



July 2017 Newsletter # 478



Renew your BSWD membership at:
www.winddrinkers.org

My mornings are blessed with a plethora of running buddies. Thursdays are reserved for the super-fast, super-sweet Heidi Makoutz. I love you, Heidi! Heidi wins hard-core races, like Old Gabe and the Reach Race for Independence. She kicks butt at Ruts and Ridge Runs and random races in new places. I bet in her favor against my husband's friend who is over 6 feet tall and super-fast. The money I make winning these bets should be reported on my tax return, the dollars are so hefty.

I am the sort of runner who works diligently to sometimes not be last, sometimes be in the top half, and sometimes (Pony Trot 10K) win my age group when there are two people competing. Yet Heidi and I can still share the joys and frustrations of being year-round runners. This week, we discussed, with the most early-morning enthusiasm we have had since her youngest child was born, the incredible feeling of hovering over the Earth while running... You know those perfect runs that only arrive unexpectedly and rarely when you feel like you're floating, like you are connected to everything in the universe, that God made you able to levitate over trails with wings you cannot see? Heidi and I both occasionally experience that, even though our Ridge Run finish times have a three hour spread between them. Running joy is not at all correlated with running skill or having a "runner's body".

What Heidi and I have hypothesized is that a "sparkly run" comes from the discipline of training our body, mind, and spirit throughout the year. We must prepare ourselves to be ready when the stars align and all feels heavenly. Then, when that moment comes, we must grasp the experience and literally run with it. What a relief to discover that the sparkle lifestyle is not achieved through acquisition of wins, accomplishments, and starvation... and also what a joy to discover that during these moments of floating and connection, we also exceed our expectations for performance and sometimes win!

We cannot make these moments come, we can simply prepare for them, through running and learning to enjoy life, to go with the literal flow, and to listen to our bodies. My husband and I have been known to shout, "Discipline is Freedom!" I do, in my heart of hearts, believe that discipline is the secret to accessing a fourth dimension of existence... I, personally, have floated through the fourth dimension during the 2013 Bangtail Divide Trail Run, during the 2016 Pony Trot 10K, and now I wait patiently and work diligently for that next adventure that feels like perfection. In the meantime, I will live vicariously through Heidi, maintain discipline, and enjoy every three dimensional run in my future. Thank you, Dear Wind Drinkers, for helping me to discover the deeper experiences in this life.

Your devoted running buddy — Dee



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

RACE CALENDAR

JULY

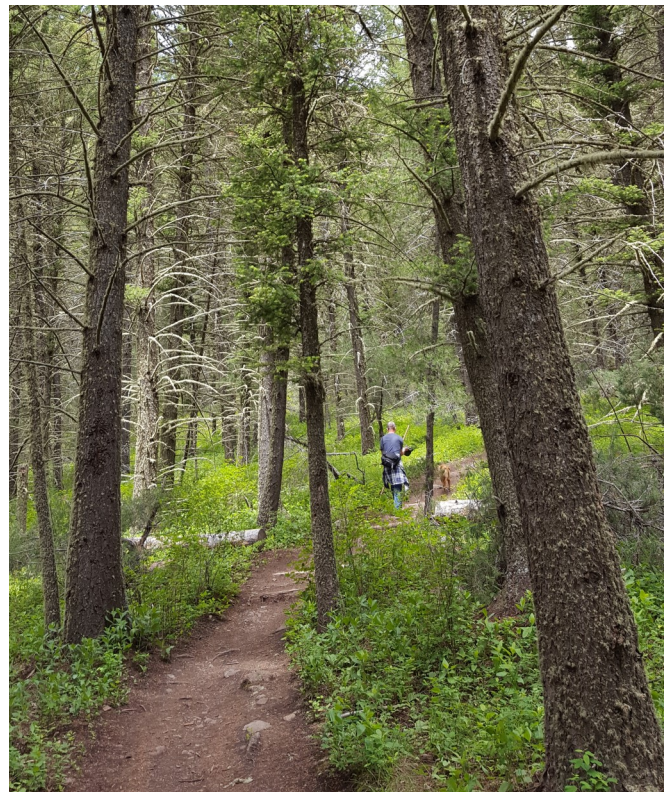
- 1 **Race for a healthy Gallatin River**
The Gallatin River Task Force is hosting a team Tri in Big Sky benefitting conservation projects on the Upper Gallatin.
<http://www.gallatinrivertaskforce.org/gallatin-river-fly-fishing-festival/>
- 4 **Reach Inc. Race for Independence**
1K/5K/10K run or walk 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 **Sweet Pea Run:** 5 & 10K Courses. A Bozeman running tradition. Registration is open. Sign up to run at runsignup.com. Sign up to volunteer at winddrinkers.org.
- 12 **Ridge Run.** Bozeman. The runners need your support. Volunteer. Check out the Website (www.winddrinkers.org)

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 Colter Run** Registration is open and limited. A part of the Montana Trail Series.



Bozeman Creek

15 Minute Run: Winner (the closest to 15 minutes)

Teresa Leland	13:19
Gary Hellenga	13:25
Mike Romeo	15:24
Lena Romeo	15:26
Jean MacInnes	19:11
Lynn Paul	19:12
Wren Waliser	22:21
Nick Waliser	22:47
Sandy Dougher	26:37

30 Minute Run: Winner (the closest to 30 minutes)

Kay Newman	27:00
Terry Cunningham	29:30
Gail Cary	30:53
Suzanne Winchester	31:13
Yuriko Yano	32:30
Laura Humberger	33:50
Darryl Baker	34:32
Cale Hofferber	34:32
Tobias Holleman	36:07
Pam McCutcheon	36:28
C J Oostema	39:47
Leon Shearman	39:57
Sierra Holleman	40:09
Tracy Dougher	41:25
Jacki McGuire	41:54
Kurt Buchl	43:44
Bob Eichenberger	43:44
Rachel Beaver	No time recorded

45 Minute Run: Winner (the closest to 45 minutes)

Teresa Galli	42:49
Randy Oostema	43:29
Lucas Geyer	44:18
David King	44:19
Whitney Adams	44:24
Ana Brown	44:41
Susan Nickelson	45:37
Andrew Holleman	46:16
Roland Bachmann	46:17
Rob Maher	46:19
Pierre Sertain	46:32
Brian Bachmann	51:43
Heidi Genito	55:15
Mark Genito	55:22



Drinking Horse

Jenna Fallaw set up the courses for the weekly fun run. Volunteers were Theresa Leland and Amy Stefan. Thanks to them for their part in making the evening a success.

1.5 Miles

Carson Swica	14:05
Greg Swica	14:05
Ellie Ostrowski	25:42
Sean Ostrowski	25:44
Jean MacInnes	31:50

2.4 Miles

Christian Landers	24:31
Roland Bachmann	24:38
Rick Landers	24:38
Jeff Johnson	27:34
Cooper Johnson	27:34
Bob Eichenberger	28:30
Darryl Baker	28:49
Robin Miller	29:34
D'Arla King	30:09
Nick Waliser	31:29
David King	31:32
Travis Miller	32:04
Randy Oostema	32:50
Carrie Gaffney	33:06
Kaitlyn Landers	34:21
Janell Landers	34:22
Leonard Baluski	38:09
Craig Hildreth	38:12
Sue Henning	40:10
Laura Humberger	40:57
Gail Cary	41:14
Suzanne Winchester	43:42
Leon Shearman	50:50

3.95 Miles

Anna Dalton	38:47
Mark Genito	43:09
Adam Axelson	46:51
Sherri Renck	50:27
Teresa Galli	1:01:26



Historic Run at the Old Depot

6/21/17 - It was a breezy but sunny run starting at the old depot on L Street and onto the Story Hill trails. Thanks to Tom Walsh, Lindsey Hanna and Anne Rich for setting up the event.

5.45 Miles

Mike Lavery	40:41
Eric Beaver	41:20
Alex Lussier	42:39
Rob Maher	43:00
Scott Flatlip	44:53
Joe Davis	45:03
Kurt Buchl	52:01
Lucas Geyer	52:22
Tracy Glass	54:35
Nick Waliser	55:27
Alycia VanKirk	58:48
John Aitchinson	58:54
Christian Aitchinson	58:55

Teresa Galli	1:01:45
Randy Oostema	1:02:52

3.35 Miles

Sam Bass	26:12
Bob Eichenberger	29:48
James Jong	30:48
Carly Urban	30:49
Cory Vellinga	31:45
Sierra Holleman	35:17
Pam McCutcheon	35:28
Kyle Brewster	37:47
Sue Henning	38:07
Tobias Holleman	40:50
Leonard Baluski	41:08
Susan Nickelson	41:18
Braden Axelson	48:13
Adam Axelson	48:21
Andrew Holleman	50:42
Jacki McGuire	55:35

1.52 Miles

Gary Hellenga	13:20
Finn Wirth	15:27
Jennifer Wirth	15:28
Jamie Dahman	16:16
Matty Dahman	17:02
Patrick Dahman	17:02
Thomas Evans	18:44
Leon Shearman	22:43
Karen Funk	23:03
Teresa Leland	29:05
Jean MacInnes	29:06
Kay Newman	39:24
Bob Wade	39:26
Rachel Beaver	50:02
Yuriko Yano	50:03



Andy Blank Stadium Trail Run - 6/28/17

This fun run was held in honor of Andy Blank, one of the founders of the Big Sky Wind Drinkers. Thanks to Tom Walsh for arranging the courses, to Jim Nallick for timing plus Theresa Leland and Jean MacInnes for volunteering.

1.4 Miles

Frank Dougher	16:45
Carson Swica	17:59
Cooper Walker	18:07
Cooper Johnson	18:10
Wren Waliser	18:41
Nick Waliser	18:43
Karen Funke	18:54
Sandy Dougher	19:04
Meghan Thompson	24:38
Suzanne Winchester	26:18
Kay Newman	29:59

3 Miles

Christian Landers	24:48
Natasha Fraker	25:01
Dylan Rosenzweig	26:03
Scott Rosenzweig	26:05
Gary Hellenga	26:12
Janell Landers	27:21
Rick Landers	27:21
Alycia VanKirk	29:06
Kurt Buchl	29:15
Darryl Baker	29:15
David King	30:53
Gail Cary	31:06
Kelly Sprinkle	31:53
Robyn Miller	31:53
Leonard Baluski	32:03
Bill Dobler	32:31
Zach Gill	32:48
Jesa Marsh	32:48
Leanne Roulson	33:02
Carrie Gaffney	33:48
Susan Nickelson	33:48
Hazel Roulson	38:39
Sam Bass	40:24
Tom Bass	40:25
Jacki McGuire	51:53

5 Miles

Rob Maher	37:23
Ana Brown	43:16
Teresa Galli	52:13



East Gallatin Recreation Area - 5/31/17

It was a great crowd and a great run with Whitney Adams in charge. Timers were Jim Nallick and Amy Stefan. Thanks to all. Times are as follows:

5 Miles: Scott Flatlip 31:22; Rob Maher 31:27; Roland Bachmann 35:32; Mark Genito 35:41; Lucas Geyer 38:23; Christian Aitchinson 38:27; Bob Eichenberger 38:45; John Aitchinson 45:47; Gro Lunde 1:00:35.

3 Miles: Craig Hildreth 27:47; Darryl Baker 27:47; Gail Cary 27:53; Teresa Galli 29:41; Brian Itoh 29:47; Whitney Adams 29:48; Jess Milakovich 29:49; Derek Christensen 31:07; Leonard Baluski 31:14; Anna Thorniley 31:22; Sierra Holleman 32:40; Laura Humberger 33:20; Tobias Holleman 33:21; Frank Dougher 33:26; Leon Shearman 39:35; Nick Waliser 47:50; Wren Waliser 47:50; Suzanne Winchester 48:20; Jacki McGuire 48:21; Mia Dudas No time recorded.

1 Mile: Matty Dahman 11:26; Patrick Dahman 11:27; Markus Heinrich 11:32; Willy Richey 12:57; Sebastian White 12:58; Lena Romeo 14:43; Mike Romeo 14:44; Lucy Ostrowski 16:09; Sean Ostrowski 16:10; Teresa Leland 21:39; Jean MacInnes 21:40; Kay Newman 25:57; Bob Wade 26:02.



Race for a healthy Gallatin River on Saturday, July 1st!

The Gallatin River Task Force is hosting a team triathlon in Big Sky to benefit conservation projects on the Upper Gallatin.

The Great Gallatin Pedal, Paddle, Run-Off is a team triathlon to, in, and from the Gallatin River:

- Leg 1 - Bike from the Big Sky Town Center Park to Lone Peak High School
- Leg 2 - Paddle from Porcupine Creek to the confluence with the West Fork
- Leg 3 - Run from the intersection of HWY 64 and 191 to Big Sky Town Center



Register on the Gallatin River Fly Fishing Festival website! *Racers will receive a Patagonia trail running shirt.* <http://www.gallatinrivertaskforce.org/gallatin-river-fly-fishing-festival/>

LET'S GET CRAZY **IN THE CRAZIES!**

I put together a group of guys last year and we ran the Beaten Path in the Beartooth Wilderness. We had a great time and I decided to take one weekend every summer to tackle a big run through the Montana wilderness. This year it's the crazy mountains. This adventure takes you 24.2 miles and up 6,294 feet from one end to the other. It's not about the pace, it's just about finishing the run in a day. Depending on the number of people that jump in, we can do a key swap. Otherwise, I have a zealous father-in-law willing to drop off and pick up. Whose in!?



THE NORTH FACE × **THE OUTBOUND COLLECTIVE** **BASECAMP**



Sat, Jul 8, 2017, 8:00 AM –Sun, Jul 9, 2017, 12:00 PM MDT

Get ready to hang out under the stars, explore rad activities, make new friends and put our latest Homestead Collection camping gear to the test. Join us and [The Outbound Collective](#) for an overnight camping experience at the amazing Music Ranch Montana.

Hit the trails on an athlete-led adventure, tuck into a farm-to-table dinner featuring locally sourced ingredients, eat breakfast on the campgrounds, have free transportation, and enjoy fun surprises.

60 dollars reserves a tent for you and a friend (choose your plus one wisely, since you'll share a roomy two-person Homestead tent). Also, for each tent that's reserved, we'll donate 10 dollars to [Big City Mountaineers](#).

[Bob Ward's Sports & Outdoors](#) is the official pick up/drop off location and they're equipped to support your pre-camping needs.

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

Published monthly by the Big Sky Wind Drinkers, a non profit organization devoted to the promotion of physical fitness. Membership is obtained by sending dues to BSWD, PO Box 1766, Bozeman, MT 59771-1766. Memberships are \$15 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
aikidoner@yahoo.com

Website: www.winddrinkers.org

OFFICERS FOR 2016

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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.