

April 2018 Newsletter # 487



Renew your BSWD membership at: www.winddrinkers.org

Co-Presidents' Message

We wanted to share how glad we are to be co-Presidents of this amazing organization. We weren't even runners when we moved to Bozeman 17 years ago. We marveled that there was such a race as the Bridger Ridge Run and watched as our new friends took top spots in the race. We decided we could at least get off the couch for some exercise and the Big Sky Wind Drinkers were there to encourage us with the social summer fun runs. That BSWD encourages all ages and all abilities is what drives our passion for BSWD. As we decided to give back to BSWD, first by helping time runs (for a participation award) and then helping direct summer fun runs as VPs, we found ourselves among an incredible organization of volunteers who give deeply of their time and talents to make BSWD successful. No doubt about it, many members contribute in many ways and it makes our role easier. And now as we close out another season of winter fun runs and prepare to kick off another exciting summer of fun runs (even if the snow hasn't all melted yet), we want to thank all of BSWD for their encouragement, time, and energy.

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



The VPs have planned a fun-filled summer of runs with some old favorites and a few new routes. We look forward to seeing you there!



Inside this Issue:

Co-Prez Message Page 1

Race Calendar Page 2-3

Handicapped Run Page 4

BSWD Info pages 5

Drinker The Wind

RACE CALENDAR

APRIL

- 7 **Belgrade Bandits Run 4 Home 5K** Run/ Walk plus kids run. Belgrade. A benefit for the American Legion Baseball team Start and Finish at Midina Field at 8:00am. Kids run at 8:15. See web site for registration and other details.
- 10 Bozeman Without Borders 5K MSU chapter of Engineers without bor ders. All money raised supports a pro ject in Khwisero, Kenya. Peets Hill, Bo zeman. \$15 for students/\$20 all others.
- 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.
- 20 **Bozeman without Borders 5K**. Starting at 6:00 pm and End time at 8:00 pm. The course Follows Peets Hill. This run helps to provide clean water and sanitation to chil dren.
- 25 **Kick Off Pot Luck**. Bring a dish to share. 6:00 pm at the Lindley Center. Fun runs Begin next week.

MAY

- THE FUN BEGINS at the Historic Depot the course continues up to Story Hills 6:30pm Start. No dogs at BSWD fun runs. Headphones discouraged due to safety concerns.
- 5 **Baldy Blitz:** Tentative Date. 9:00 am. Check the BSWD website for possible snow delays
- 9 **Hyalite Road Closure**. Blackmore Lake Trailhead. A new BSWD fun run this year 6:30 pm
- 9 **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
- **16 Triple Tree.** Sourdough Road 6:30 pm
- 23 **Southside Trail Run and Potluck**. Bring a dish to share. Thanks to host, Kurt Buchl
- **26** Frank Newman Marathon, ½ Marathon or Marathon Relay. Details to be arranged. *Volunteers needed.*

JUNE

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.



JUNE (con'd)

- 14-16 Montana Senior Olympic Games in
 Pablo, Polson and Ronan. For adults who are 50
 Years of age and older. Fourteen sports from
 which to choose including 5 & 10K Road Races,
 Track & Field, Cycling 20 & 40K Road Races
 and Time Trials, Basketball, Golf, Horseshoes,
 Bowling, Swimming, Ten nis, Table Tennis,
 Pickleball, Badminton, Bowling, Archery &
 Racewalk. www.montanaseniorolympics.org or
 406-586-5543.
- Wulfman's Continental Divide 14K Trail Run. From Pipestone Pass through Beaverhead Deer lodge National Forest to Homestake Pass. Limited registration. 8:00am start

JULY

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

AUGUST

- Fine, 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.
- 11 **ED ANACKER RIDGE RUN.** Prepare to sign up to run or volunteer.

SEPTEMBER

- 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. Reg ister the day of the event or online at www.itsyourrace.com/Wolf Creek Wrangle. Info at 307-672-3848
- John Collter Run Registration is open and limited. A part of the Montana Trail Series







GALLATIN VALLEY GRAND PRIX

We're starting our first annual (we hope) Gallatin Valley Grand Prix this season! The first race is in just three weeks, with a total of twelve throughout the spring, summer, and fall. You can race them all, race half of them, or race one or two--sign up for the Grand Prix series (*it's free*) and see how you do against other runners in your age group all season long! We'll be starting with the Bozeman w/o Borders run on April 20 and go through the Color Me Fun run in early October--we hope to see you there all season long!

Sign-up is at https://runsignup.com/Race/MT/GallatinValley/BigSkyWindDrinkersGrandPrix2018

Preliminary Schedule

- 4/20 Bozeman w/o Borders 5k 6pm Fri \$25
- 4/28 Run to the River 5k 9:30am \$25
- 5/13 Haven Mother's Day 5k 10am Sun \$25
- 5/19 Run for Recovery 5k 9:40am Sat \$30
- 6/2 Manhattan Dutch Dash for Education 5k 9:15am Sat \$25
- 6/13 Wind Drinkers Highland Glenn Fun Run 3 miles 6:30pm Wed free
- 7/4 Race for Independence 5k 8:15am Wed \$25
- 7/25 Wind Drinkers Crosscut Fun Run 3 miles 6:30pm Wed free
- 8/4 <u>Sweet Pea 5k</u> 7:25am Sat \$15
- 9/8 Bozeman 5k 8:30am Sat \$30
- 9/22 * Opera Run 5k 9:00am Sat
- 10/6 Color Me Fun 9am Sat \$25
- ⇒ Runners will score ten points for a first-place finish, competing against only runners in your own age/ gender group, and only against other Grand Prix participants. So while you may come in fifteenth overall and third in your age group at a particular race, you may end up with ten points in the Grand Prix. Second place will be worth nine points, and so on down to 9th through infinity—all remaining runners will receive two points each.
- ⇒ We'll also keep track of an overall men's and women's category, just for fun–all runners' results will be tabulated in the overall standings, without regard to age.
- ⇒ You don't have to run every race to qualify, and your score will be automatically updated after each race. You don't have to report anything.
- ⇒ Note that the two Wind Drinkers Fun Runs in June (<u>Highland Glen</u>) and July (<u>Crosscut</u>) score five participation points for every Grand Prix entrant--the points won't be competitive in order to keep our runs low-key and relaxed.

Ridge Runner: Darryl Baker

There are many people, places, and organizations that make Bozeman, well, Bozeman. Names like Bridger, Lewis & Clark, Story, and Willson; places like Lindley Park, the MSU Duck Pond, the Hot Springs, and the 'M' Trail; and organizations like Sweet Pea, Shakespeare in the Parks, the Emerson Center, and the Big Sky Wind Drinkers.

Wait a minute, what was that last group, the Wind Drinkers? Founded in 1973, BSWD is Bozeman's nonprofit running club boasting over 200 members. The club hosts free weekly fun runs throughout the summer that attract Bozemanites of all ages and interests, and they organize many iconic running events, most notably the Bridger Ridge Run, the Sweet Pea Run, the Old Gabe Trail Run, and the John Colter Run. Like many local nonprofits, BSWD runs on hours and hours of volunteer efforts, and when it comes to time served, Darryl Baker leads the way.

Baker, a youthful 62 years old, spent some of his early years in Bozeman while his father attended MSU, later attending MSU himself and earning a civil engineering degree. Eventually, his career brought him back to Bozeman in the 1990s. In 2000, Baker's daughter participated in the Sweet Pea Run, and he was surprised to see

so many adults running in the race. His curiosity piqued, Baker decided to get involved and learn about the BSWD running club and its activities. He hasn't looked back since.

Officially, Baker is the club's membership chair, keeping track of rolls and renewals. Unofficially, he's the club's "difference equation." When there's a gap between what is being done and what *needs* to be done, Baker steps in to make up the difference.

Baker's dedication to the John Colter Run is legendary. He was a big fan of



the run for many years, and when the original sponsor discontinued the event several years ago, Baker was instrumental in getting it re-established under the Big Sky Wind Drinkers. He has become the race's great ambassador, always encouraging participation by young and old, carefully marking the course with cairns, teepees, and other decorations. Kurt Buchl, the race director, gets a huge boost from Baker's knowledge and infectious enthusiasm for the race. The runners know Baker's face because of his big smile and quiet words as he hands out the awards. Most runners also know Baker's heart, because of his joy—and maybe a tear—when posing with the youngest and oldest participants for a post-race photo. In recent years, that's been a six-year-old and a 90-year-old.

A dedicated runner himself, Baker has participated in numerous club events, including 14 completions of the gnarly Bridger Ridge Run. For the last several years, Baker's been a key organizer of the water-haul that starts a couple months before the August race day. The aid-station locations are all up on the spine of the Bridgers, in locations accessible only by foot. So, volunteers haul on their backs nearly 1,700 pounds of water in 2.5-gallon jugs, each weighing 20 pounds, up to the aid stations high atop Bridger Bowl, Baldy Mountain, and the Halfway-to-Baldy station. While it sounds like this effort might require someone cracking a whip at the volunteer's feet, Baker is able to encourage the volunteers with a smile and a sincere belief in "living every day the best we can."

Now retired, Baker's schedule is a bit more flexible. He loves spending time with his granddaughters, plus getting out skiing, hiking, and running as much as ever. He says with a sigh, "What a beautiful place we live in; there may not be a better environment to live in if you love the outdoors as much as I do." R. MAHER

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

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

<u>Prez</u>: Tracy and Frank Dougher

<u>Vice Presidents</u>: Whitney Rice, Ana Brown, Gary
Helinga, Bob Eichenberger, Jenna Fallaw, Carly
Urban, Leanne Roulson, Tom Walsh
Membership: Darryl Baker, 582-5410

Treasurer: Jacki McGuire
Results, Calendar: Kay Newman
kayjn3@gmail.com
Secretary: Shawna Oostema
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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.

5 The Wind Drinker