



## March 2018 Newsletter # 486



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### A Winter Workout for Summer Trail Running Success

*Originally posted 11/18/15 : Bridger Ridge Run Blog*

Since winter typically drapes the mountains in Montana in snow, finding snow-free trails with sustained elevation gain is a challenge from December through April. A couple winter alternatives to running mountain trails are back country skiing and uphill walking on a treadmill.

Assuming you have access to a treadmill, walking uphill at a steep incline is great way to develop strength and aerobic endurance. Since trail running often incorporates power walking up steep sections, walking up an inclined treadmill has direct carry over to summer mountain running.

My personal favorite is hill repeats on the treadmill while wearing a weight vest. I keep the treadmill speed at a constant 4.5 mph and vary the incline between 0% grade (level) and 15% (or as steep as the particular treadmill will go). Donning a weight vest makes the workout a challenge even when the speed is at a walking pace.

Walking at 4.5 mph is moving along at a good clip. This speed is manageable for walking but it certainly is not dawdling. It conditions one to walk briskly with purpose – which is often a challenge when encountering steep uphill while running in the mountains. Think about it – an average pace of 4.5 mph for the Ridge Run would yield a blazing time of about 4 and a half hours. So it is moving right along. Since steep mountain trails force you to walk, you might as well get used to walking fast.

*The 3 minute Hill:* A hard work interval of 3 minutes is associated with conditioning the cardio vascular system and increasing VO2max. At 4.5 mph and 15% grade while wearing a 22lb weight vest, I can manage work intervals of 2 to 5 minutes then have to back the incline down to 0% to recover. If I am out of shape, it only takes about 2 minutes to reach exhaustion with legs tightening and lungs burning. As I get in better shape, I can last at least 5 minutes before I have to lower the incline back to level to catch my breath.

*A workout will consist of between 3 to 9 hill repeats of 3 minutes in duration at 15% grade and 3 minutes of recovery at 0% grade.*

I've found some treadmills feel easier than others – even at the supposed same speed and incline. Adjust the speed and incline so you can do 3 minutes uphill followed by 3 minutes level at least 3 times in a row.

An advantage of doing the hill repeats at a walk is that walking is much lower impact than running. This gives the feet, ankles, knees, hips and associated connective tissue a break. You can still get a good workout, but injuries and accumulated damage that you may have sustained over the summer have a chance to heal.

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



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# The Wind Drinker

## RACE CALENDAR

### 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

- 10 **Bozeman Without Borders 5K** MSU chapter of Engineers without borders. All money raised supports a project in Khwisero, Kenya. Peets Hill, Bozeman. \$15 for students/\$20 all others.
- 14 **Back From Bridger Run.** 9:00 am start at Bridger Bowl Parking Lot then onto Bridger Canyon Road ending at the 3 mile marker for the first leg. The 7 mile distance ends at Jackson Creek Road while the 10 mile distance ends at Kelly Canyon Road. The course Continues along Kelly Canyon Road with the 12 mile distance ending at the Sawmill Road. Continue on Kelly Canyon and follow the arrows to the 17 Mile finish at the Elks Parking Lot on Haggerty Lane. No headphones. Course closes at 12:30 so pick a Distance you can finish by that time.

### MAY

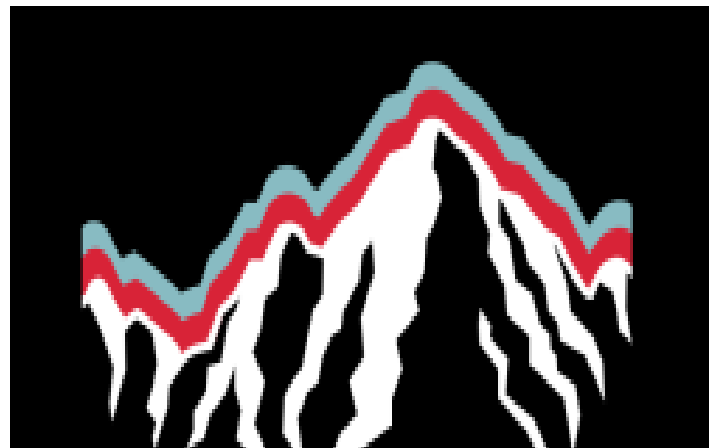
- 12 **Don't Fence Me In Trail Runs** Helena. 30 km, 12 km, 5 km, and 5 km dog walk. This is a fund raiser for the Prickly Pear Land Trust Contact: Martin [mpmiller93@yahoo.com](mailto:mpmiller93@yahoo.com), 406-459-6296. [www.pricklypearlt.org](http://www.pricklypearlt.org)
- 27 **Frank Newman Marathon,**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

### JUNE

- 2 Water to Whisky Run. Ennis. 5K start on top of the Madison River at 10:30 am. Check in at 8 – 10:00 am at the Lions Club Park in Ennis. Race Day sign up as well. All abilities welcome. Info at TheMadisonMarathon.com
- 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**

## RACE CALENDAR

### AUGUST

- 5      **Great Harmonica Huff n Puff.** Yellow Pine, Idaho. 6.5 K Run/Walk through shady scenery finishing on the historic Main Street of Yellow Pine. Info at yellowpinefestival@gmail.com . Attend the great music festival following the run
- 12      **Ed Anacker Ridge Run.** A Wind Drinker Classic!!

### SEPTEMBER

- 16      **Wolf Creek Wrangle.** Eaton's Ranch located 20 minutes outside of Sheridan, Wyoming 5&10K Run/Hike and a half marathon. Registration starts at 8:00am. All races begin at 9:00am with a time limit of 5 hours. BBQ Lunch to follow. Proceeds benefit Habitat for Humanity of the Eastern Bighorns. Register the day of the event or online at [www.itsyourrace.com](http://www.itsyourrace.com)(Wolf Creek Wrangle. Info at 307-672-3848
- 16      **John Collter Run** Registration is open and limited. A part of the Montana Trail Series





# **BSWD Handicapped Run**

The annual Handicapped Run was held on the MSU Campus on 3/3/18. Thanks to Gary Hellenga for organizing the run and for the volunteers who were Emily Suemitsu and Benjamin Landry. Jim Nallick was in charge of timing. The object of the Handicapped Run is that each participant starts at a time based on his finish time at the Froze Nose Run held last month. If all conditions were the same and each entrant ran the exact same pace all finishers would finish at the same time. You can see that didn't happen but it is a fun experience. The original BSWD board of directors developed this fun event so thanks to them for an unusual experience.

## **1.1 Miles**

|                |       |
|----------------|-------|
| Henry Davis    | 10:30 |
| Don Rogers     | 11:00 |
| Craig Hildreth | 12:30 |
| Kenny Ahrendes | 13:17 |
| Joe Davis      | 13:44 |
| Ryan Davis     | 14:16 |
| Bob Wade       | 18:07 |
| Jean MacInnes  | 18:41 |
| Kay Newman     | 22:14 |

## **3 Miles**

|                 |       |
|-----------------|-------|
| Koden Howlett   | 22:22 |
| Dan Carty       | 26:53 |
| Tracy Dougher   | 29:53 |
| Leonard Baluski | 31:33 |
| Gail Cary       | 33:48 |
| Frank Dougher   | 34:07 |
| Sierra Holleman | 34:39 |
| Jacki McGuire   | 50:22 |

## **5.4 Miles**

|                     |       |
|---------------------|-------|
| Christopher Ashland | 31:32 |
| Eric Veca           | 35:21 |
| Andrew Holleman     | 35:51 |
| Melissa Moore       | 37:25 |
| Rob Maher           | 37:26 |
| Tom Walsh           | 38:20 |
| Kit Heffner         | 41:10 |
| Ali Cole            | 41:54 |
| Joe Bergantina      | 41:55 |
| Leigh Holleman      | 42:15 |
| Scott Uber          | 46:38 |
| Gina Freund         | 47:45 |
| Grace Hougan        | 52:06 |
| Dianna Hoogan       | 52:10 |
| Mia Dudas           | 58:41 |



## DISCOUNTS FOR MEMBERS ARE AVAILABLE AT MANY LOCAL BUSINESSES INCLUDING;

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Signs of the Mountains

Clinical Massage Concepts

See [www.winddrinkers.org](http://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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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  
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Website: [www.winddrinkers.org](http://www.winddrinkers.org)

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For recent updates on what's happening with the  
BSWD, get on the web; [www.winddrinkers.org](http://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](http://www.runmt.com) for race updates and more  
details.