k: 32:17.10 15k: 32:57.66 20k: 36:02.81
Terry Leist	2	3:45:13 5k: 27:02.20 10k: 29:35.70 15k: 31:29.28 20k: 32:21.58 25k: 32:29.66 30k: 37:32.86 35k: 34:41.69
Rochell Lemer	27	0:28:35 5k: 28:34.97
Susan Maccall	30	0:42:02 5k: 42:02.29
Kay Newman	34	0:59:31 5k: 59:30.52
Randy Oostema	28	0:35:59 5k: 35:58.63
Julie Robison	10	4:47:35 5k: 53:52.71 10k: 55:17.18 15k: 1:04:08.46 20k: 59:35.67 25k: 54:41.91
Don Rogers	20	1:26:10 5k: 39:51.86 10k: 46:18.18
Leanne Roulson	31	0:42:02 5k: 42:02.74
Bryant Schwartz	26	0:28:29 5k: 28:29.09
Leon Shearman	25	1:43:43 5k: 49:22.74 10k: 54:20.68
Charles Steele	6	5:26:12 5k: 46:09.25 10k: 47:25.83 15k: 52:12.56 20k: 59:48.95 25k: 58:03.49 30k: 1:02:31.97
Emily Suemitsu	11	2:14:20 5k: 33:01.58 10k: 32:33.52 15k: 32:42.27 20k: 36:02.98
Alycia Vankirk	5	4:32:12 5k: 32:52.72 10k: 34:52.33 15k: 35:48.33 20k: 38:25.61 25k: 40:27.52 30k: 41:12.90 35k: 48:33.86
Bob Wade	36	0:18:55 3k: 18:54.91
Tom Walhs	16	0:56:32 5k: 28:03.17 10k: 28:28.65
Wendy Weaver	22	1:27:55 5k: 52:33.50 10k: 35:21.78
Jim Whelan	3	4:06:12 5k: 33:02.57 10k: 32:34.57 15k: 32:40.70 20k: 36:03.94 25k: 37:30.46 30k: 37:53.47 35k: 36:26.91
Kelly Wilson	9	3:21:52 5k: 40:30.48 10k: 36:58.44 15k: 39:50.66 20k: 41:33.26 25k: 43:00.30

10 Tips to Winter Running:

By Shut Up and Run

1. Be grateful: Stop your whining and remember that you *can* run. You *get* to run. There are many people too sick, disabled or injured to do what you are complaining about. Some people would kill to go just one mile in your frozen shoes. So, adjust your attitude fool!

2. Know that cold is easier than hot: Running in the cold can actually be less taxing on your body than running in the heat. Your body doesn't have to work as hard to cool down and this can increase performance and energy.

3. Sleep in your clothes: If you are really desperate, sleep in your running tights and base layer. That way you don't have to go through the extra step of getting undressed and dressed in the morning. You might get up easier, but I'm not promising this will do wonders for your sex life.

4. Get the right gear: Not only should you make sure you've got the correct cold weather gear for your climate but treat yourself to a new, fun, sassy running item (thongs might be inadvisable). Maybe this will make getting dressed and hitting the road a bit easier.

5. Have someone waiting on you: I've said it before, but there is almost no better motivation than to know someone or a group is waiting for you to show up for a run. Do you really want to be the pussy of the group?



6. Have a warm reward: Know that after your cold run, you will treat yourself to something toasty and warm like a latte, a hot bath or a cup of tea by the fire.

7. Remember the bad-ass effect: Not everyone runs when it's cold outside. It takes stamina, balls and determination. Tell yourself that every car that passes you is impressed by your fortitude. You may be lying to yourself, but at least it can provide temporary motivation.

8. Know you'll be less SAD: Research has shown that running in the cold can actually reduce symptoms of Seasonal Affective Disorder. Running can release feel good hormones that stave off depression, decrease anxiety and promote a general feeling of contentment.

9. Let your goal stare you in the face: If you are training for something, want to lose weight, or are simply just trying to stay in shape, write your goal down on a sticky note and put it on your alarm clock or bathroom mirror. Sometimes these little powers of suggestion can be the extra push you need.

10. Sign up: There are all kinds of short races throughout the winter time – Peppermint Schnapps 10Ks and Freeze Your Ass Off 5 Milers. Sign up for one just to keep your head in the game.

RACE CALENDAR

February

- 11 **BSWD Froze Nose** at MSU (corner of S 11th and Grant) 9:00 am start. 3 courses of about 1, 3 and 5 miles. Your finish time at this event determines your starting time at next months Handicapped run.
- 11 **Love ‘em or Leave ‘em 5K.** Bozeman. Starting at the Filling Station on N. Rouse. Course includes the East Gallatin Recreation Area. Individual or couples division in honor of Valentines Day starting at 9:00 am. Fun at the finish with music at The Filler. <http://loveorleave.weebly.com>
- 18 **Wulfman’s Frigid Digger Run** Butte. 7.3 Mile Run or 3 Mile Run/Walk. Starts behind MT Tech at 10:00am. Race Day Registration 8:30-9:45. Info or registration at www.Buttesspissandmoanrunners.com
- 18 **Montana Senior Olympic Nordic Ski Races** at Bohart Cross Country Ski Facility for ages 45 and older. 5K & 10K Classic Races at 10:00 am followed by 5K & 10K Freestyle at 1:00 pm. Medals awarded in 5 year age groups. www.montanaseniorolympics.org Call 406-586-5543

March

- 4 **BSWD Handicapped Run** Starting times for those who did not participate in the Froze Nose last month will be 9:15 for the 5 Mile course, 9:30 for the 3 Mile course and 9:45 for the 1 Mile course. See if you can improve your time. Starts at the corner of S 11th and Grant.
- 11 **AOH St Pat’s Race.** Anaconda. 117 E Park. 3 & 6 Mile courses. Bus to the start



April

- 22 **Back From Bridger Run.** All distances start at the Bridger Bowl Parking Lot. Distances of about 3, 7, 10, 12 and 17 Miles. Choose your distance so that you finish by 12:30 when the courses close. No headphones and no organized shuttle back to the start. Pre-registration not required. www.winddrinkers.org
- 26 **BSWD Summer Fun Run Kickoff Potluck.** Details to follow.

May

- 3 **BSWD Fun Runs begin.** Details to be determined
- 20 **Baldy Blitz.** Run from the M Parking Lot to Baldy and back. Info to follow
- 27 **Frank Newman Marathon** or Marathon Relay in memory of the founder of BSWD. Starts on Bridger Canyon Road at 8:00 am and ends at Sacajawea Park in Livingston followed by a Picnic. Volunteers needed.

June

- 3 **22nd Annual Madison River Run.** Ennis. 5K run to start off the racing season. www.themadisonmarathon.com 15 – 17 Montana Senior Olympics Summer Games for those 50 years of age and older. 5 Year Age Brackets. 5 & 10K Road Races, Track & Field Events, Cycling, Racewalk and much more Call 406-586-5543 or email kayjn3@gmail.com for information
- 17 **38th Annual Heart & Sole 5K.** Billings Is designated The RRCA Western Region Championship Save the date. More info to follow.
- 24 **Wulfman’s Continental Divide Trail Run.** Starting at Pipestone Pass outside of Butte. Info to follow. www.ButtesspissandMoanRunners.com

DISCOUNTS FOR MEMBERS ARE AVAILABLE
AT MANY LOCAL BUSINESSES INCLUDING;

Bozeman Running Co.,

Gallatin Alpine Sports

Bob Wards

Schnees

Roundhouse

Universal Athletics

Bozeman Hot Springs

Excel Physical Therapy

Wholistic Running

Rootstock Acupuncture

Signs of the Mountains

Clinical Massage Concepts

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



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

THE WIND DRINKER

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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
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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.