



## July 2018 Newsletter # 490



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

### *“What Running Means to Me”* **Larissa Saarel**

Running is my escape. In running I find my solitude from the rest of the world, from the noise that pollutes us each day, from the stresses of life, from my own thoughts. When I run, it's just me and my shoes hitting the ground beneath me.

As a child in elementary and middle school, I lived on a ranch at the top of the Bozeman pass, two miles up a dirt road. In my younger years, running to me, was chasing butterflies with my twin brother, Sam, my best friend to this day. Running to us was fun, it's just what we did. We would run down to the barn, half a mile down a dirt road, right when we woke up in our pajamas and barefoot. Looking back, we were wild. Wild and free. The days at our beloved ranch were some of my best memories. Once we rescued three ducklings, and we would run all around our lawn with them behind us. Galloping through the tall grass at the edge of the forest where the best grasshoppers were, we would watch and smile as the ducks picked here and there at the leaves trying to catch a snack. Sometimes we would run for more important and dire reasons. Once, my goat was attacked in the middle of the night by a coyote and we ran down to the barn in muck boots and flashlights in hand. On another occasion, my horse had jumped a barb wire fence, and again in the middle of the night, my brother and I ran clear into our other pasture probably a mile or so away in a full-blown blizzard in the pitch dark, past the forest that had scared us as young kids because of the mountain lions. We ran up and down probably three or more times that night relaying information to my mom back up at the house and leading my horse up to the barn in the end to have the vet stitch up his leg. Running was part of how we grew up, it just fit into our lifestyle. In elementary school during the mile run, I beat everyone. Even the boys, and I liked that. We had an end of the year track meet every year, and I remember once as a 4th grader, I was running the 400 and got tripped right out of the start, sprawled out on the dirt track. Everyone kept running, yards ahead of me by now. There was no way I was going to let them beat me. I ended up winning that race with the battle wounds to accompany me. I think that's where my mentality of what I ultimately have done as I've grown in my running really shone for the first time.

As a middle schooler, I began cross-country along with my brother in 6th grade. At that time, we were the only middle schoolers, and we worked out alongside the high school students. Even then, I had picked out one of my most influential role models, Kelsie. She was the fastest girls' varsity runner, and I wanted to be like her when I grew up. In middle school I was continually in the top three places, often placing first against all of the older girls. In high school, I wanted to be a successful runner. The best runner. I did quite well, but more than the placing, I challenged myself in mental toughness and believing in myself. My freshman year, my dad began to suffer from strokes (24 total), we moved down from our ranch into town, moving three different times, and running became something entirely new. It became my outlet, not just something to succeed in, but something that saved me. Running allowed me time just for myself, those two hours of practice no one could take away. It isolated me from my stresses both in school and at home, and allowed me a place all my own. I didn't have to think, I just got to run. Sometimes I wonder if maybe my love of running sparked back to when I ran around the green fields of my beloved home alongside my horses, and in a sense, deep inside when I run I'm able to relive those great memories again; and maybe, just maybe, that's what running means to me.



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



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CONGRATULATIONS TO  
LARISSA SAAREL  
FOR EARNING A SCHOLARSHIP  
FROM  
BIG SKY WIND DRINKERS!



## RACE CALENDAR

### JULY

- 4 **11<sup>th</sup> Annual Reach Run** for adults with developmental disabilities. 1, 5 & 10K distances  
8:00 am start for the 10K, 8:15 am for the 5K and 8:25 for the 1K at the Reach Work Center (322 Gallatin Park Drive). Info at [www.reachinc.org](http://www.reachinc.org) or call 406-587-1271
- 11 **South Cottonwood Trail Run.** BSWD. 6:30 pm
- 18 **McGuire's City Trail Run** and Hamburger Feed. 6:30 pm. Bring a dish to share. Jacki's house 2303 Highland Court
- 21 **Rink 2Ridge Run for Rotary – R2R.** US High Altitude Speed Skating Center in Butte Run/Walk 1 Mile or 5 Mile Run starting at 8:00 am. Register or download form At [www.montanarotary.org](http://www.montanarotary.org). Packet Pick up and pre-registration from 5:00pm-7:00pm on Friday, July 20 at the Skating Center. Race day registration at 7:45 am. Proceeds Support Rotary Community Projects and Xsports4vets. [www.montanarotary.org](http://www.montanarotary.org)
- 21 **Headwaters Bank Run.** Three Forks. 5 & 10K Proceeds benefit the trail system. 5 & 10K Runs starting at 7:30 am. Entry fee is \$20 before July 1 then \$25
- 25 **Crosscut Mountain Sport Resort.** BSWD. 6:30 pm
- 28 **Philipsburg Flint Creek Valley Days 5 & 10K Races** starting at 8:00 am. ½ and 1 Mile Kids Races start at 9:30 (Kids under 12 are free) Pre-Register at [Runsignup.com](http://Runsignup.com) or [Web scorer.com](http://Web scorer.com). Shirt sizes guaranteed if you register by July 12. Prices go up on race day. Costumes are encouraged. More info [www.flintcreektrails.org/event/philipsburg-fun-run/](http://www.flintcreektrails.org/event/philipsburg-fun-run/). Family activities follow the run. Enjoy a pancake breakfast and a parade.

### AUGUST

- 4 **Sweet Pea Run.** Bozeman. 5 & 10K courses running through historic Bozeman. Run or volunteer.
- 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](mailto:yellowpinefestival@gmail.com). Attend the great music festival following the run.
- 11 **Ed Anacker Bridger Ridge Run.** Get ready to run or volunteer

### 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
- 29 **13<sup>th</sup> Annual Raw Deal Run.** McLeod, MT (16 Miles South of Big Timber) NEW DATE Includes a 6 Mile Run and a 3Mile Run/walk. Costume Contest and Chili Feed. Note: No Competitive Registration the day of the event. Must register by 5:00 pm on September 28



**The Wind Drinker**

# Sports Nutrition: Tips for Muscle Recovery and Adaptation

By Rachel Patrick, RDN, LD



If you are struggling with chronic fatigue or soreness, or frequently get sick or injured, these may be indications your nutrition regimen needs improvement. The sports supplement industry heavily touts recovery supplements with claims of decreasing post-workout muscle soreness and promoting muscle building and adaptation. While some supplements certainly can have their place in an athlete's regimen, many of these benefits can be met through food.

Depending on the athlete's goals and the duration, type, and intensity of exercise, recovery nutrition may look a little different. Their regimen may also be influenced depending on the training adaptation they are seeking. Consider seeing a qualified Sports Dietitian to cater your eating strategy specific to you. Most athletes will be able to refuel adequately through normal, balanced meals and snacks if the subsequent training session is at least another 24 hours later. If you don't have adequate time between your training sessions for refueling, here are some tips:

- Make sure you have carbohydrate and a complete protein (e.g. eggs, meat, edamame, milk product) in your post-workout meal. Carbohydrate will help replenish glycogen stores for energy to be used during later exercise bouts. Protein will help build muscle that has been broken down. Vitamins and minerals found in food will contribute to the metabolism of protein and carbohydrate and allow these nutrients to carry out their roles effectively.
- Be mindful of the 45-minute window. After exercise, the body is more sensitive to nutrients to affect adaptations. Try to eat at least something within 45 minutes to take advantage of this time. If you have not eaten a substantial amount in that time frame, it is especially important that you eat a balanced meal within two hours.
- Rehydrate with fluid and electrolytes. This can be met through a drink containing sodium, chloride, and potassium or with water and getting the electrolytes through food. Smoothies can provide electrolytes, protein, fluid, and carbohydrate all at one time.

Here are some ideas for snacks and meals to refuel:

- Egg omelet with avocado toast
- Fruit salad with yogurt and nuts
- Turkey on whole grain wrap with vegetables and cheese
- Low-fat chocolate milk or Kefir



Rachel Patrick is a Registered Dietitian Nutritionist at the Gallatin Valley YMCA and offers nutrition coaching and workshops. For more information relating to the article or to find out how you may benefit from nutrition coaching, contact her at [r.patrick5320@gmail.com](mailto:r.patrick5320@gmail.com) or follow her on Instagram or Pinterest at staminabzmn.



# Bozeman Ponds

Tom Walsh set up the courses for the runs. Thanks to him and to Tracy Dougher for helping with the runner registrations.

## 1.23 Miles

Gary Hellenga	9:35
Darryl Baker	10:34
Leon Shearman	10:37
Jane Foster	15:12
Brady Stanionis	20:30
Wren Wirth	20:33
Jon Wirth	20:35
Seth Miesch	20:50
Eric Miesch	20:50
Gail Dillaway	25:13
Betsy Eubank	25:36
Kay Newman	25:48
Terry Walsh	25:50
Sawyer Parsons	38:58
Matt Parsons	38:58
Connie Cade	43:06

## 3.16

Andrew Holleman	20:05
James Jong	20:34
Kurt Buchl	28:01
Leonard Baluski	29:54
Sierra Holleman	31:36
Gail Cary	31:46
Kelly Sprinkle	31:48
Robyn Miller	31:48
David King	31:51
Lana Puddu	32:01
Tobias Holleman	33:17
Eric Veca	33:25
Adelaide Rugemer	34:03
John Rugemer	34:05
Ryan Stanionis	35:01
Luke Stanionis	35:02
Tracy Dougher	36:41
Raoul Davion	37:07
Finn Wirth	37:12
Jenny Wirth	37:14
Ellie Tanguay	37:26
Teresa Galli	38:12
Malcom Rogue	40:04
Ann Rich	40:12
Calvin Rich	40:12
Carson Swica	41:34
Christian Landers	41:56
Frank Dougher	42:30
Angie Johnson	42:44
Maddie Swica	43:51
Jen Swica	43:51
Kristin Harbuck	45:10
Mia Dudas	46:31
Suzanne Winchester	47:46
Karen Funke	47:58
Jacki McGuire	50:24
John Fulton	50:25
Nick Waliser	44:32
Vince Rozzi	46:42
Randy Oostema	47:49
Bob Eichenberger	50:02

## 5.37 Miles

Allaric Skjelver	42:54
Nick Waliser	44:32
Vince Rozzi	46:42
Randy Oostema	47:49
Bob Eichenberger	50:02



# Sourdough Canyon Run

The annual prediction run was held on 6/20/18 on the Sourdough Canyon Trail. The object was to run up the trail and return to the finish in the allotted time without wearing a timing device. The event was organized by Gary Hellenga. Volunteers were Leonard Baluski and Jean MacInnes. Thanks to them all.

## 15 Minutes

<b>CJ Oostema</b>	<b>18:04</b>	<b><i>Closest to 15 Min.</i></b>
Bob Wade	18:07	
Augusta Powell-Rushing	19:52	
Wren Wirth	20:28	
Finn Wirth	20:29	
Jenny Wirth	20:33	
Laurie Johnson	24:03	
Aston Moberley	26:13	
Kyna Moberley	27:15	
Remy Moberley	27:43	

## 30 Minutes

Nick Waliser	20:32	
Avery Johnson	23:49	
John Fulton	24:01	
Will Powell-Rushing	24:10	
Terry Walsh	25:50	
Kay Newman	25:50	
Leon Shearman	26:36	
Susan Nickelson	27:26	
Suzanne Winchester	27:26	
Teresa Galli	27:33	
<b>Carson Swica</b>	<b>31:31</b>	<b><i>Closest to 30 Min.</i></b>
Ellie Tanguay	33:45	
Maddie Swica	33:45	
Jen Swica	33:47	
Vince Rozzi	34:00	
Karen Funke	34:14	
Kristin Harbuck	34:40	
Sarah Rushing	34:58	
Bonnie Eichenberger	35:24	
Gail Cary	35:24	
Ben Powell-Rushing	36:07	
Ezra Penland	36:08	
Bob Eichenberger	36:45	
Angie Johnson	36:49	
Rick Dendinger	37:05	
Steph Penland	37:36	
Josiah Penland	37:36	
Victor Pugliese	37:56	
Travis Miller	38:00	
Sierra Holleman	38:13	
Tobias Holleman	38:49	

## 45 Minutes

Andrew Ryan	42:19	
Robbie Lamb	42:22	
Bob Johnson	44:41	
<b>Jon Wirth</b>	<b>44:45</b>	<b><i>Closest to 45 Min.</i></b>
Abigail Ryan	51:17	
Stefanie Ryan	51:23	
Betsy Eubank	51:23	
Frank Dougher	51:25	
Mark Genito	51:51	
Tom Walsh	53:16	
Gro Lunde	55:59	
Kurt Buchl	58:03	
Darryl Baker	58:04	
Randy Oostema	58:05	
Robyn Miller	59:08	
Kelly Sprinkle	59:09	
Andrew Holleman	1:05:19	





# Tour de Critters

The annual Tour de Critters Run was held at the home of Franklin Coles, former BSWD president and active member on June 6. Thanks to Franklin, Gary Hellenga who helped set up the courses and volunteer, Robbie Lamb. Results are attached.

## 1.6 Miles

Luke Stanionis	14:35
Ryan Stanionis	14:37
Sebastian Ross	15:03
Bryce Ross	15:04
Willet White	16:17
Sebastian White	16:18
Mary-Martha Bahn	16:47
Will Power-Rushing	21:37
Sarah Rushing	21:41
Leon Shearman	22:55
Emily Thompson	23:22
Mia Percy	28:34
Augusta Power-Rushing	28:34
Terry Walsh	30:17

## 2.4 Miles

Alllaric Skjelver	19:46
Ben Power-Rushing	23:09
Bob Eichenberger	24:40
Damon Alm	24:55
Tobias Holleman	25:57
Matthew Thompson	26:12
Teresa Galli	27:29
Frank Dougher	29:02
Sierra Holleman	29:25
Mia Dudas	30:47
Leonard Baluski	31:46
S MacCall	32:55
Leanne Roulson	33:33
Karen Funke	33:34
Hazel Roulson	33:35
Kristin Harbuck	38:18
Maddie Swica	38:29
Jen Swica	38:31
Steve McGuire	38:54
Jacki McGuire	44:54
David King	55:36

## 4.8 Miles

Andrew Holleman	35:49
Andrew Ryan	37:37
Lucia McCormick	38:44
Mickey Hartley	39:29
Michael McCormick	39:55
Rob Maher	40:04
Scott Powell	43:17
Tom Walsh	43:53
Caleb Schreibeis	44:24
Leigh Holleman	47:09
Lucas Geyer	49:39
Darryl Baker	51:50
Kelly Sprinkle	52:55
Jamey McCormick	53:21
Eric Veca	54:25
Robyn Miller	55:09
Stefanie Ryan	57:06



DISCOUNTS FOR MEMBERS ARE AVAILABLE  
AT MANY LOCAL BUSINESSES INCLUDING;

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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

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](mailto:james@redpointmontana.com)  
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.