



December 2017 Newsletter # 483



Renew your BSWD membership at:
www.winddrinkers.org

Congratulations to the Lady Hawks! Fantastic team performance on a very challenging course and incredibly soggy conditions!

5th Place at Nike Nationals!



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



Congratulations also to Duncan Hamilton who competed as a individual in the NW region and came in 11th place, making his 2nd All – American team.



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RACE CALENDAR

DECEMBER

- 2 **Annual BSWD Jingle Jog.** 9:00 am start. Watch the website for the starting location. Bring a goody to share with the group. Merry Christmas!!

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.
- 10 **AOH St Patrick's Race.** Anaconda. 3 & 6 Miles. Buses leave Locker Room Bar at 10:30 for an 11:00 am start. ButtePissand MoanRunners.com

APRIL

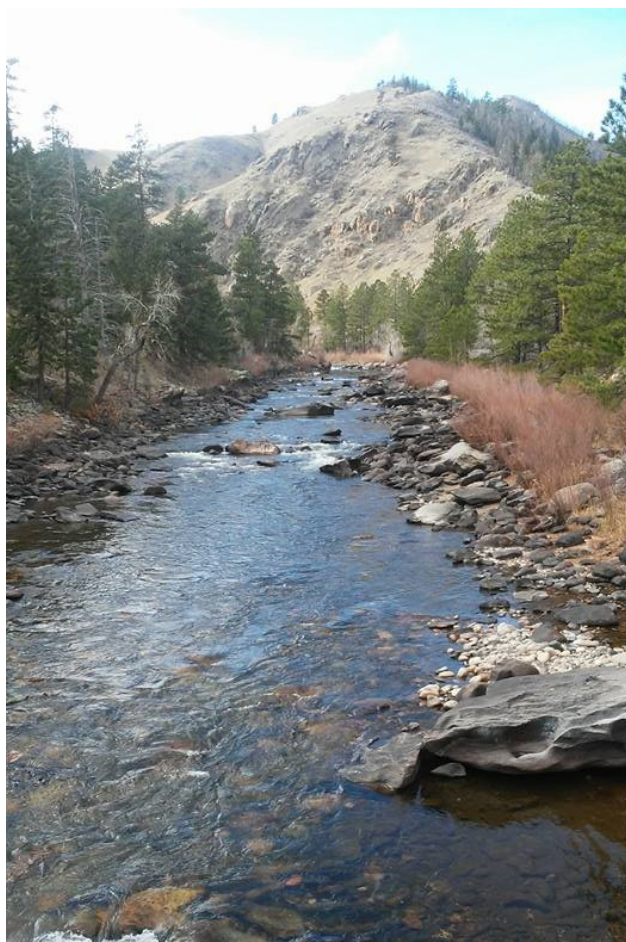
- 14 **Back From Bridger Run.** More information to come. Save the date

MAY

- 27 **Frank Newman Marathon,** ½ Marathon or Marathon Relay. Details to be arranged.

JUNE

- 23 **Wulfman's Continental Divide 14K** Trail Run. From Pipestone Pass through Beaverhead Deerlodge National Forest to Homestake Pass. Limited registration. 8:00am start

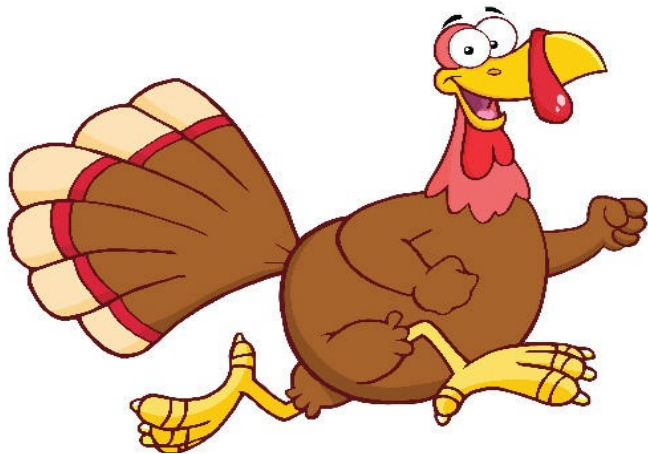


Bon Appetite Run - November 11, 2017

The rescheduled Bon Appetite Run provided an opportunity for a few to get in a walk or run and a great breakfast following. Once again, Thanks Leonard for hosting. Sorry if you would have liked to have joined us and we failed to let you know. It was sort of last minute planning for those of us who like to eat plus a welcome home for Bob Wade following surgery in California. Participants were:

Leonard Baluski
Bob Eichenberger'
Rob Maher
Bob Wade & Kathy Brown

Kay Newman
CJ Oostema
Randy Oostema
Jacki McGuire



It's Time To Strut Those Feathers!

Jim Banks Turkey Trot

1 Mile

Kathryn Hohmann	12:38	(14:50)	
Leon Shearman	14:21	(14:38)	winner
Jean MacInnes	17:12	(23:00)	
Kay Newman	21:06	(22:00)	
Bob Wade	21:58	(27:30)	

2.7

Kyle Klicker	19:49	(20:00)	winner
Whitney Adams	25:98	(26:00)	
Sierra Holleman	27:57	(27:00)	
Gail Cary	28:16	(29:50)	
Bonnie Eichenberger	29:57	(27:00)	
Leonard Baluski	31:51	(30:00)	
Frank T. Dougher	34:11	(33:00)	
Frank Dougher	34:13	(33:00)	
Lynn Hellenga	43:48	(47:00)	
Jacki McGuire	43:49	(45:00)	

4.4 Miles

Rob Maher	31:32	(32:30)	
Tom Walsh	32:01	(32:00)	winner
Leigh Holleman	35:54	(38:33)	
Bob Eichenberger	37:50	(35:00)	
Randy Oostema	38:14	(34:30)	
Charles Smith	39:04	(44:44)	

Jingle Jog

A large group of runners and walkers (54) showed up for the traditional run celebrating the Christmas Season. Thanks to the run organizers who were Ana Brown and David Aylor. Attendees provided a great supply of goodies for all to enjoy after the run. Accurate timing was again provided by Jim Nallick. We certainly appreciated the use of the Great Northern Physical Therapy Facility. It was a great place to gather beforehand and again after the run to warm up and visit. This is our final run for 2017 so thanks to the officers headed up by Rob Maher for another successful year of fun running. Results are attached.

5 Miles

Rob Maher	35:05
Connor Neil	37:06
Kara Neil	37:11
Randy Oostema	38:27
Charles Smith	38:45
Bob Eichenberger	38:53
Whitney Adams	39:00
Mary Thornton	39:02
Jenna Fallaw	39:15
Michelle Flinnekin	39:15
Ellen Lauchnor	39:16
Greg Young	39:46
Terry Leist	39:47
Nick Waliser	43:47
Aviane Bouchard	44:03
Eric Veca	44:36
Martin Rollefson	44:42
Tracy Dougher	47:09
Marci Young	49:16
Delaney Hendricks	49:42
Janell Arneson	50:05
Mia Dudas	50:07

3 Miles

Kyle Klicker	23:46
Rebecca Watters	25:01
Sherri Renck	26:37
Dan Carty	26:59
Sierra Holleman	27:57
Leonard Baluski	30:12
Tobias Holleman	31:31
Angie Johnson	31:45
Celia Bertoia	32:00
Pam McCutcheon	33:26
Amy Kummer	33:27
Jill Brewster	33:29
Lana Aderholdt	36:05
Mary Hoagland	36:06
Quarney Ali	36:07
Sam Bass	38:08
Tom Bass	38:09
Merel Van der Horst	38:23
Frank Dougher	38:23
Cory Johnson	40:26
Maggie Hofferber	42:13
Cale Hofferber	42:13
Jacki McGuire	47:04
Kim Rollefson	47:04



1 Mile

CJ Oostema	7:36
Asher Rogers	9:24
Don Rogers	9:25
Jake Oostema	12:19
Shawna Oostema	13:48
Jean MacInnes	17:17
Kay Newman	17:18
Bob Wade	22:16

HUFFING & STUFFING



Over 4,000 runners enjoyed the mild temperatures for the 11th annual Huffing for Stuffing. Thank you to all the participants who helped support the Gallatin Valley Food Bank.



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

OFFICERS FOR 2017

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Vice Presidents: Whitney Adams, Craig Hildreth, Tracy & Frank Dougher, Bob Eichenberger, Jenna Fallaw, Carrie Gaffney, Leanne Roulson
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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.