



February 2018 Newsletter # 485



Renew your BSWD membership at:
www.winddrinkers.org

Trail running at night can be more intimidating and challenging than when you go during the day. Consider these precautions and tips to keep running along and having fun.

Know your route: It can be easy to get turned around in the dark, even on a trail that you've been on a bunch of times during the daylight hours. Stay alert and keep your eyes open for trail markers and turns. If you're in an unfamiliar area, make sure you carry a map and compass, or a GPS.

Slow down: Darkness makes terrain more challenging, even on familiar trails. Those rocks and roots you easily hop over during the day can be tough to negotiate with less light. Slow down and don't expect to run at the same pace you would in daylight.

Be seen: If part of your run takes you onto a road, make sure you are visible to oncoming traffic. Wearing bright clothing and reflectors is essential. Placing reflectors on your moving body parts, such as your feet and arms, will distinguish you from a stationary object like a reflective road sign. Using a clip-on blinking light is also a great idea. If you'll only be on trails, reflective clothing isn't as critical, but it can help you and your running partner(s) keep track of each other.



Leave the earbuds behind: Because you're running at night you'll already have diminished sight so why reduce your hearing, too? Give yourself every advantage and ditch the earbuds so you can hear other runners, wildlife or oncoming vehicle traffic.

Bring a cellphone: If something does go wrong during a run, you'll be relieved to have a cellphone so you can make a call. Be aware: You can't count on getting cell service everywhere in the mountains.

Bring layers: With the setting sun comes cooler temperatures. Make sure to account for this and dress accordingly. Check the forecast to see what the nighttime low temperature will be. If you start out before sunset, bring along an extra layer to pull on when it cools off.

Be ready for wildlife: Most animals hunker down at night and for those that don't, the sound of you running will likely spook them away. But, there are sure to be some curious critters out there so be aware of your surroundings and listen and look for wildlife on the trail. Do some research on animals that are common in the area where you're running and know how to respond appropriately if you encounter one.

Tell someone where you're going: Day or night, you should let someone know where you're going in case you don't make it back in the time you expect to.

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



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RACE CALENDAR

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
- 10 **Love'em or Leave'em 5K** to benefit the Bozeman Summit School. Run as a couple or solo. <http://loveorleave.weebly.com/> For more info.
- TBA **Frigid Digger Run** at MT Tech. 3 and 7.3 Miles. Mostly dirt roads and trails. ButtesPissandMoanRunners.com

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. ButtePissandMoanRunners.com
- 11 **Duggan Dolan Blarney Stone Run.** Knights of Columbus Hall in Uptown Butte. 1 and 3 miles starting at 11:00am. ButtesPissandMoanRunners.com

APRIL

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

MAY

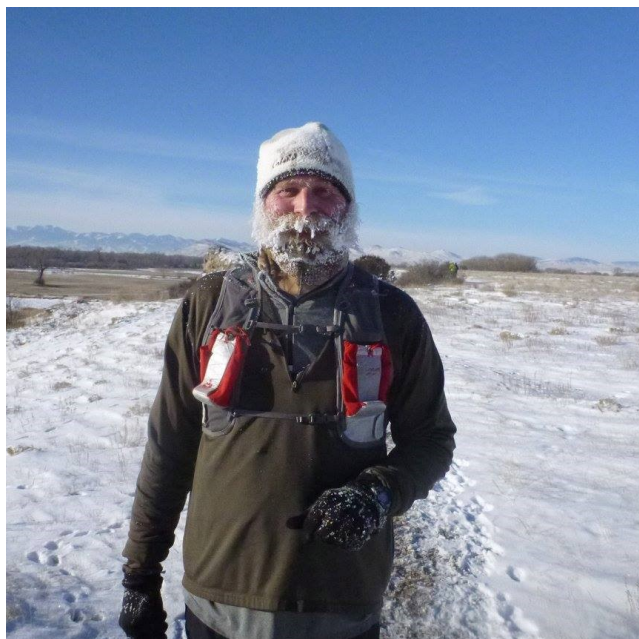
- 12 **Don't Fence Me In Trail Runs** Helena. 30 km, 12 km, 5 km, and 5 km dog walk. This is a fund raiser for the Prickly Pear Land Trust Contact: Martin mpmiller93@yahoo.com, 406-459-6296. www.pricklypearlt.org
- 27 **Frank Newman Marathon,** ½ Marathon or Marathon Relay. Details to be arranged.

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

JULY

- 28 **Flint Creek Valley Days Run.** Phillipsburg City Park. 1 and 3 Miles around town More info to follow



The Wind Drinker

FROZE NOSE

The annual Froze Nose run was held on the MSU Campus with Whitney Adams setting up the courses. Timing was done by Tomas Dumbrovsky. Bethany Jutzy was the volunteer.

1.1 Miles

Arianne Celis	8:02
Nick Goosey	8:27
Gary Hellenga	8:59
CJ Oostema	10:22
Asher Rogers	11:36
Don Rogers	11:37
Kenny Ahrendes	13:16
Leon Shearman	16:30
Madison Oostema	19:23
Jake Oostema	19:41
Shawna Oostema	19:52
Jean MacInnes	21:06
Kay Newman	21:06



3 Miles

Austin Dreyer	26:18
Dan Carty	28:03
Eric Veca	28:40
Darryl Baker	31:19
Leonard Baluski	33:08
Bailey Blinbail	33:41
Jacki McGuire	47:54



5.4 Miles

Christopher Ashland	32:31
Andrew Holleman	39:18
Leigh Holleman	41:47
Nicole Bates	49:39
Randay Oostema	50:19
Scott Liber	50:39
Sara Bernall	51:03



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.



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

THE WIND DRINKER

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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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Urban, Leanne Roulson, Tom Walsh
Membership: Darryl Baker, 582-5410

Treasurer: Jacki McGuire

Results, Calendar: Kay Newman
kayjn3@gmail.com

Secretary: Shawna Oostema
Equipment Mgr: Toby Holleman
twholleman@gmail.com

Publisher: Tom Hayes

Newsletter Editor: James Childre
406-224-0244 or james@redpointmontana.com

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.