



October 2017 Newsletter # 481



Renew your BSWD membership at:
www.winddrinkers.org

Snow is falling as I write this. That means running season is over...right?! Well, for some, it just means warmer clothes and colder toes. For most, though, it is time to hang up the trainers or head inside and turn on the dusty treadmill. For me, this time of year is a chance to reflect on my past season and make plans for next year. Like many wind drinkers, memories of the Ed Anacker Ridge Run, Run the Rut 50K, John Colter Run, and a handful of other great summer events.

It is not just the racing that inspires, however. The real joy comes from the simple act of lacing up your shoes and heading out to a local trail. A fast Sourdough out and back between work and dinner. Multiple loops up the M before that first appointment. Long hauls up Baldy or Sacajawea for a vertical fix. Whatever your favorite trail, there is no shortage to choose from within 30 minutes of downtown Bozeman.

I could tell you about the resident black bears up Bozeman Creek we saw on 3 separate occasions. Or the loop in Gallatin canyon that shouldn't be repeated. Or the "bonding experience" I had with my wife during the Rut 50k. These experiences define my running life and inspire me to continue to seek out new adventures and unknown trails. I am a little sad to see the snow cover my favorite trails but excited to think about the trails yet to be discovered once spring arrives.

So, what are your stories? Favorite trails? Did you experience a close encounter with wildlife? Find a loop through familiar terrain that is worth sharing? Are you dreaming of an epic tour through unforgiving terrain? Whatever it is, we want to hear about it. Send in your stories. Short or long. Poetic or technical. Just make it interesting, fun, inspiring, or memorable. Send it to james@redpointmontana.com.



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



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Colter Barney

Flying. That is what I feel while running. I soar across the road, across any terrain, my feet pounding in perfect rhythm, matching the musical chaos always found in nature. Running elevates my mind, allowing it to relax while simultaneously solving the most challenging problems of the day. Running not only makes me a better person, it has connected me to some of the most amazing people I have ever met.

I always loved running the mile in school as a kid. I was athletic, but I was also small for my age. Running long distances was the only activity that did not make me feel as if I had a competitive disadvantage. One of my friends convinced me to try cross country in seventh grade. I have now been in cross country for six years, and it has taught me about dedication and perseverance, respect and service, and friendship.

Distance running and cross country has given me inner strength. Running for long periods of time over long distance teaches anyone dedication. When I start a ten mile run with sore legs, the only thing that keeps me moving is mental toughness. Learning dedication took some time but shortly after learning it, I developed perseverance. Dedication strengthens you mentally and perseverance strengthens you physically. I believe both these traits are desirable because they apply to much more than distance running. My coach has always said that he does not teach us about running, he teaches us about life. I have learned that the lessons, like perseverance and dedication, can apply to all walks of life. I try to dedicate myself to many activities and persevere through the consequences of having a busy lifestyle. Running has given me the strength to succeed in many different activities.

Distance running and cross country have taught me respect and service. Distance running is a non-contact sport with few regulations. The winners of distance running are not decided by referees or complicated rules; there is only one factor, time. Because time is the only deciding factor, distance racing has taught me to respect my opponents. My competition either ran a faster time than I did or they did not. I can respect my opponents after the race because the race is almost always fair. This respect carries over to my teammates, my coaches, and everyone that I meet. I respect my team very much, and due to that respect, I want to help my team in any way possible. As one of only two seniors this year in cross country, the team looked to me as a leader. I did my best to serve the team in any way possible and my coach always says, "Leadership is service." I have tried to apply that way of thinking to all of my leadership positions, from student council to 4-H to my National Honor Society club. Running has taught me much about service and respect.

Distance running and cross country have obviously helped me in many ways. The most profound way is in my friendships. I consider my cross country team more than just friends, they are my second family. I have forged many amazing friendships across different grade levels, and schools. I will cherish the memories and lessons given to me by those friends. The bonds created with my distance friends will last a lifetime. Running has helped to transform me from an extremely shy introvert to a confident yet shy introvert with many friends. Distance running has helped me succeed across all walks of life by given me strength, teaching me about life, and surrounding me with friends for support. To finally answer the question of running means to me, I would have to say that running is my life. It has shaped me into the person I am today.



John Colter Run 2017

| Overall | | | Age | | | Time | |
|---------|----------|----------------|-----|-----------|----|--------------|--------------------|
| 1 | Nicolas | Composto | 25 | Missoula | MT | 0:45:18 6:02 | Overall Top Male |
| 2 | Chad | Carr | 41 | Bozeman | MT | 0:46:55 6:15 | |
| 3 | Michael | Barene | 19 | Bozeman | MT | 0:47:11 6:17 | |
| 4 | David | Ayala | 35 | Bozeman | MT | 0:47:58 6:24 | |
| 5 | Noah | Andersen | 22 | Bozeman | MT | 0:48:02 6:24 | |
| 6 | Andrew | Meyer | 17 | Bozeman | MT | 0:48:38 6:29 | |
| 7 | Karsten | Hokanson | 20 | Bozeman | MT | 0:48:41 6:29 | |
| 8 | Martin | Muan | 25 | Bozeman | MT | 0:49:01 6:32 | |
| 9 | Eli | Jensen | 19 | Bozeman | MT | 0:49:08 6:33 | |
| 10 | Hans | Pessl | 17 | Bozeman | MT | 0:50:17 6:42 | |
| 11 | Erik | Axelsson | 23 | Bozeman | MT | 0:51:37 6:53 | |
| 12 | Emma | Tarbath | 20 | Anchorage | AK | 0:52:06 6:57 | Overall Top Female |
| 13 | Shaun | Marshall-pryde | 55 | Bozeman | MT | 0:52:51 7:03 | |
| 14 | Nicholas | Power | 24 | Bozeman | MN | 0:53:26 7:07 | |
| 15 | Andrew | Maixner | 40 | Bozeman | MT | 0:54:09 7:13 | |
| 16 | Emily | Allison | 29 | Bozeman | MT | 0:54:17 7:14 | |
| 17 | Ana | Brown | 29 | Bozeman | MT | 0:54:17 7:14 | |
| 18 | Nick | Matelich | 19 | Bozeman | MT | 0:54:33 7:16 | |
| 19 | Corey | Stock | 23 | Bozeman | MT | 0:54:35 7:17 | |
| 20 | Tana | Kornachuk | 38 | Bozeman | MT | 0:55:19 7:23 | |



RACE CALENDAR

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
- 21 **Back to Bridger Run** 9:00 AM We are taking this run off of the highway to make it safer. Varies distances will be offered. Look for details on the new course soon.
- 29 **Run 4 Your Life.** Bozeman. For suicide prevention. 10K Run starting at 10:00 am, 5K Run starting at 10:15. Children's Fun Run at 9:30am. Sign up at runsignup.com. Start and finish at Bob Cat Stadium. Costumes are suggested. <https://www.unsignup.com/Race/MT/Bozeman/Run4Yourlife>

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
- 18 **Jim Banks Turkey Trot.** BSWD Tradition. Guess your finish time to win a turkey courtesy of BSWD. 9:00 start at the Foot hills Fellowship Church on Centennial Drive. Distances of 1.3, 2.7 and 4.4 Miles. Check out the website at windrinkers.org.

DECEMBER

- 2 **Annual BSWD Jingle Jog.** 9:00 am start.

JANUARY

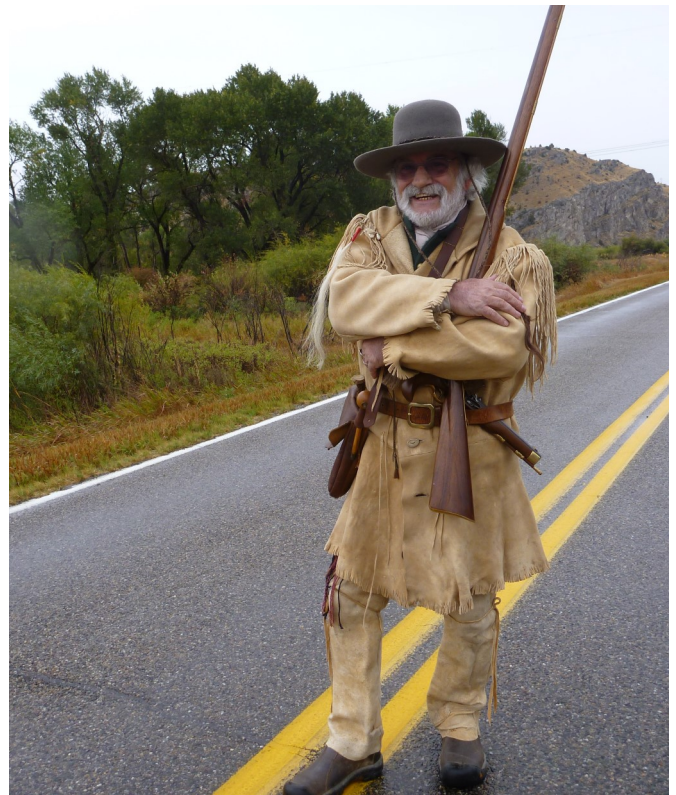
- 6 **BSWD Annual Fat Ass Run.** Choose your distance. Run as many 5K laps (trail and/or road possibilities) 9:00 am start at Three Forks(Headwaters State Park) No temperature restrictions

FEBURARY

- 3 **Froze Nose.** BSWD Fun Run. 9:00 am start at corner of S 11th and Grant Street on the MSU Campus. Your finish time at this event will determine your start time at next months Handicapped Run

MARCH

- 3 **BSWD Handicapped Run** on the MSU Campus at the corner of S11th and Grant. Your starting time can be determined by your finish time at the February Froze Nose Run. If you didn't run the Froze Nose Run your start will be 9:15 for the long distance, 9:30 for the middle distance and 9:45 for the short distance. The object is to beat your previous finish time.



The Wind Drinker

Trails at Hvalite

Gary Hellenga set up the courses.

Ana Brown was the volunteer

Tomas Dumbrovsky was in charge of timing

1 Mile

| | |
|-----------------|-------|
| CJ Oostema | 10:28 |
| Madison Oostema | 18:17 |
| Jake Oostema | 19:36 |
| Shawna Oostema | 19:36 |

3 Miles

| | |
|---------------------|-------|
| Bob Eichenberger | 26:13 |
| Darryl Baker | 28:22 |
| Craig Hildreth | 28:34 |
| Sierra Holleman | 31:00 |
| Tracy Dougher | 31:36 |
| Travis Miller | 33:36 |
| Frank Dougher | 34:09 |
| Leonard Baluski | 36:38 |
| Merel Van der Horst | 42:07 |
| Suzanne Winchester | 52:09 |

5 Miles

| | |
|-----------------------|-------|
| Jason Nicholas | 39:17 |
| Kit Heffner | 40:02 |
| Rob Maher | 40:07 |
| Taylor Ross | 40:53 |
| Lucas Geyer | 42:20 |
| Neal Rainey | 47:40 |
| Randy Oostema | 50:01 |
| Nick Waliser | 50:04 |
| Mary Frances Thornton | 50:10 |
| Carly Urban | 50:11 |
| Teresa Galli | 52:11 |
| Kelly Sprinkle | 53:08 |
| Robyn Miller | 53:34 |
| Tobias Holleman | 56:23 |



Lindley Park – 9/6/17 – Another smoky evening but 43 runners gathered to run the courses set by Frank Dougher. Tomas Dumbrovsky filled in for Jim Nallick with the timing and Suzanne Winchester was the volunteer. Thanks to them all.

4.7 Miles

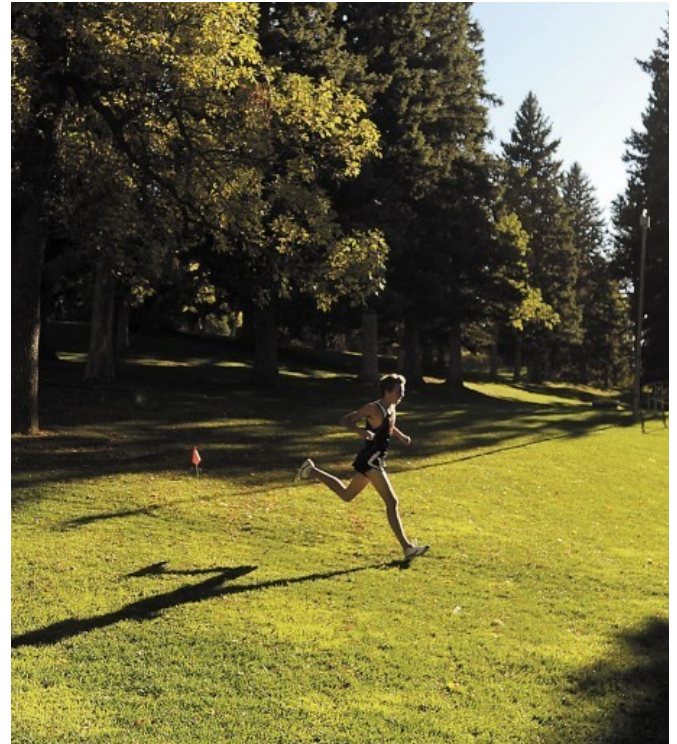
| | |
|-----------------------|-------|
| Lucas Geyer | 36:38 |
| Whitney Adams | 39:48 |
| Ana Brown | 39:48 |
| Nick Waliser | 42:50 |
| Carly Urban | 43:46 |
| Mary Frances Thornton | 43:47 |
| Trina Rainey | 46:22 |
| Randy Oostema | 48:10 |
| Mia Dudas | 49:14 |

3.0 Miles

| | | |
|---------------------|-------|-------|
| Rob Maher | 21:32 | |
| Jenna Fallaw | 22:56 | |
| Hadden Otey | 24:16 | Child |
| Cooper Johnson | 25:47 | Child |
| Carrie Gaffney | 25:47 | |
| Craig Hildreth | 26:00 | |
| Rad Anzulone | 26:03 | |
| Robin Otey | 27:04 | |
| Darryl Baker | 27:16 | |
| Sierra Holleman | 29:34 | Child |
| Tracy Dougher | 29:47 | |
| Alexa Buchl | 31:07 | |
| Kurt Buchl | 31:09 | |
| Frank Dougher | 31:21 | |
| Leonard Baluski | 31:51 | |
| Gail Cary | 32:45 | |
| Tobias Holleman | 35:01 | |
| Marci Young | 36:38 | |
| Merel Van der Horst | 39:13 | |
| Jacki McGuire | 45:42 | |

1.4 Miles

| | | |
|------------------------|-------------------|-------|
| CJ Oostema | 14:55 | Child |
| Jack Rainey | 15:03 | Child |
| Celia Bertoia | 15:10 | |
| Neal Rainey | 15:25 | |
| Hazel Roulson | 16:34 | Child |
| Leon Shearman | 20:00 | |
| Jean MacInnes | 23:52 | |
| Shawna Oostema | 24:17 | |
| Madison Oostema | 26:14 | Child |
| Jake Oostema | 26:16 | Child |
| Leanne Roulson | 27:53 | |
| Kay Newman | 27:54 | |
| Bob Wade & Tula Raines | No times recorded | |



Bozeman Pond – 9/13/17 – There were 49 runners that participated in our final fun run of the summer. Bob Eichenberger set up the courses. Volunteers were Bonnie Eichenberger and Carrie Gaffney. Thanks to them and to our faithful runners who showed up no matter what the weather had planned. We also appreciate the time spent by Frank Dougher and Bob Eichenberger in recording participant numbers. Watch for our list of winter fun runs held each month.

1 Mile

| | |
|-----------------|-------|
| CJ Oostema | 9:22 |
| Gary Hellenga | 9:34 |
| Sam Bass | 10:27 |
| Jack Rainey | 10:29 |
| Tula Rainey | 10:47 |
| Celia Bertoia | 11:09 |
| Mia Dudas | 11:10 |
| Elias Kay | 11:54 |
| Trina Rainey | 11:55 |
| Steffany Kay | 11:55 |
| Leon Shearman | 14:18 |
| Jake Oostema | 15:38 |
| Shawna Oostema | 16:01 |
| Teresa Leland | 16:14 |
| Madison Oostema | 17:53 |
| Corine Theig | 17:58 |
| Alycia VanKirk | 17:59 |
| Kay Newman | 21:36 |
| Debra Newman | 21:42 |
| Tabor Roulson | 22:45 |
| Chris Roulson | 22:46 |
| Maggie Theig | 35:48 |
| Adam Axelson | 42:59 |
| Braden Axelson | 43:00 |



3 Miles

| | |
|---------------------|-------------------|
| Tom Bass | 20:29 |
| Kyle Klicker | 21:41 |
| Cooper Johnson | 25:33 |
| Luke Mayer | 25:37 |
| Craig Hildreth | 25:47 |
| Darryl Baker | 26:03 |
| Kelly Sprinkle | 26:07 |
| Leonard Baluski | 27:03 |
| Sierra Holleman | 27:34 |
| Silas Beck | 31:35 |
| Hazel Roulson | 32:49 |
| Gail Cary | 35:51 |
| Marci Young | 35:51 |
| Merel Van der Horst | 36:07 |
| Tobias Holleman | 36:51 |
| Jacki McGuire | 42:59 |
| Suzanne Winchester | 43:01 |
| LeeAnn Roulson | No times recorded |
| Ana Brown | No times recorded |

5 Miles

| | |
|-----------------------|-------|
| Rob Maher | 34:37 |
| Lucas Geyer | 37:00 |
| Leigh Holleman | 37:51 |
| Nick Waliser | 40:45 |
| Randy Oostema | 43:12 |
| Mary Frances Thornton | 45:34 |
| Teresa Galli | 45:52 |
| Carly Urban | 45:52 |



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
Website: www.winddrinkers.org

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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.