



June 2017 Newsletter # 477



Renew your BSWD membership at:
www.winddrinkers.org

Dear Wind Drinkers,

As many of you know, I am blessed with incredibly large, powerful feet. Last week, when I went to a roller skating rink in another state, I told the young man behind the counter, "I need a men's eleven skate, please." He brought back a woman's eleven, as I expected he would. I told him kindly that the skates he handed me would be too small. He looked skeptical.

I am now 41 years old. I am often sad about the way many human beings treat each other. I try to be an example of patience, love, and tolerance, but I am also a 41 year old woman. I am tired. I am tired, especially, of people in service jobs not believing me when I tell them the size of my feet. This has been going on for at least three decades now and I cannot imagine that I am the only person with this issue. Surely, people in positions of power over footwear get training in "how to deal with unusual customers". In an act of tremendous passive aggression, that had more to do with frustration over my genetics than with that young man's work ethic, I took off one of my shoes and one of my socks and put my gigantic, abused, three toe-nailed (one of which is purple) foot on the counter and said, "This skate will not fit on this foot."

I thought the young gentleman was going to vomit. My feet are ugly. There's no way around it. I am not being humble. I have runner's feet with freakishly long toes. They are the feet of a woman who would rather spend time daydreaming about flying than getting pedicures. He brought me a new pair of roller skates, this time in a men's size eleven, and didn't make eye contact as he sent me on my way.

Fast forward to yesterday, when I saw a news story about Shaquille O'Neal's feet. He wears a men's size 22 sneaker. His feet are as ugly as the average runner's post Ridge Run. He is rich and famous and could get laid at any moment (all characteristics that differ from this middle-aged heroine). Yet, reading the article and seeing the images of his mangled toes made me feel as close to Shaquille O'Neal as I did to Nikki Kimball when I learned that she, too, struggles with depression. Shaq and I both have made grand sacrifices (toenails and toe bones) in the name of our chosen sport. We both have to order our shoes off the internet. We both gross people out when they see the truth of what carries us through our middle-aged days.

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



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The Wind Drinker

I am pleased. I have learned another secret about the world of athletes, and this one is positive. When I first started reading about running, my main sources of information were this newsletter and Runner's World magazine. I read about training plans and overcoming hardship success stories. I read about people who, through running, lost weight, overcame addiction, ran with disabilities, beat the odds, achieved unbelievable goals, or ran to better the world... But the first secret I learned about running came after my first long-distance race: abdominal distress, foot pain, and muscle cramping do not stop just because your race is completed. The story does not end with finish line applause. Oh no!

You must still deal with the fact that you might imminently poop your pants, die of hunger, and throw up, all at the same time. You must still limp your broken and battered feet to wherever your ride home is. I have never read a check-list for preparing for the moments AFTER the finish line, when the pain continues and, perhaps, intensifies, even though you have stopped running.



When I learned about the post-finish pain, I was quite disappointed. But for every unsatisfactory secret, there is a happy running revelation. Shaq and I have at least one challenge and strength in common: unusually sized and shaped feet. I will take my decade of finish-line distress for that one truth learned this week.

Thank you, dear Wind Drinkers, for helping me enjoy all that makes me a typical human, and all that makes me unique. Thank you for helping me identify with famous people who will be vulnerable and honest in the reality of who they are. I wish you comfort showing that parts of you that are missing, that are discolored, or that differ from what is typical.

Your devoted running buddy,

Dee



Remember July 15th is the Running Lungs Run. It is put on by Linda Wortman and proceeds go to Lung Cancer Research. The race is July 15, and starts at Lindley Park. You can sign up at [RaceEntry.com](https://www.raceentry.com). Cost is only \$35.00 and it's for a great cause!

BALDY BLITZ

	1	David	Ayala	35	2:05:09	M Overall	1
	2	Erik	Grumstrup	34	2:07:32	M Overall	2
	3	Tyson	Roth	35	2:07:41	M Overall	3
	4	Kale	Snavely	27	2:07:48	M Overall	4
	5	Tyler	Melzer	34	2:12:34	M Overall	5
	6	Dan	Campbell	38	2:13:54	M Overall	6
	7	Jim	Rucker	38	2:16:10	M Overall	7
	8	Jonathan	Hockett	29	2:18:07	M Overall	8
	9	Andrew	Fillmore	28	2:19:29	M Overall	9
	10	Mike	Lavery	32	2:21:02	M Overall	10
	11	Renn	Meuwissen	16	2:21:13	M Overall	11
	12	Axel	Yount	28	2:21:38	M Overall	12
	13	Ben	Ohman	25	2:22:15	M Overall	13
	14	Anja	Gruber	25	2:31:18	F Overall	1
	15	Jake	Milligan	34	2:35:07	M Overall	14
	16	Patrick	Costello	34	2:37:18	M Overall	15
	17	Buzz	Nanavati	28	2:38:47	M Overall	16
	18	Heidi	Makoutz	36	2:39:54	F Overall	2
	19	Eric	Bendick	36	2:40:25	M Overall	17
	20	Jason	Mazurowski	29	2:40:53	M Overall	18



Highland Glen - 5/10/17 - Another nice night. The Doughers (Frank, Sr, Frank, Jr & Tracy) set up the course. Timers were John Atchison, Mark Benito and Amy Stephen were timers. Thanks to them all. Results are: **1.8 Miles:** Eric Bendick 13:58; Shawna Oostema 16:17; Shauna Pratt 16:17; Terry Kubat 16:22; Gary Hellenga 17:20; Sierra Holleman 18:48; Alex Peace 19:40; Patrick Dahman 20:53; Matty Dahman 20:54; Laura Humberger 21:20; Sam Bass 25:23; Daniel Peace 26:09; Lana Peace 26:15; Leon Shearman 27:48; Tom Bass 29:45; Jake Oostema 29:49; Jane Foster 32:29; Jean MacInnes 35:10; Teresa Leland 35:10; Bob Wade 36:39. **3.7 Miles:** Christian Aitchinson 24:00; Ana Brown 35:11; Jennifer Wirth 35:12; Bob Eichenberger 35:20; Lucas Geyer 27:11; Darryl Baker 38:09; Dylan Rosenzweig 38:46; Tracy Glass 42:09; David King 42:16; Teresa Galli 42:46; Susan Nickelson 47:03; Tobias Holleman 48:27; Klara Dumbrovska 49:09; Tomas Dumbrovsky 49:10; Leonard Baluski 50:34; Seth Koltz 51:01; Jacki McGuire 1:06:32; Suzanne Winchester 1:07:17; Alycia VanKirk 1:12:35; Graham Austin No time recorded. **5.6 Miles:** Nick Stadie 32:26; Anna Dalton 32:27; Mike Carey 34:59; Kurt Buchl 35:24; James Jong 38:51; Jenna Fallaw 38:52; Nick Waliser 45:16; Gro Lunde 1:05:27; Randy Oostema 1:12:35; Kathryn Hohman No time recorded.



South Side Trail - 5/17/17 - LeeAnne and Hazel Roulson arranged the run while Lindsay Hanna and Nick Waliser along with Jim Nallick did the timing. We appreciate their participation. Special thanks to Kurt Buchl and Jane Foster for the great hamburgers and fun potluck despite the snow. It was a great evening. **1.06 Miles:** Leonard Baluski 12:01; Daryl Baker 12:02; Leon Shearman 15:03; Teresa Leland 19:16; Bob Wade 21:09; Kay Newman 21:40. **3.0 Miles:** Randy Oostema 32:03; Teresa Galli 32:28; Sierra Holleman 34:20; Tobias Holleman 34:44; Tracy Dougher 36:11; Frank Dougher 38:33; **4.8 Miles:** Andrew Holleman 32:28; Rob Maher 37:56; Terry Leist 37:58; Leigh Holleman 41:18; Ana Brown 43:46; David Ayala 43:53; Gro Lunde 44:37.



Triple Tree Trail – 5/25/17 – Gary Hellenga set up the courses for this favorite run. Volunteers included Leonard Balluski, Bonnie Eichenberger and Kathryn Hohmann. Thanks to them all. Results are as follows: **1.3 Miles:** CJ Oostema 13:18; Stacey Dahman 14:08; Patrick Dahman 14:09; Jamie Dahman 14:20 Matty Dahman; 14:22; Teresa Leland 22:47; Jean MacInnes 22:49; Dave Skelton 25:10; Bob Wade 25:11; Linda Skelton 25:13; Gail Gary 33:01; Yuriko Yano 33:22; Kay Newman No time recorded. **3 Miles:** Dan Heimbigner 34:08; Sally Slipher 39:15; Sierra Holleman 39:45; Susan Nickelson 41:25; Tobias Holleman 42:47; Leon Shearman 53:25; Jacki McGuire 1:01:16; Frank Dougher 1:02:40; Tracy Dougher 1:02:41. **5.3 Miles:** Mike Carey 43:16; David Ayala 43:20; Sebastian White 43:45; Alex Lusier 43:58; Andrew Holleman 44:35; Jim Whelan 45:22; Eric Bendick 45:23; Natalie McCormick 46:17; Rob Maher 46:42; Leigh Holleman 54:40; Bob Eichenberger 55:45; Gro Lunde 55:46; Tracy Glass 56:12; Lucas Geyer 56:32; Heidi Genito 59:05; Mark Genito 59:07; Nick Waliser 59:42; Frank Stock 59:54; Daryl Baker 59:57; Teresa Gali 1:06:12; Randy Oostema 1:10:00; Derek Christensen 1:13:39; Anna Thorniley 1:14:53

Regional Park

1.25 Miles

Gary Hellenga	9:41
Sierra Holleman	11:50
Hazel Roulson	13:01
Tobias Holleman	13:03
Willy Richey	14:59
Seb White	14:59
Jean MacInnes	21:30
Bob Wade	26:11
Kay Newman	26:13

2.8 Miles

Jennifer Wirth	21:59
Tom Walsh	21:59
Alycia VanKirk	23:15
Craig Hildreth	24:04
Cory Vellinga	24:40
Dylan Rosenzweig	25:42
Teresa Galli	27:34
Terry Cunningham	27:45
Pam McCutcheon	27:48
Betsy Johnston	28:29
Leonard Baluski	30:29
Susan Nickelson	31:01
Jamie Balke	31:01
Tracy Dougher	32:31
Frank Dougher	34:08
Leon Shearman	43:21
Jacki McGuire	49:41
Sandy Dougher	55:42

4.5 Miles

Mike Cary	30:19
Cale Hofferber	30:20
Rob Maher	32:26
Jim Whelan	34:21
James Jong	34:30
Roland Bachmann	35:40
Nick Waliser	41:03
Gro Lunde	41:44
Meagan O'Connor	41:44
Randy Oostema	43:47
Derek Christensen	46:57
Anna Thornley	47:49
Bill Dobler	49:52



Our fun runs are successful because of our many volunteers. Yet I forgot to mention those who helped with the traditional Back from Bridger Run. You were appreciated by the large group of runners who enjoyed that bright sunny day. Thanks to Emily Suemitsu at the 3 Mile finish, Bob Eichenberger and Sandy Dougher at the 7 Mile finish, Jim Whalen and Gary Hellenga at the 10 Mile finish, Frank Dougher at the 12.5 and Kay Newman at the 18.2 Miles. The Dougher family(Frank, Tracy and Sandy) were the ones who organized the event. Thanks to all.

RACE CALENDAR

June

- 3 **22nd Annual Madison River Run.** Ennis.
5K run to start off the racing season.
www.themadisonmarathon.com
- 7 **Bozeman Creek.** 6:30 pm start
- 10-11 **406 Race Series Duathlon Challenge + Kids Dash & Pedal races.** Billings Family Fun and much more. Participate in bike or foot races at one of 3 distances
www.406RaceSeries.com. Kids 6 – 14.
This is in support of the Billings School Backpack meal program
- 14 **Drinking Horse Mountain.** 6:30 pm
- 15–17 **Montana Senior Olympics Summer Games** for those 50 years of age and older. 5 Year Age brackets. Competition in 5 & 10K Road Races plus Track & Field. Medals also awarded in Five-year age groups.
www.montanaseniorolympics.org.
406-586-5543 Games are being held in Polson, Ronan and Pablo.
- 17 **38th Annual Heart & Sole 5K** Billings Designated The RRCA Western Region Championship. Save the date. More info soon.
- 17 **Old Gabe Trail Run.** Starts at 6:00 am at Middle Cottonwood. Volunteers needed also Info at run/ski@bresnan.net or me nalled@montana.edu.
- 21 **Historic Depot to Story Hills.** 6:30 pm
- 24 **Wulfman's Continental Divide Trail Run.** Starting at Pipestone Pass outside of Butte. Info to follow. ButtesPisandMoanRunners.com
- 25 **Pony Trot.** Pony, MT 5K out and back. 10K is a loop. 9:00 am. Proceeds for the preservation and promotion of historic Pony. 9:00am start. Reg at RaceMontana

June Cont'd

- 28 **Andy Blank MSU Track & Trail Run.**
A memorial to one of the founders of BSWD

JULY

- 4 **Reach Inc. Race for Independence**
1K/5K/10K run or walk on the trails of North Bozeman. All proceeds go to Reach Inc. Online registration until 5pm on July 2nd RunSignUp.com
In-person registrations also available
- 7-9 **Kids Adventure Games.** Big Sky
An adventure challenge course designed and run for kids in teams of two, ages 6 – 14, with a range of obstacles & challenges.
- 8 **49th Annual Beartooth Run** Red Lodge
5 & 10K distances up the pass.
www.rlacf.org
- 15 **Devil's Backbone Trail Run.** Info to follow.
Email; runski@bresnan.net
- 15 **Running Lungs Run** for Lung Cancer Research. Starts at Lindley Park. Sign up at Raceentry.com
- 22 **10th Annual Madison Marathon.** Ennis.
Save the date
- 22 **Headwaters Bank Run.** Three Forks.
5k, 10k, and Half Marathon! Proceeds benefit the Headwaters Trail System.
RaceMontana.com. \$18 Pre-registration by July 6th



AUGUST

- 5 **BSWD Sweet Pea Run.** Save the date
- 5 **Great Harmonica Huff n Puff.** Yellow Pine, Idaho. 6.5 K Run/Walk through shady scenery finishing on the historic Main Street of Yellow Pine. Info at www.yellowpinefestival@gmail.com. Great music festival following the run
- 12 **Ed Anacker Ridge Run.** Wind Drinker Classic!!

SEPTEMBER

- 2 **14th Fun Run for charities.** Red Lodge, 10K Run. 5K Run/Walk, 2 Mile Fun Walk, Toddler Trot. Free BBQ 9:00am Start. www.rlacf.org
- 16 **Wolf Creek Wrangle.** Eaton's Ranch located 20 minutes outside of Sheridan, Wyoming 5&10K Run/Hike and a half marathon. Registration starts at 8:00am. All races begin at 9:00am with a time limit of 5 hours. BBQ Lunch to follow. Proceeds benefit Habitat for Humanity of the Eastern Bighorns. Register the day of the event or online at www.itsyourrace.com (Wolf Creek Wrangle.
- 16 **John Collter Run** Registration is open and limited. A part of the Montana Trail Series.

Frank Newman Spring Marathon, ½ Marathon and Relay

Marathon

Joshua Richards	3:12:19
Kama Werner	3:29:01
Heidi Marks	3:47:05
Michelle Fleniken	3:47:06
Jim Whelan	3:59:28
Tim Griffiths	3:59:28
Kasey Cummings	4:35:34
Nick Waliser	5:17:30
David Summerfield	7:07:31
Melissa Cole	No time

½ Marathon (First half)

Andrew Holleman	1:38:07
Rob Maher	1:44:22
Leigh Holleman	1:51:43
Kamrin Sorensen	1:54:36
Chris Duncan	2:20:47
Joni Gilstrap	3:20:00
Rebecca Schulz	3:20:00
Amy Allen	3:20:00
Lisa Donoho	3:20:00

½ Marathon (Second half)

Weezy Serpe	1:33:19
Bekah Holten	1:36:29
Travis Wilson	1:36:51
Kaylee Sehmitz	1:37:05
Sarah Raz	1:42:15
David Helsby	1:47:55
Carter Helsby	1:47:56
Eric Montgomery	1:50:49
Kari Rockhill	1:52:26
Sophie Tsairis	2:02:12
Mark Montgomery	2:11:53
Joseph Harris	2:12:39
Nicole Harvey	2:15:10
Alix Phelps	2:17:41
Edwin Meece	2:18:48
Cassie Noble	2:21:09
Kyna Moberley	2:22:53
Brenda Smits	2:26:17
Lisa Bradley	2:27:04
Ginger Norton	2:41:17
Stacy AuCoin	3:45:31

Marathon Relay Results

Team Keller (Kirk & Sarah Keller)	3:21:00
Team Eaton (Steve, Karrie, Arin & Kacie Eaton)	4:05:00
Silver Snails (Leonard Baluski, Leon Shearman, Steve & Jacki McGuire)	5:55:00

½ Marathon Relay Results

The Tortoises	3:00:00
String Theory (Lindsey Dean, Anne Seital, Clinton Holman)	3:15:00



Kids Adventure Games: Big Sky July 7 - July 9, 2017

The Kids Adventure Games™ offers kids, ages 6 through 14, the opportunity to experience the thrill of adventure racing. The races emphasize teamwork, problem solving, sportsmanship, environmental awareness and fun. The kids cross the finish line, muddy, sweaty, smiling and full of pride. The intent of the Kids Adventure Games™ is to be challenged yet have fun, be determined, develop good character, sportsmanship, teamwork, build grit and resiliency, be able to think on your feet and finish the day with a smile.

Register Now at: www.KidsAdventureGames.com/case-studies/big-sky-mt/



Well the Ridge Run selection process is over. The committee would like to thank everyone that put in and once again many more people applied that are allowed to enter. **This year there were twice as many that put in as are allowed.** Following are the 2017 Bridger Ridge Run application Statistics: Number of Runners Accepted 300. Number of Entrants: 590. Number of Women 205, Number of Men 385. (twice the number of men!) 383 of those applying have never run it. 100 have run it once! So of the 600, 500 have none or very limited experience. 14 have run it 10 times or more. 3 have run it 20 times or more. There were 8 - 18 year olds, and 3 - 70+ year old people that applied. 31 states were represented, and 3 Canadians. Don't give up hope if you didn't get in. Come out and help us this year and put in again next year! And remember the OLD GABE 25/50K run is another GREAT trail run you can do! And no number limit!

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.

Discounts for Big Sky Wind Drinkers members

The race director, Sam Korsmoe, of the Greater Yellowstone Adventure Series is offering club members a 10% discount to all their races, including the Madison Marathon held on July 22. The Madison Marathon is one of six races in the series:

Check out www.themadisonmarathon.com or www.events.com for online signup. The discount code for club members is: BSWD2017GYAS



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

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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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.