

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

WIND DRINKERS,

I hope everyone had a wonderful Thanksgiving holiday with family, friends, and their skis at Bridger Bonus weekend.

If you're interested in keeping in shape over the winter, Randy Oostema is continuing to coordinate "Night at the M" runs every Wednesday. Meet at the M trailhead at 6:00; headlamps and traction are recommended. Choose your own route. Hope to see you there!

In November we ran the Bon Appetite Fun Run, as well as the Jim Banks Turkey Trot. Read on for race results and upcoming runs!

RACE CALENDAR

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 Headwaters 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.

FEBRUARY

- 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).

- 9** Love 'em or Leave 'em 5K. Benefits the Bozeman Summit School. Couples (teams) or Singles. Starts and finishes at the Filling Station Bar (2005 N Rouse)

MARCH

- 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. Handicapped runners start times will be posted on the website.

- 9** St Patty's Day Run in Anaconda. Bus out and run 3 or 6 Miles back to town. Details to follow.

- 16** Run to the Pub in Bozeman. Details to follow.

APRIL

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

MAY

- 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.

JIM BANKS TURKEY TROT

RACE RESULTS

The Jim Banks Turkey Trot was on Saturday November 17th. Named for a BSWD founder, this pre-Thanksgiving tradition drew 19 runners. Turkeys were awarded to the three runners who most accurately predicted their finish time, and three additional raffle winners: Kay Newman, Nick Waliser, Jake Oostema, Craig Hildreth, Leonard Baluski and Tom Walsh.

4.4 MILES

Rob Maher - 32:25
Randy Oostema - 35:46
Tom Walsh - 38:07

2.7 MILES

Eric Veca - 25:46
Craig Hildreth - 27:48
Teresa Galli - 27:49
Leonard Baluski - 30:35
Gail Cary - 33:35
Kathryn Hohmann - 34:57
Wren Waliser - 37:10
Nick Waliser - 37:11
Jacki McGuire - 48:03

1.3 MILES

CJ Oostema - 13:42
Jake Oostema - 13:48
Leon Shearman - 17:09
Jean MacInnes - 17:59
Madison Oostema - 18:02
Kay Newman - 18:56
Shawna Oostema - 19:27



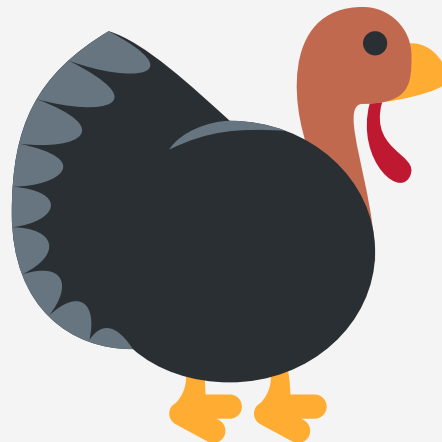
SPECIAL THANKS...

Course Verifications and arrangements by Frank Dougher and Carly Urban; Andrea Abrahamson for volunteering; BSWD for providing the turkey prizes!

BON APPETITE FUN RUN

RACE RESULTS

This year's Bon Appetite Fun Run took place on Saturday, November 10th. This is an untimed and unsupported run, and a longtime BSWD tradition. Thank you to the following participants: Andrea Abrahamson, Leonard Baluski, Kathi Brown, Kristin Harbucle, Robbie Lamb, Jean MacInnes, Rob Maher, Jacki McGuire, Kay Newman, Randy Oostema, Shawna Oostema and Bob Wade.



HUFFING FOR STUFFING

THOUSANDS OF RUNNERS TURNED UP FOR THE 12TH ANNUAL HUFFING FOR STUFFING, BENEFITING THE GALLATIN VALLEY FOOD BANK. FOR COMPLETE RESULTS, VISIT:
COMPETITIVETIMING.COM/HUFFING-FOR-STUFFING-RESULTS

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 signing up online under "Membership," or sending dues to:
BSWD, PO Box 1766, Bozeman, MT 59771.

Memberships are \$15 annually, for individuals and families. Benefits of membership are receiving our newsletter, discounts at local businesses, the opportunity to vote in club elections and participate in fun runs.

Submissions to newsletter must be in by the 25th of each month to miracbrody@gmail.com