



September 2018 Newsletter # 492

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“What Running Means to Me” Zoe Eberspecher

It was gym class. Fourth grade. When we were still too young to change out for gym class, and my blue denim jeans were rough against my legs. We'd been paraded to the big kid's school their beautiful black gleaming track, fresh white lines adorning its surface. 'Four Laps', is what the scrawny greying gym teacher had told us. We were going to run the mile. Lining us up across the start she blew her whistle and started her stopwatch, clipboard in hand. Our little legs sprinted the first twenty meters, the slaps of little feet against recycled rubber filled air. I fell in love. Upon our return most of the kids complained. It was too warm. Too long. Too tiring. It was time for recess. Unlike the rest of my class, I was jittery and exalted. Instead of collapsing onto the grass or the basketball courts, I ran. I made laps around around the metal skeletons, through the sloppy grass, and around the basketball players. I would stop to catch my breath and talk to my friends in between laps until the metallic hum of the bell signaled for our return. I often think about this day, ingrained in my memory, like a benchmark. It was a beginning for me, an introduction of sorts, into a sport that has significantly impacted my life.

Now, about nine years later, I look back on how much running has changed my life since that fateful initiation. Entering high school, the cross country team saved me. I moved to Bozeman the summer before, and let me tell you, while being a freshman is hard, being a new kid AND a freshman is even harder. Although I only joined the team because I'd been cut from volleyball, and at the prompting of my parents, the team quickly became my family. They only people that could truly understand the ups and downs of being a distance runner. The majority of my high school friends would be runners, or people that I met through runners. It is funny how much you can learn about a person by training with them. The long runs, and hard workouts. Never ending bus rides, and post race grocery store stops. The bad races, and the good ones. Running taught me how to be a teammate.

However, long distance running can also show you a lot about yourself as well. About thirteen and a half months ago I sat in uncomfortable borrowed athletic shorts and a grey oversized t-shirt as the red-headed man told me what I'd been avoiding for months. There was something wrong with me. More specifically: my hips. He'd calmly explained the problem, referencing the dark slick sheet of x-ray film they'd taken just moments before. Bilateral femoroacetabular impingement. How my hips were, how I'd been born, was not conducive to running. I'd need surgery in order to keep running long-term. I struggled through my track season, but the pain was like a bird flying into a clear glass window. An invisible, but devastatingly effective barrier. I was crushed. Shortly after my season was complete I had the surgery. I was determined to be recovered in time for my senior cross country season. A summer full of physical therapy, biking, and aqua-jogging until the pads of my feet bled left me antsy. I had to watch as my friends had a summer full of running, and hiking, and fun. And when I finally began running again, a mere two months after surgery, it was excruciating. To realize that all of my hard work, years of training, was gone proved more devastating than the initial discovery of the injury. I struggled through my last high school cross-country season, doing much better than anyone expected, however still feeling a horrible loss for the season that might have been. Although now, almost a year post-op, I am beginning to regain my strength. And, I know, I am much stronger now than I was a year ago.

This is what running means to me. It means family, and it means pain. It means determination, but it also means struggle. It means strength, and it means heartache. It is not easy, and it is not always fun, however it is always worth it.

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



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The Wind Drinker

RACE CALENDAR

SEPTEMBER

Night Owl Run Livingston. Details to follow

Bozeman Marathon and ½ Marathon. 6:00 am – 12:00 pm. Hosted by Bozeman Running Marathon and Bozeman Running Company. runsignup.com

Drinking Horse. BSWD. 6:30 pm

15 John Collter Run Registration is open and limited. A part of the Montana Trail Series

20 Wolf Creek Wrangle. Eaton's Ranch located minutes outside of Sheridan, Wyoming 5&10K 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

East Gallatin. Pond Rec Area. BSWD. Manley Road. 6:30 pm. Annual Pizza Party

Opera Run. 5K and 10 Mile Options. Lindley Park Pavilion. 9:00 am start. Uses the Bozeman Trail System. RunSignUp.com. It ain't over til the fat lady sings!!

BSWD Annual Meeting and Potluck. 6:00 pm. Bring a dish to share. No organized run is scheduled.

13th Annual Raw Deal Run. McLeod, MT (16 Miles South of Big Timber) NEW DATE Includes a 6 Mile Run and a 3 Mile 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

22nd Annual 5K Run for the Roses. Walk or Run to Make a Difference. A O Pi House (1119 S 5th Ave.) 9:00 am start. A benefit for arthritis. RunSignUp.com

OCTOBER

NOVEMBER

12th Annual Huffing for Stuffing. Bozeman. 10K, 5K Timed, 5K Untimed and Kids Run. Benefits the Bozeman Food Bank. www.huffingforstuffing.com.

22 9th Annual Turkey Trot. Red Lodge. Meet at the Edgar Gruel building (Carbon County Fair Grounds off of Hwy. 78.) Starts at 10:00 am. Walk or run. Free of charge but bring a non-perishable food item donation. Beartoothbillingsclinic.org for registration forms. For more information contact Jean Atherly (406) 860-3825



Middle Cottonwood

Wind Drinkers held their weekly fun run on the Cottonwood Trail on 8/8/18. Tom Walsh set up the courses. Volunteers were Rob Maher who helped with registration and Lucas Geyer who swept the course. Thanks to them all.

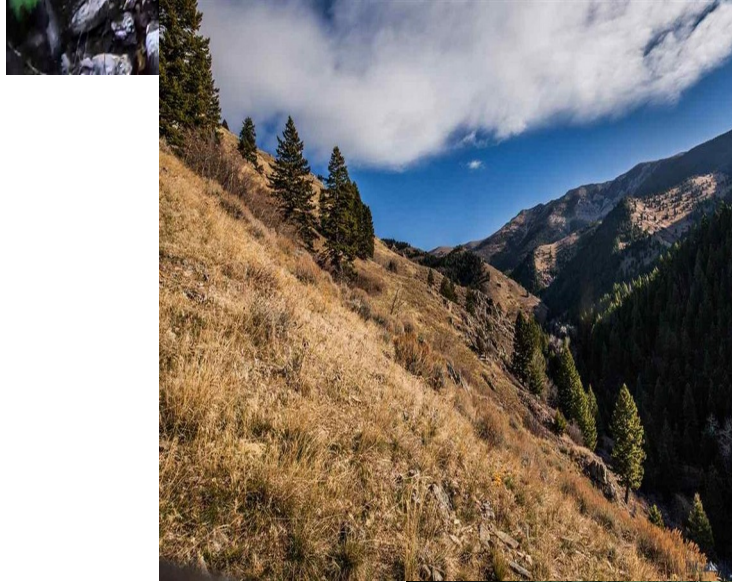
1 Mile

Finn Wirth	9:44
Sierra Holleman	10:43
Robyn Miller	12:38
Kelly Sprinkle	12:39
Becky Naberhaus	15:22
Wren Wirth	17:52
Jenny Wirth	17:54
Jake Oostema	18:02
Dave Skelton	18:03
Madison Oostema	18:43
Shawna Oostema	19:52
Randy Oostema	19:54
Kay Newman	28:09
Linda Skelton	28:11



3 Miles

Andrew Holleman	24:39
Vince Rozzi	27:40
Owen Naberhaus	28:58
Cooper Johnson	31:08
Leigh Holleman	31:51
Carson Swica	32:52
Natalie Nichols	33:18
Poppy Atkinson	33:52
Teresa Galli	36:18
Tobias Holleman	36:19
Eric Veca	37:50
Sarah Nicholas	38:45
Necia Nicholas	39:37
Jason Nicholas	39:39
Susan Atkinson	39:40
Heather Sipes Tucker	41:12
Karen Funke	42:35
Andrea Abrahamson	44:55
Leonard Baluski	47:16
Victor Pugiese	49:40
Maddie Swica	58:07
Jen Swica	58:08



5 Miles

Jon Wirth	46:06
Stephanie Lynn	47:04
Chris Durward	51:18
Robbie Lamb	55:59
Ronda Young	1:16:17



Outlaw/Target Run

Despite the high temperature. 70 runners and walkers participated in the Target/Outlaw Run. Thanks to Jenna Fallaw for setting the courses and to the vounteers who were Angie Johnson, Karen Funke and Madison Oostema

4.7 Miles

Mike Lavery	33:03
Lucas Lazenby	34:56
Tom Walsh	35:50
Jason Nicholas	37:37
Sylvie Wilson	38:31
Randy Oostema	38:59
Susan Atkins	43:56
Kathleen Snider	44:11
Mary Thornton	44:12
Carly Urban	44:12
Eric Veca	44:17
Nick Waliser	44:22
Tracy Glass	45:06
Tracy Dougher	49:57

1.1 Miles

Carson Swica	10:14
Sierra Holleman	10:22
Kristin Harbuck	13:08
Maddie Swica	13:13
Dave Skelton	14:24
Frank Dougher	19:40
Jean MacInnes	21:21
Teresa Leland	21:22
Madison Oostema	23:07
Linda Skelton	24:29
Kay Newman	24:30
Terry Walsh	24:31
Jake Oostema	25:58
No times recorded for Tucho & Otto Ohler	

3.1 Miles

Rob Maher	22:59
Vince Rozzi	23:18
Lucas Geyer	25:23
Haddon Otey	25:57
Bob Eichenberger	26:33
KJ Popiel	26:40
Jeff Johnson	26:59
Ryan Wenger	26:59
Rebecca Pape	27:01
Natalie Nicholas	27:10
Ava Couture	27:10
Arianne Celis	27:26
Nick Goosey	27:26
Cooper Johnson	27:33
Leif Growney	28:03
Karl Berentsten	28:07
Polly Meshew	28:14
Robert Meshew	28:16
Victor Pugliese	28:18
Bronson Hall	28:21
Johnna Hall	28:22
Carrie Gaffney	28:40
Jen Swica	30:07
Kelly Sprinkle	31:32
Mylie Innes	32:01
Teresa Galli	32:38
Necia Nicholas	32:42
Tobias Holleman	32:55
Leonard Baluski	33:30
Jamie Mogan	34:00
Mia Dudas	36:06
Angie Johnson	37:13
Travis Miller	37:31
Andrea Abrahamson	38:06
Kathryn Hohmann	38:18
Andrew Holleman	38:31
CJ Oostema	38:55
Merel Van der Horst	45:27
Sahwna Oostema	53:27
Jacki McGuire	53:28



Bear Canyon

The annual Bear Canyon Run which was also the second dog run of the year was enjoyed by 66 participants. Many canines enjoyed the cool evening with their owners. Carly Urban set up the courses. Volunteers included Kathryn Hohmann, Jean MacInnes and Mike Lavery. Thanks to them all.

1 Mile

Brad Benjamin	9:15	
Finn Wirth	9:21	
CJ Oostema	11:30	
Wren Wirth	14:01	
Jenny Wirth	14:03	
August Powell-Rushing	17:18	17:18
Mia Percy	17:18	
Leon Shearman	18:05	
Jake Oostema	19:09	
Suzanne Winchester	19:20	
Madison Oostema	20:25	
Lilith Rush	20:33	
Evan Hough	22:15	
Mendy Hough	22:16	
Shawna Oostema	24:15	
Terry Walsh	25:45	
Kay Newman	25:46	
Paul Gaffney	47:15	
Carrie Gaffney	47:16	

4.5 Miles

Robbie Lamb	30:34	
Randy Oostema	30:39	
Leigh Holleman	31:50	
Jeff Johnson	34:53	
Scott Powell	35:10	
Nick Walliser	35:32	
Tracy Dougher	36:35	
Eric Veca	36:41	
Robyn Miller	36:41	
Adelaide Rugemer	38:47	
John Rugemer	38:48	
Teresa Galli	38:57	
Heather Sipes-Tucker	39:09	
David King	41:45	
Tom Walsh	44:10	
Andrea Abrahamson	59:52	

3 Miles

Allarie Skjelver	21:33	
Vince Rozzzi	22:12	
Cooper Johnson	22:44	
Ryan Wenger	23:21	
Ross Wenger	23:22	
Poppy Atkinson	24:33	
Gary Hellenga	26:13	
Ben Powell-Rushing	27:25	
Ronan Schultz	27:44	
Darryl Baker	28:45	
Tobias Holleman	29:02	
Robert Meshew	29:22	
Phil Kornachuck	29:23	
Polly Meshew	29:31	
Breckyn Kornachuk	29:32	
Luke Stanionis	30:24	
Ryan Stanionis	30:25	
Frank Dougher	30:27	
Jason Dyksterhouse	32:05	
Mia Dudas	33:19	
Leonard Baluski	33:22	
Will Powell-Rushing	35:09	
Gail Cary	35:35	
Susan Atkinson	37:59	
Kristin Harbuck	39:51	
Molly Ward	39:53	
Angie Johnson	40:51	
Travis Miller	40:59	
Ellie Tanguay	46:30	
Jen Swica	46:31	
Maddie Swica	46:31	



Hyalite Run

The largest number of runners to participate in the running of this newly added course (7i6) enjoyed a cool relatively smoke free run. Thanks to Carly Urban for setting up the courses and to Mary Frances Thorton for volunteering.

1.4 Miles

Karl Berentsten	8:53
Sierra Holleman	10:16
CJ Oostema	10:16
Will Powell-Rushing	14:26
Sarah Rushing	14:28
Selisse Arthun	15:58
Madison Oostema	17:28
Shawna Oostema	20:49
Jake Oostema	20:49
Jean MacInnes	22:26
Terry Walsh	27:47
Kay Newman	27:50
Bob Wade	27:52

5 Miles

Axell Yount	34:27
Rob Maher	38:04
Tom Walsh	39:58
Mary Anderson	40:46
Robbie Lamb	41:14
Rick Landers	42:18
Christian Landers	42:50
Randy Oostema	43:29
Leigh Holleman	45:01
Bob Eichenberger	45:58
Kit Heffner	46:40
Nick Waliser	47:25
Eric Veca	49:53
Kelly Sprinle	50:09
Ava Couture	50:38
Natalie Nicholas	50:38
Jason Nicholas	51:11
Susan Atkinson	51:11
Teresa Galli	51:50
Tracy Dougher	52:55
Tobias Holleman	53:15
Frank Dougher	56:43

3 Miles

Andrew Holleman	20:35
Mike Kangas	22:15
KJ Popiel	24:18
Cooper Johnson	24:20
Ryan Wenger	24:31
Scott Powell	24:40
Rebecca Pape	25:14
Carrie Gaffney	25:36
Bronson Hall	25:53
Johnna Hall	25:54
Jason Dyksterhouse	26:04
Carson Swica	26:09
Poppy Atkinson	26:10
Sarah Popiel	27:13
Necia Nicholas	28:08
Dani Schultz	28:09
Robyn Miller	28:10
Craig Hildreth	28:31
Darryl Baker	29:10
Kurt Buchl	29:10
Abby Eichenberger	29:11
Luke Stanionis	29:11
Ryan Stanionis	29:12
Ben Powell-Rushing	29:37
Breckyn Kornachuk	31:30
Bonnie Eichenberger	32:43
Leonard Baluski	33:17
Polly Meshew	33:59
Robert Meshew	33:59
Gail Cary	35:19
Susan Nickelson	35:49
Jeff Johnson	35:50
Rosie Nickelson	35:57
Angie Johnson	37:09
Kathryn Hohmann	37:36
Kristin Harbuck	38:34
Maddie Swica	40:43
Jen Swica	40:44
Merel Van der Horst	43:09
Lynn Hubert	45:52
Jacki McGuire	48:12



Lindley Park

It was Pizza Party Night following the runs on the Lindley Park Trails. Thanks to Jenna Fallaw for setting up the courses.

1.4 Miles

Cooper Johnson	10:48
Poppy Atkinson	10:53
Leif Growney	10:55
Molly Sebren	14:22
Shel Sebren	14:22
Seeley Delger	14:50
Christy Delger	14:51
Necia Nicholas	16:18
CJ Oostema	18:04
Will Powell-Rshing	18:24
Scott Powell	18:32
Ryan Growney	19:27
Elizabeth Growney	19:27
Karen Funke	19:49
Nick Waliser	19:55
Harper Entz	21:23
Jake Oostema	22:28
Leon Shearman	22:29
Shawna Oostema	23:14
Wren Wirth	23:25
Madison Oostema	26:01
Natalie Nicholas	26:20
Carrie Gaffney	26:20
Jason Nicholas	26:20
Teresa Leland	27:27
Jean MacInnes	27:28
Terry Walsh	27:48
Kay Newman	27:49
Bob Wade	30:25
Finn Wirth	35:56
Sam Bass	35:57
Tycho & Otto Ohler, Karl Berentsen, Selisse Arthun	No Time

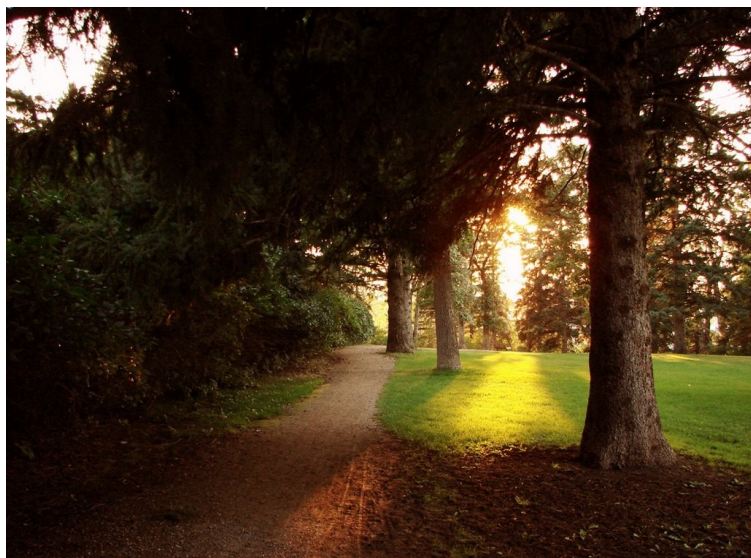


3 Miles

Tom Bass	22:35
Ross Wenger	23:23
Ryan Wegner	23:24
Jenny Wirth	23:31
KJ Popiel	23:33
Sarah Jones-Popiel	25:17
Eliah Kempf	26:14
Travis Growney	26:21
Jason Dyksterhouse	27:27
Ben Powell-Rushing	27:56
Gary Hellenga	27:59
Mia Dudas	28:19
Kelly Sprinkle	28:35
Darryl Baker	28:39
Rick Dendinger	28:40
Bonnie Eichenberger	30:47
Ryan Stanionis	31:37
Luke Stanionis	31:39
Leonard Baluski	32:10
Frank Dougher	33:00
Angie Johnson	33:17
Ellie Tanguay	36:05
Kristin Harbuck	36:14
Vig Vetkamp	36:39
Maddie Swica	38:19
Jen Swica	38:20
Merel Van der Horst	41:19
Jacki McGuire	47:47

4.7 Miles

Kit Heffner	35:59
Rob Maher	35:59
Robbie Lamb	37:22
Tom Walsh	38:18
Randy Oostema	41:03
Bob Eichenberger	41:10
Susan Atkinson	45:23
Tracy Dougher	47:02
Teresa Galli	48:23



Ed Anacker Bridger Ridge Run 2018

And speaking of hot weather, yesterday was my 14th Bridger Ridge Run and I can honestly say that because of the heat it was the toughest one of all. There were a lot of heat related casualties up there but because of the outstanding community support it made it possible. You know there is something about the Ridge Run. Just how everyone comes together as a community for the incredible support and comradery. It's something that really restores my faith in the human spirit. Congratulations to all of the outstanding volunteers, everyone that finished, and everyone that gave it their very best.

The real story was an individual, Matt Ramsey. Matt served in Afghanistan and ended up losing a leg. He and a few of his combat buddies ran the Ridge Run together yesterday. He took a beating up there, but finished the run in 12.5 hours. We truly support our veterans and they are an inspiration to all of us. Here is what Matt wrote in his Ridge Run.

"My name is Matt Ramsey, I served in the Army for 6 years. I am passionate about training and testing my limits. I served two combat tours in Afghanistan and completed one of the hardest schools in the Army, Ranger school. While serving my second tour in Afghanistan I stepped on an IED and lost my left leg below the knee. Since that day, I vowed to continue to push myself further than even I think possible. I'd love the opportunity to push my limits at your race."

You know, perhaps stuff like this is the true meaning of life. **Support and compassion for each other.**



The storied life of Bob Hayes ends at 91

Bob was an icon of the Montana running community and an inspiration to all of us. I (Daryl Baker) went to his memorial at his ranch in Evaro, And I came away even more inspired by this fine man. They had a lot of his stuff laid out in the house and a last request written by him. It said,

"When I go to the spirit world, put my hatchet in one hand and my compass in the other. Wrap me up in my Hudson Bay blanket and put me up in a tree facing the sunrise."

Well said Bob, and well lived. You got up every day with a positive attitude, and hope in your heart, and you set an example for all of us to follow.



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



"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

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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 **The Wind Drinker**
www.runmt.com for race updates and more details.