

Renew your BSWD membership at:
www.winddrinkers.org

Quick Tips for the Cold

Hal Koerner's Tips for Winter Trail Running By Hal Koerner, Published Jan. 27, 2015

- Come prepared with everything you may need, using drop bags or layering on your person as is practical.
- Dressing in layers is key. Today, technical materials and clothing are so thin and lightweight, there is no excuse for not carrying them along with you if you know you may be facing cold conditions. Calf or arm sleeves are a great option for added warmth and are easily removed.
- Dehydration can lead to getting too cold, so stay on top of your hydration.
- Make sure you are getting warm liquids to help warm your core. Many aid stations will have soup or oatmeal available.
- Make sure you have hats, gloves, and extra socks (wool). Even if you don't have to replace the socks you are wearing, the extra ones make handy mitts if you need them.
- Do your due diligence: At what point in the race might you need items such as a hat or parka? Plan accordingly.
- Never underestimate nighttime temperature swings, especially at altitude. Too, if you end up having to walk or stop, that's when you get the coldest. The heat you were generating while running gets lost, and you can go into a hypothermic state, especially if your base layers are wet from sweat. So if you encounter large drops in temperature, make sure that you keep moving to generate heat, even accentuating movements more than you otherwise would.



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

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
- 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 S 11th 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

- 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



50K Fat Ass Run

The weather gods were kind to us and we had a great day for the 2018 50K Rat Ass Run. Many runners and walkers took advantage of this and a good time was had by all. Tom Walsh, one of the BSWD vice presidents, organized the event. Special volunteers included Clem Izurieta and Tim Griffiths. Thank you so much to the volunteers.

50 K

Andrew Leichtman	4:57:39
Jesse Niemeir	5:18:03
Tim Griffiths	5:56:00
Sheridan Trask	6:24:06
Bethany Christensen	6:24:11

40K

Gib Kentz	4:32:23
Carolina Balliew	6:07:33

35K

Terry Leist	3:32:31
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30K

Greg Young	3:31:59
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25K

James Jong	2:46:04
Megan DeHaan	3:09:44

20K

Rob Maher	1:52:36
Pat Hatfield	2:26:35
Craig Hildreth	2:35:56

15K

Leonard Baluski	2:19:12
Steve McGuire	2:56:52
Charles Steele	3:23:03

10K

Kyle Klicker	59:04
Leigh Holleman	1:05:20
Alex Nordquest	1:11:54
S. McCall	1:26:19
Elizabeth Nordquest	1:26:27
Leanne Roulson	1:26:32
Jenni West	1:26:58
Darryl Baker	1:29:04
Randy Oostema	1:33:15
Jacki McGuire	2:19:02
Julie Steele	2:48:12
Kay Newman	No time recorded

5K

Andrew Holleman	35:23
Celia Bertoia	41:22
Tobias Holleman	41:54
Sierra Holleman	41:58
Frank Dougher	44:11
Tracy Dougher	44:15
Delaney Hendricks	45:13
Don Rogers	46:17
Janell Arneson	49:17
Gail Cary	51:16
Melissa Griffiths	52:12
Ruth Story	59:06
Leon Shearman	1:06:30



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

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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.