



September 2017 Newsletter # 4801



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www.winddrinkers.org

Letter from the President

The Bozeman Daily Chronicle newspaper and several other community supporters sponsor an annual "Prime Awards: 24 over 64" event, which honors 24 individuals, age 65 and over, for their personal and professional accomplishments and contributions. The nominated individuals need to be role models who have improved the quality of life for others here in the Bozeman community.

The third annual Prime Awards event took place on Tuesday evening, August 29, at the Hilton Garden Inn. The 24 recipients of this year's awards includes remarkable volunteers who have made significant contributions through Meals on Wheels, Gallatin Valley Land Trust, support of the homeless, service as foster parents, counselors, veterans support, and many, many other donations of time and talent.

I am very proud to announce that two of the prominent "24 over 64" award recipients this year are very well known to us in the Big Sky Wind Drinkers: Bob Wade and Kathy Brown! It was a great joy for BSWD to celebrate with Bob and Kathy at the Prime Awards event!



Bob and Kathy served our club as Vice Presidents for several years, and then served jointly as our co-Presidents for 5 years. For many years they also filled the role of race director for the Sweet Pea run, which went by the name "Bozeman Classic" for several years. And Bob and Kathy have been instrumental in maintaining the Frank Newman Marathon held each spring--which with a \$3 entry, remains what Bob calls "the cheapest marathon in the world!" In addition, Bob has served on the Board of Directors of the Montana Senior Olympics, as well being a member and leader of community committees for the Bozeman Recreation Department.

I would like to thank Angie Kociolek, Dan Krza, Daryl Baker, Tom Hayes, Liz McGoff, and Kurt Buchl for preparing the successful nomination of Bob and Kathy. I also provided an additional support letter on behalf of the BSWD Board of Directors. Congratulations to Bob and Kathy, and thanks again for all the support and encouragement!

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



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Kendyl Pierson **“What Running Means to Me”**

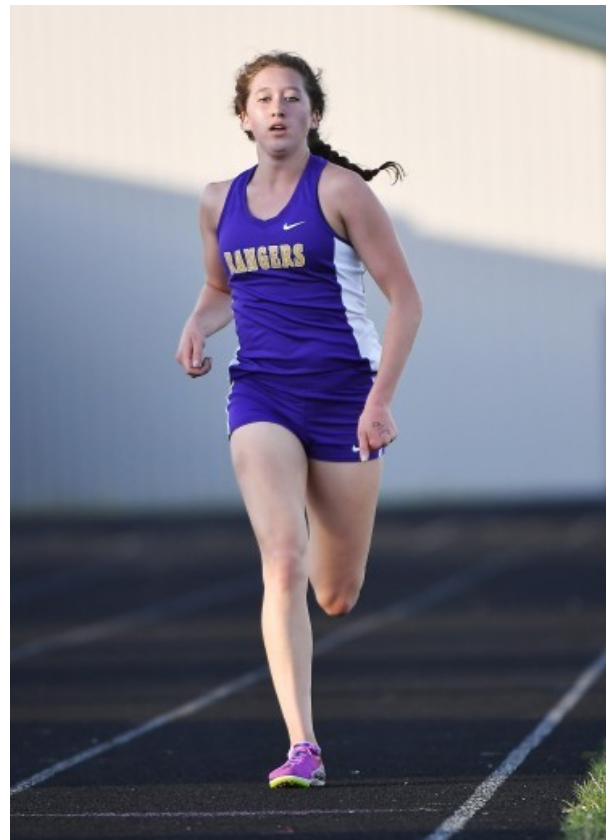
All things considered, I developed my love for running relatively late in life. My mother, a slow but steady marathon runner, used to push me in my stroller on training runs. As a youngster, I participated in the annual Sweet Pea Run, the Huffing for Stuffing, and whichever other local race my mother dragged me to. My “passion” or so I thought, was sports with balls. Volleyball, Basketball, etc. Track was something to do in the spring in middle school and early high school. My freshman year, I bounced around between events, socializing with friends, and enjoying the outside time.

My father passed away when I was 13 after a long and difficult battle with cancer. At the time, my parents had been divorced for many years, I was living with my mom and step-father and brothers in Livingston and Dad was in Bozeman. The experience was mind-boggling, earth shattering, life changing. Thirteen-year-old hormones mixed with sorrow and despair could have sent me down a terrible path. Instead I decided to honor my father’s legacy and make him proud of me. A year or so after his death, I decided that my only choice was to be the best version of myself that I could be. Two years after, I found the vehicle by which to do so. Approximately half-way through my sophomore year of track, my coach realized that the further I ran, the faster I was compared to my teammates. I left the short sprints and converted to running 800s. I was proud of my times and began to increase my commitment and work-load. At divisionals in Belgrade the distance coach asked me to run the 3200 meter with a few teammates. We were in a close match with Belgrade for the divisional title and every point was going to count. He told me to get behind our team’s number two distance runner and stay with her. I had never run the 3200 competitively but did what I was told with the chance of helping the team. We swept the podium, placing 1st, 2nd, and I took third, following my coach’s instructions. I was hooked and we were Divisional champions.

Since that day on the track in Belgrade, distance running has become my passion, my therapy, and my peace. During a tough race, I feel my father’s spirit lifting me. Running to me, is my time to connect with my father, to honor his memory, and to clear my mind. It is also time to think, to reflect, to solve problems and make decisions.

But don’t get me wrong, running is also my time to compete. I like how it feels to push myself beyond what I think I can do. I enjoy the mental fortitude it takes to pace with another runner and then “go” at just the right time. I love running with all its ups and downs. As I look back now, my experience as a junior at state Cross Country, where I missed placing by two positions after a season of battling shin-splints was as important to molding me as an athlete as when I came back a year later and placed tenth and set a 3-mile PR with a time of 19:26. In running, as in life, there are good days and bad, high points, and low points, shin splints and PRs. I try to learn from the bad and focus on the work it takes to result in more of the good.

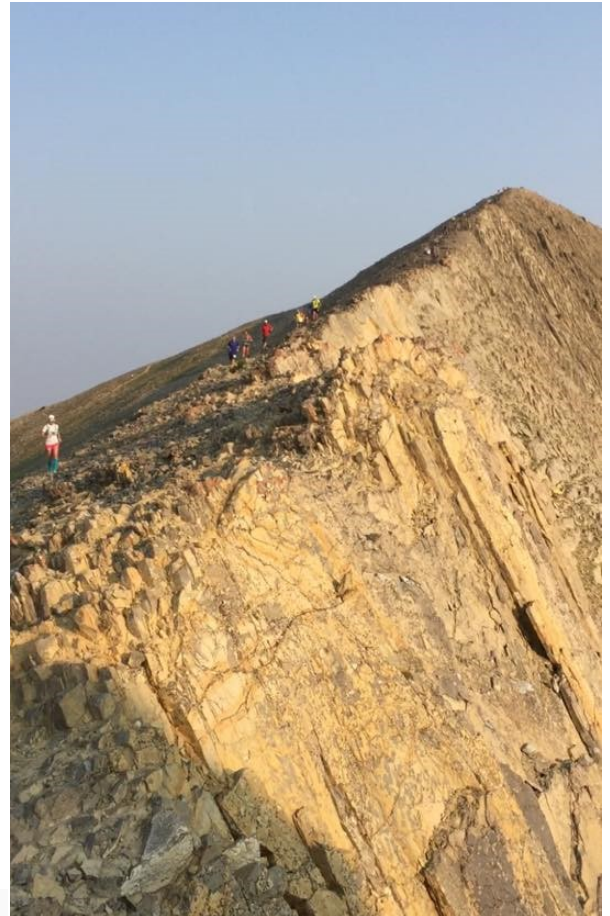
In the weeks ahead, I will choose between Carroll College and Rocky Mountain College, both of which have offered me Merit Scholarships and small athletic scholarships and places on their Indoor and Outdoor Track and Cross Country teams. I will most likely make my final decision on a long run day. I will dedicate later runs to continuing to think of ways to help cover the difference between the scholarship money and the sizable tuitions at each school. But someday I will just run for joy, without thought.



Ed Anacker Bridger Ridge Run 08/12/2017

It was another great race this year with a competitive roster, friendly volunteers, and a great time had by all. Smoke from nearby wildfires may have burned their lungs...or it may have just been the tough course. This year found a young man from Vermont, David Sinclair, racing the clock in an effort to beat the course record, falling short by only 6 minutes! Local mathlete and heartthrob David Ayala came in 2nd. The ladies ran a tight race, which saw a few lead changes occur from Baldy to the finish. The top 4 women finished within 9 minutes of each other. In the end it was two Missoula gals taking top honors; Christi Richards came in first, followed by Amy Friedman. Congratulations to all the runners who finished!

1	David	Sinclair	25	Burlington	VT	3:06:42
2	David	Ayala	35	Bozeman	MT	3:28:30
3	Mike	Foote	33	Missoula	MT	3:29:38
4	Peder	Anderson	39	Bozeman	MT	3:32:57
5	Rogan	Brown	25	Ketchum	ID	3:40:07
6	Matthew	Johnson	31	Bozeman	MT	3:41:37
7	Sawyer	Thomas	21	Wilson	WY	3:45:29
8	Adam	Sepulveda	36	Bozeman	MT	3:49:10
9	Gibb	Kentz	37	Bozeman	MT	3:52:44
10	Johannes	Middleton	30	Bozeman	MT	3:56:01



RACE CALENDAR

SEPTEMBER

- 2 14th **Fun Run for charities.** Red Lodge, 10K Run. 5K Run/Walk, 2 Mile Fun Walk, Toddler Trot. www.rlacf.org, Free BBQ 9:00am Start.
- 6 **BSWD Lindley Park** Weekly fun Run. 6:30 pm. An old favorite
- 8 **Night Owl Run.** Livingston. 7:00 pm. 4.06 Miles Run/Walk. Meet at Sleeping Giant Middle School to be bussed to the start. www.nightowlrun.com Fun awards!!
- 8 **National Public Lands Day**
- 13 **BSWD Bozeman Pond Pavilion** Run with PIZZA. 6:30
- 16 **John Colter Run.** 7 1/2 Miles on pavement, gravel roads and rugged trails. Starts at Missouri Headwaters State Park. Info at www.winddrinkers.org
- 17 **The Walk to End Alzheimers.** Bozeman. Festivities start at 1:00 PM at Highgate Senior Living Community (2219 W Oak St.) Info at www.highgateseniorliving.com or call 587-5100
- 17 **Bozeman Marathon,** ½ Marathon and Relay. 7:00 am – 2:00 pm Run through the Gallatin Gateway Valley and finish on Main Street. www.bozemanmarathon.com
- 20 **BSWD Potluck** at Lindley Park at 6:00 pm. Annual meeting. No organized runs. Bring a dish to share.

OCTOBER

- 7 **Raw Deal in McLeod.** (Sixteen miles south of Big Timber) 6 Mile Run and 3 Mile Walk/Run. 10:00 am start. RunSignUp.com Halloween costume contest. Kids activities and chili feed. NOTE: No competitive registration on race day. Must be registered by 10/6/17

NOVEMBER

- 11 **Veterans Day Run.** Butte. Start at 11:11 am. Stodden Park to the American Legion Hall. 2.5 and 5.2 Miles. Register at the Park. Remembering sacrifices for our freedom



Peet's Hill – 8/2/17 – It was a fun evening with quite a few visitors from out of town joining us. Volunteers were Brooke Sapia and Lindsay Hanna. The coordinators were the Dougher family (Frank, Tracy and Frank, Junior) Thanks to all. Following the run many of the group enjoyed the annual Bite of Bozeman down on Main Street.

2 Miles

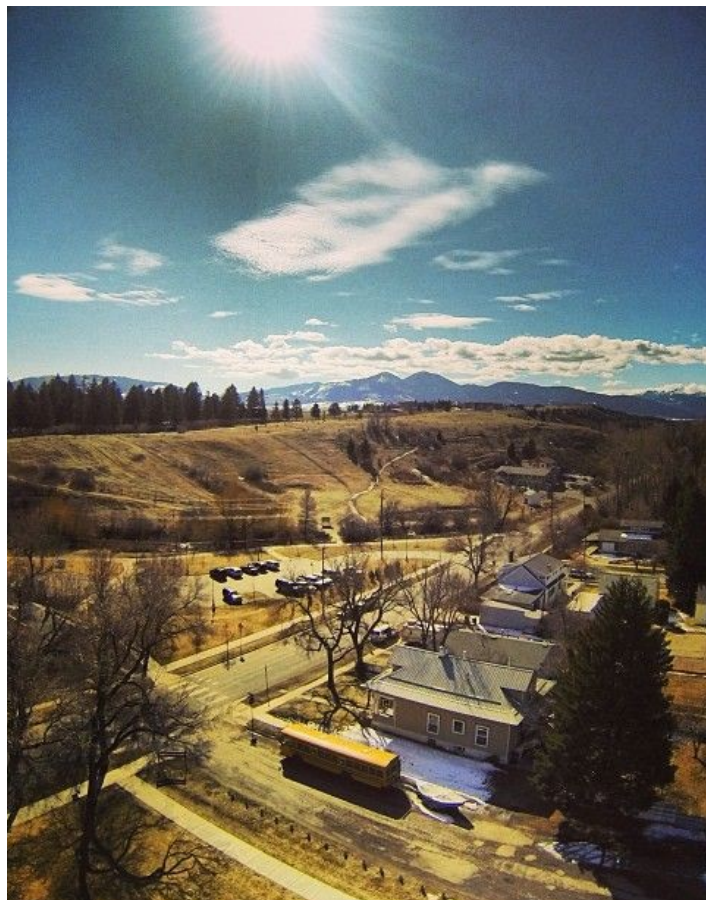
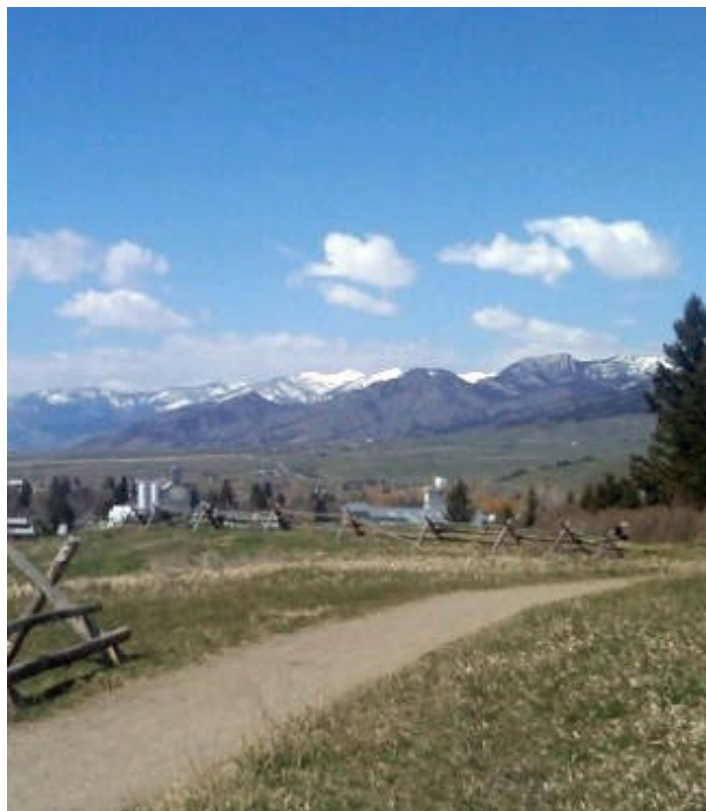
Carson Swica	15:58
Jen Swica	16:04
Bill MacDonald	19:58
Mika Dumbrovsky	20:22
Klara Dumbrovsky	20:22
CJ Oostema	21:15
Sierra Holleman	21:15
Leon Shearman	22:42
Sam Bass	23:46
Tom Bass	23:47
Jake Oostema	24:08
Tobias Holleman	28:09
Teresa Leland	28:28
Jean MacInnes	28:29
Shawna Oostema	30:13
Celia Bertoia	30:13
Kay Newman	35:22
Frank T. Dougher	35:31
Tracy Dougher	35:32

3.5 Miles

Andrew Holleman	25:30
Rob Maher	26:15
Alex Nordquest	29:39
Bob Eichenberger	29:50
Elizabeth Nordquest	31:12
Mark Drew	33:13
David Thompson	33:18
Darryl Baker	33:44
Julia Burco	34:23
Whitney Adams	35:33
Allison Theobald	36:44
Mia Dudas	38:03
Gail Cary	38:05
Leanne Roulson	38:37
Leonard Baluski	40:02
Lucy Lee	45:20
Frank Dougher	45:34
Patrick Leonard	45:55
Marel VanderHorst	51:29

4.8 Miles

Jenna Fallaw	36:09
Tomas Dumbrovsky	36:11
Pierre-Vincent Certain	37:24
Tom Walsh	37:24
Kit Heffner	38:17
Matthew Smeltzer	39:35
Christian Landers	45:18
Rick Landers	45:19
Trina Rainey	45:56
Neal Rainey	45:56
Randy Oostema	48:01
Janell Landers	48:12
Teresa Galli	48:14
Kaitlyn Landers	48:20
Jim Brackett	54:11





Middle Cottonwood – 8/9/17 – It was a great evening for the weekly fun run despite a quick rain shower. Thanks to Whitney Adams for setting up the course and to Tom Walsh for sweeping and assuring that all made it down safely. Jim Nallick again handled the chip timing.

1 Mile

Hadden Otey	9:18
Kurt Buchl	11:06
CJ Oostema	11:38
Jack Rainey	12:31
Neal Rainey	12:33
Jack, John & Jay Dudas ran with no times recorded	

3 Miles

Andrew Holleman	20:50
Leigh Holleman	31:34
Christian Landers	31:38
Sierra Holleman	32:06
Kelly Sprinkle	32:59
Robyn Miller	33:51
Janell Landers	34:52
Tracy Dougher	36:16
Pam Bittner	36:19
Elizabeth Nordquest	36:32
Alex Nordquest	36:33
Teresa Galli	37:25
Travis Miller	37:49
Tobias Holleman	38:39
Frank Dougher	38:48
Mia Dudas	42:40
Kaitlyn Landers	43:08
Rick Landers	43:12
Leonard Baluski	47:23

5 Miles

Roland Bachmann	45:11
Kit Heffner	45:14
Sylvie Wilson	48:19
Lucas Geyer	49:23
Brian Bachmann	51:12
Bob Eichenberger	57:41
Nick Waliser	1:02:31
Randy Oostema	1:02:54



McGuire Trail & Potluck Run – 8/16/17 – There were 40 participants at the annual McGuire Trail Run and Potluck. LeeAnn and Hazel Roulson set up the courses. Run volunteers included Teresa Galli and Bob Wade. Thanks to all for a great evening

1 Mile

Klara Dumbrovska	10:14
Mika Dumbrovsky	11:27
Jack Rainey	12:12
Sam Bass	12:16
Neal Rainey	12:19
Hazel Roulson	12:50
Leon Shearman	14:41
Trina Rainey	16:31
Kay Newman	22:50
Celia Bertoia	22:54
Gale Cary	23:06
Kim Rollefson	23:07

3 Miles

Andrew Holleman	19:49
Tom Bass	20:10
Alexis Holton	24:53
Allister Hoton	25:30
Christian Landers	25:30
Kurt Buchl	26:55
Martin Rollefson	26:55
Darryl Baker	26:56
Sierra Holleman	27:08
Leonard Baluski	28:41
Tobias Holleman	28:42
Tracy Dougher	29:29
Frank Dougher	30:39
Mia Dudas	30:50
Merel Van der Horst	38:59
Suzanne Winchester	44:00

5 Miles

Jason Nicholas	36:06
Riley Siddoway	36:06
Rick Landers	36:06
Pierre-Vincent Certain	36:07
Rob Maher	36:42
Bob Eichenberger	40:07
Jennie Holton	41:40
Scott Holton	41:41
Randy Oostema	44:12
Nick Waliser	44:23
Kaitlyn Landers	49:41
Janell Landers	49:42





Bear Canyon Run—8/23/17—The courses set by Jenna Fallaw. Volunteers: Mike Lavery and Neal Rainey.

1 Mile

Klara Dumbrovska	12:20
Cooper Johnson	12:51
Winston Culver	13:02
Carrie Gaffney	13:05
Leon Shearman	15:29
Tabor Roulson	38:37
Hazel Roulson	39:12
Chris Roulson	44:55
Kathryn Hohmann	47:12

3 Miles

Alex Nordquest	25:54
Hadden Otey	27:46
Kurt Buchl	27:48
Suzanne Winchester	29:45
Alexis Holton	30:00
Jamey McCormick	31:33
Louisa Otey	32:10
Elizabeth Nordquest	32:27
Tracy Dougher	33:23
Robyn Miller	33:29
Sierra Holleman	33:56
Kelly Sprinkle	33:56
Tobias Holleman	34:36
Craig Hildreth	36:17
Kevin Tarnowski	36:42
Frank Dougher	36:44
Jane Foster	37:41
Leonard Baluski	38:39
Katy Brandis	39:17
Rosie Nickelson	39:58
Susan Nickelson	42:31
CJ Oostema	44:13
Merel VanderHorst	45:20
Gail Cary	47:15

4.8 Miles

Mike McCormick	39:23
Scott Holton	39:23
Gibb Kentz	39:51
Rob Maher	39:58
Lucas Geyer	43:05
Lucia McCormick	45:04
Tom Walsh	45:04
Joe Kilen	47:19
Ursula Vlases	47:21
Clayton Coyen	47:21
Michael Vlases	47:25
Mary Frances Thornton	48:40
Teresa Galli	52:49
Randy Oostema	53:56
Lynae Axelson	57:22
Adam Axelson	57:22

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 james@redpointmontana.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.