



August 2018 Newsletter # 491



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www.winddrinkers.org

“What Running Means to Me” Elle Olstzyn

Just a little, between each step, I fly. As my feet lift off from the paved streets or pebbled trails, the stress pressing upon my shoulders begins to alleviate. A euphoric freedom blossoms upward from my flexing feet, enlivening my spirits and empowering my being. The complexities from my day and my anxieties about the future fade as mindless motions evolve into conscience actions. With each breath, each step, a gratefulness washes over me; running fosters a time of dedication and focus to formerly unconscious habits, the simple yet vital movements. Inhale; flow. Exhale; fly. Falling into rhythm, my mind syncs to a clicking clock. Tick, right. Tock, left. Splashing past puddles, scrambling up beastly hills, through drenching rains and whipping winds, through pain and discomfort, reaching for just one more mile, occasionally runners question themselves: why do I run?

An excited tension hung in the air, clinging to the sound of cheering and of cowbells emanating from the dynamic crowds that I shuffled past. As I approached the side of the finish line on that crisp morning last fall, spectators began to wildly shout encouragement, signaling the first junior high cross country runner was approaching. As I watched for my new teammates, one by one, young faces, filled with a glistening yet glowing with an inspiring determination, stretched toward the line. Suddenly, tears blurred my vision and a smile spread across my beaming freckled face. My heart swelled with compassion and pride for every finisher, identifying with the exhilarating triumph they felt after a mentally and physically demanding race. A raw, genuine kindness circulated among the runners as competitors congratulated, carried, or cared for other competitors, and I wept, overcome with a sense of deep empathy and respect for my teammates, the racers, and the goodness I had witnessed.



I had been fortunate, over my seven years involved with the Manhattan cross country and track teams, that I had faced only minor injuries; however, my final season of cross country, I fell ill with debilitating headaches and back-pain, significantly limiting my ability to race. My coach instilled in us, the value that “Leadership is service,” so upon entering the season, my goals shifted from improving time, place, and rank to improving team dynamics, personally connecting with and supporting every teammate, and teaching the respect for others that pairs with racing and competition. As my physical health continued to sink, the realization began to sink in that my fifth then sixth then seventh spot on the varsity team, the one which I had contributed to since a freshman, was not the role my team needed me to fill. I fought the urge to drop out of races when the excruciating pain pounded and pressed within my skull and radiated down my spine.

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



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Instead, I began training with several of the junior varsity runners, who were less experienced but possessed remarkable potential, preparing them to assume my place on the state team. Recording splits on the sidelines at my final state meet was bitter-sweet; I yearned to race alongside my girls but was content upon witnessing the sincere joy of my freshman friend who deservedly replaced me for the final race on the varsity team. While I did not compete on the girls state champion team my final year of cross country, I had achieved my goal. I had worked to be a strong positive force on the team, making my first priority, my teammates.

Never would I have thought that when joining the cross country team in eighth grade, running would have had such an impact on me; it has balanced my life. Running has pushed me to better comprehend struggle, sacrifice, perseverance, and jubilation, while developing an awareness for the vulnerability and humanity running evokes. I am grateful to the sport, my coach, and my cross country family and team for the influence and experiences that have guided me to discovering the person I strive to be, one who sincerely values relationships, service, and drive. To me, running is not about the personal records, recognition, and medals; running serves as a gateway for increased personal growth and builds and inclination to embrace, uplift, and respect your teammate or competitor, friend or foe. Cheers, to growing and going!



CONGRATULATIONS TO
ELLE OLSZTYN
FOR EARNING A SCHOLARSHIP
FROM
BIG SKY WIND DRINKERS!

RACE CALENDAR

AUGUST

- 1 **Peet's Hill/Bogert Park/Bite of Bozeman.** BSWD . 6:30 pm Warm up for Saturday
- 4 **Sweet Pea Run.** Bozeman. 5 & 10K courses running through historic Bozeman. Sign up To 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 . Attend the great music festival following the run
- 8 **Middle Cottonwood Trail.** BSWD. 6:30 pm
- 11 **Ed Anacker Bridger Ridge Run.** Get ready to run or volunteer
- 15 **OutLaw/Target Run.** BSWD 6:30 pm
- 22 **Hyalite Reservoir – Dam.** BSWD 6:30 pm
- 25 **2nd Annual Heart of a Trapper Trail Run and Hike** by Northwest College. Starts at Heart Mountain, A barbecue and music will follow the race. For information and registration visit <http://www.nwc.edu/heart>.
- 29 **Bear Canyon Run.** BSWD. Bring your dog (on leash) 6:30 PM

SEPTEMBER

- 7 **Night Owl Run Livingston.** Details to follow
- 9 **Bozeman Marathon and ½ Marathon.** 6:00 am – 12:00 pm. Hosted by Bozeman Running Marathon and Bozeman Running Company. runsignup.com

SEPTEMBER

- 15 **John Collter Run** Registration is open and limited. A part of the Montana Trail Series
- 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(Wolf Creek Wrangle. Info at 307-672-3848
- 29 **13th 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



Stay Hydrated and Perform Optimally

By Rachel Patrick, RDN, LD

Sports drink or water? Am I falling behind in hydration if I drink to thirst? Can I drink too much? Don't let the summer heat slow you down. Stay hydrated with these tips.



Preparation:

- Know the warning signs of dehydration (thirst, headaches, dark urine, dry mouth, infrequent urination, unusually rapid heartbeat)
- Freeze fluid bottles to allow your drinks to stay colder longer during workouts. Cool (not cold) water is best
- Ideally, have a variety of beverage flavors to choose from to encourage drinking
- Pre-hydrate to produce a light-colored urine.
- Most people fault a lack of potassium for muscle cramps, but potassium makes up very little of the mineral content lost in sweat. Sodium and chloride are the real minerals to focus on when exercising for longer than 90 minutes or if heavy sweating is expected. Do not restrict salt intake in these circumstances if you do not have a heart condition.

Training:

- Practice drinking during training
- Start with a stomach comfortably full of fluid and keep it so during activity
- For some, drinking to thirst may be adequate. Most often, however, that may not be enough due to inadequate opportunities to drink, the distraction from thirst signals that may be present in your sport, and other factors. It is best to have an idea of what your sweat rate is in order to prevent fluid losses associated with a performance deficit ($\geq 2\%$ bw loss). A sports dietitian can help you find your individualized sweat rate. A second best is to drink every 15 minutes or so and to thirst.
- Water is adequate for exercise lasting less than 90 minutes. For exercise that is longer in duration or when heavier sweating is expected, purchase or make a sports drink containing sodium, chloride, and carbohydrates.

Competition:

- Put more fluid in your stomach than on your head. You will cool off better by drinking it.
- Any acute weight loss is from fluid. Drink more next time if you lost weight; drink less if you gained. Both gaining and losing are not helpful and can be dangerous. Drink 24 oz for each pound of weight lost. If there is 24 hours before your next exercise session, normal eating and drinking will often be enough.



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 or follow her on Instagram or Pinterest at @rachelpatrickrd.

McGuire Trail Run

The McGuire Trail Run and Hamburger Cookout was held on 7/18/18. Bob Eickenberger set up the courses and Nick Waliser was the volunteer. Thanks to them as well as Jacki and her husband Steve.

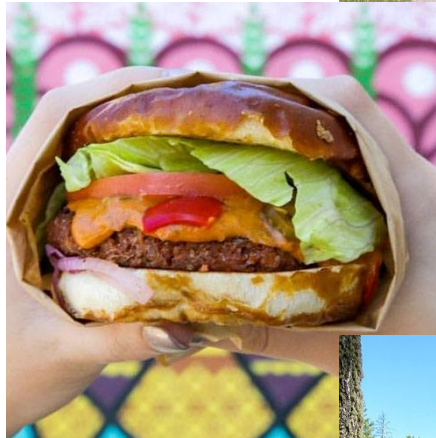
1.2 Miles

Wil Powell-Rushing	13:07
Sam Bass	14:15
Karen Funke	14:23
Jean MacInnes	20:35
Jane Foster	22:36
Kay Newman	22:40
Kim Rollefson	22:41
Augusta Powell-Rushing	23:55
Mia Percy	23:56
Sandy Dougher	24:42
Martin Rollefson	25:24
Bob Wade	25:27



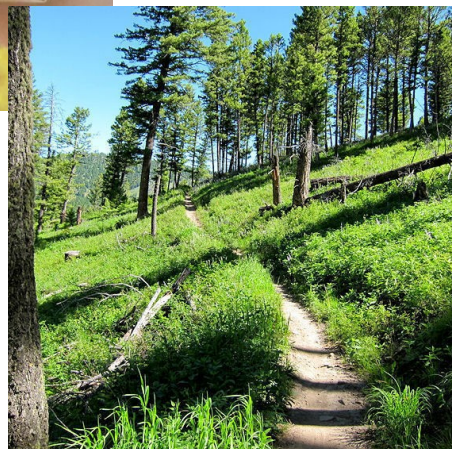
2.9 Miles

Jenna Fallaw	21:46
Cooper Johnson	24:34
Carrie Gaffney	24:34
Jeff Johnson	24:44
Ben Powell-Rushing	27:50
Leonard Baluski	28:18
Tracy Dougher	28:53
Mia Dudas	28:53
Serra Holleman	29:09
Eric Veca	29:50
Frank Dougher	30:01
Carly Urban	30:06
Kristin Harbuck	31:12
Bonnie Eichenberger	31:55
Travis Miller	32:26
Tobias Holleman	32:43
Angie Johnson	32:45
Rik Landers	47:02



4.7 Miles

Rob Maher	36:07
Kyle Klicker	36:08
Kit Heffner	36:23
Robbie Lamb	36:42
Randy Oostema	37:25
Leigh Holleman	37:37
Bob Eichenberger	40:26
Lucas Lazenby	40:26
Kurt Buchl	42:19
Kelly Sprinkle	45:05
Mary Thornton	46:58
Christian Landers	47:05
Gro Lunde	52:16



Triple Tree

1.2 Miles

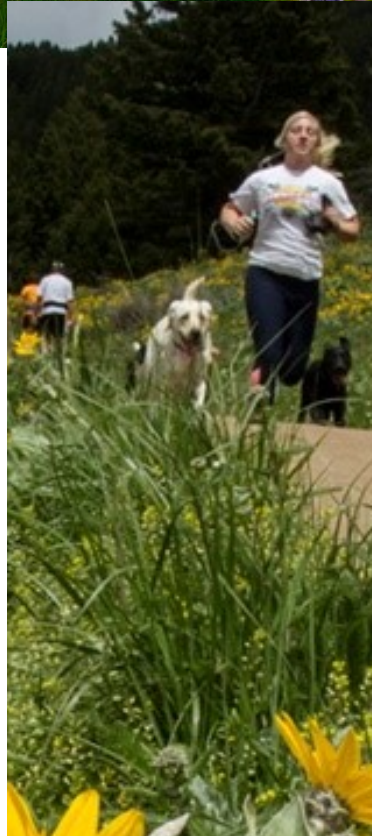
Tye Marum	11:26
Brady Stanionis	15:30
Seth Miesch	15:47
Talia Bendick	15:47
Eric Miesch	15:49
Sam Bass	16:24
Jasper Bendick	19:28
Suzanne Bendick	19:28
Gail Cary	20:26
Mia Dudas	20:27
Poppy Attkinson	21:11
Jean MacInnes	24:44
Augusta Powell-Rushing	25:50

3.23 Miles

Allaric Skjelver	23:52
Eric Bendick	24:48
Ben Powell Rushing	28:57
Gary Hellenga	29:07
Tracy Glass	30:23
Carla Taylor	31:12
Darryl Baker	31:17
Craig Hildreth	32:59
Ryan Stanionis	36:08
Luke Stanionis	36:10
Frank Dougher	37:43
Victor Pugliese	37:52
Rick Dendinger	38:30
Leonard Baluski	39:24
Karen Funke	40:30
Travis Miller	41:56
Kathryn Hohmann	46:17
Ida Lunden	49:27
Jason Lunden	49:28
Jacki McGuire	58:42
Ingrid Lunden	59:45
Stacy Lunden	59:46
Suzanne Winchester	1:00:14

5.36 Miles

Derek Gustafson	40:19
Sebastian White	40:41
Scott Flatlip	45:21
Tom Walsh	45:53
Scott Powell	48:44
Lucas Geyer	52:57
Robbie Lamb	54:18
Randy Oostema	56:07
Kelly Sprinkle	57:18
Robyn Miller	59:37
Eric Veca	1:01:26
Nick Waliser	1:01:32
Teresa Galli	1:02:30
David King	1:06:20



Cross Cut

Jenna Fallaw set up the courses. Thanks to her and to Cross Cut for hosting the event.

1.26 Miles

Sam Bass	22:26
Martin Rollefson	27:25
Jean MacInnes	27:25
Bob Wade	27:54
Kim Rollefson	28:28
Kay Newman	28:28
Gail Cary	32:38

2.84

Alaric Skjelver	24:16
Cooper Johnson	28:25
Carson Swica	28:26
Tom Bass	28:43
Carla Taylor	28:48
Jason Dyksterhouse	28:48
Mia Dudas	36:35
Tobias Holleman	37:48
Leonard Baluski	40:53
Travis Miller	41:07
Sierra Holleman	41:52
Kristin Harbuck	43:20
Kathryn Hohmann	43:38
John Fulton	43:55
Darryl Baker	44:01
Andrea Abrahamson	55:49
Jacki McGuire	55:49

4 Miles

Rob Maher	33:01
Randy Oostema	33:36
Jenny Wirth	33:42
Vince Rozzi	34:19
Mark Genito	34:24
Poppy Atkinson	36:35
Jeff Johnson	39:07
Eric Veca	41:02
Robyn Miller	41:07
Kelly Sprinkle	41:25
Susan Atkinson	44:01
Ben Powell-Rushing	45:29
Scott Powell	45:30
Matt Parsons	45:46
Heidi Genito	45:46
Victor Pugliese	45:59
Angie Johnson	55:58



BOGERT PARK

61 runners gathered to run before heading to the annual Bite of Bozeman. Thanks to Ana Brown for setting up the courses.

1.5 Miles

Finn Wirth	12:50
Lilly Bartholomew	13:43
Robin Otey	13:47
CJ Oostema	17:00
Kistin Harbuck	18:04
Wren Wirth	21:42
Jenny Wirth	21:43
Shawna Oostema	25:40
Jake Oostema	25:41
Bob Wade	32:00
Kay Newman	32:02
Mylie Innes	38:31

3.54 Miles

Lucas Lazenby	27:47
Tomas Dumbrovsky	28:03
Tilman Bartholomew	29:49
Jeff Johnson	29:52
Reid Bartholomew	29:52
Owen Naberhaus	29:53
Kaitlyn Landers	31:45
KJ Popiel	31:54
Rick Landers	32:00
Kurt Buchl	32:11
Ryan Wenger	32:12
Christian Landers	32:17
Darryl Baker	33:19
Cooper Johnson	34:20
Tracy Dougher	36:10
Teresa Galli	36:16
Carrie Gaffney	36:16
Tracy Glass	36:17
Jason Dyksterhouse	36:38
Leonard Baluski	37:16
Bronson Hall	37:17
Geno Graf	37:18
Sierra Holleman	38:15
Ava Couture	38:19
Breckyn Kornachuk	38:20
Tobias Holleman	39:03
Luke Stanionis	40:27
Ryan Stanionis	40:27
Frank Dougher	40:46
Gail Cary	41:45
Angie Johnson	42:46
Haddon Otey	48:47
Jason Nicholas	48:47
Yupares Nimkarn	49:15
Merel VanderHorst	49:59
John Fulton	52:03

4.97 Miles

Rob Maher	38:16
Matthew Smeltzer	38:33
Jenna Fallaw	39:52
Mark Genito	39:59
Lucas Geyer	41:43
Robbie Lamb	44:27
Nick Waliser	44:59
Kit Heffner	48:04
Randy Oostema	50:31
Kelly Sprinkle	51:18
Robyn Miller	51:19
JohnRugemer	57:46
Adelaide Rugemer	57:46



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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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

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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.