

THE WIND DRINKER

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



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RENEW YOUR MEMBERSHIP AT:

WWW.WINDRINKERS.ORG

DEAR WIND DRINKERS,

I am excited to bring my creativity and manic passion for running to this newsletter. My hope is to increase membership and involvement, give back to the community that is continually supportive of me, and carry on the values set in the foundation of this organization. Bear with me as I become accustomed to what is expected in this newsletter, and please contact me with feedback, question or concerns.

Happy trails,
Mira Brody



MIRA, AND SIERRA THE CATTLE DOG

RACE CALENDAR

NOVEMBER

- 10** Bon Appetite Run. 9:00 am at the Elks Parking Lot at 205 Haggerty Lane. Run your own course for 30-40 minutes then meet at a local restaurant for a no host breakfast (location to be decided that morning at the start). Begin your Thanksgiving holidays early!
- 11** Annual Veterans Day Run in Butte on City Streets. Race Day Registration at Stodden Park. Courses are 2.5 and 5.2 Miles on City Streets. A long time tradition. Remembering sacrifices for our freedom!
- 17** Jim Banks Turkey Trot. 9:00 am start at the Foothills Church on Centennial Drive. Distances of 1.3, 2.7 and 4.4 miles. Guess your finish time to win a turkey courtesy of BSWD check the web site at winddrinkers.org.
- 22** 12th Annual Huffing for Stuffing. Bozeman. 10K, 5K Timed, 5K Untimed and Kids Run. Benefits the Bozeman Food Bank. <http://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 or jatherly@beartoothbillingsclinic.org.

DECEMBER

- 8** Jingle Bell Jog. BSWD Winter Fun Run. 9:00 am start at the Great Northern Physical Therapy Building on East Main. Bring a goody to share.
- Merry Christmas and a Happy Running Year to all!

JANUARY

- 5** Fat Ass Run held at Head Waters State Park near Three Forks. Pick your own distance. Run 5K loops (trail and/or road) starting at 9:00 am with timing ending at 3:00 pm. Burn those Christmas Calories. There are no temperature restrictions.

F E B R U A R Y

- 2** Froze Nose Run. BSWD Traditional Fun Run starting at the corner of S 11th and Grant Street on the MSU Campus at 9:00 am. Your finish time at this event will determine your starting time at the March Handicapped Run. Be sure to wear the cap you won at the summer fun runs. Distances are 1, 3 & 5 Miles (approximately).

M A R C H

- 2** Handicapped Run. Another BSWD Traditional Fun Run starting at the corner of S 11th and Grant Street on the MSU Campus at 9:00 am. Your starting time will be determined by your finish time at the Froze Nose Run last month (1, 3 or 5 Miles). If you missed the Froze Nose your starting time 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 time.
- 9** St Patty's Day Run in Anaconda. Bus out and run 3 or 6 Miles back to town. Details to follow.

A P R I L

- 20** Back from Bridger. Watch for details that may involve changes in this long time traditional run.

M A Y

- 25** Frank Newman Spring Marathon and Marathon Relay. In honor of one of the founders of BSWD. Starts on Bridger Canyon Road at 8:00 am and follows the frontage road to Sacajawea Park in Livingston. Enjoy the picnic that follows.

BACK TO BRIDGER

RACE RESULTS

The Back To Bridger Run was scheduled for October 13 with 3 distances. It was a very snowy day and was just what the founders of BSWD were thinking of when they first planned this event.

Thanks to Frank Dougher for setting up the courses, and to Gary Hellenga for volunteering. Four hearty runners

showed up despite the weather. Tom Walsh planned to run 18 miles and he did run almost that distance but he did not keep an exact time to report.

The three other participants ran the 3 Mile Course. They were: Randy Oostema, Gail Cary and Kathryn Hohmann. The time for all three was 51:20.



PHOTO COURTESY OF BRIDGER BOWL

BSWD INFORMATION

DISCOUNTS FOR MEMBERS ARE AVAILABLE AT MANY LOCAL BUSINESSES:

- 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.”



Proud member of the
road runners club of
America

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 miracbrody@gmail.com
Website: www.winddrinkers.org