

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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WIND DRINKERS,

Now is a good time to start planning your summer races - with Rut Run sign-ups gone in mere hours, and Bangtail Divide and Sweet Pea registration open, BSWD race dates are also in the process of being updated on the site and should all be completed by this month. This month's newsletter covers Fat Ass results, board meeting announcements and volunteer opportunities.

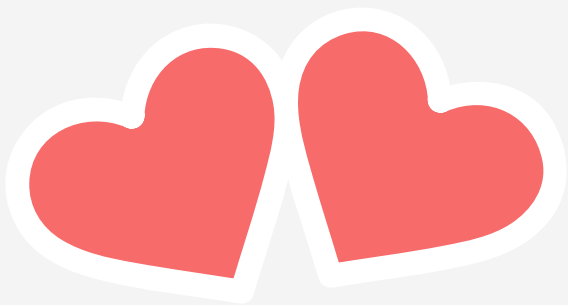


RENEW YOUR MEMBERSHIP AT:
WWW.WINDRINKERS.ORG

RACE CALENDAR

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).
- 3** Super Bowl 5K Fun Run for Pediatric Cancer. Bozeman. RunSignUp.com
- 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)
- 16** Frigid Digger in Butte. Hosted by Butte's Piss and Moan Runners. Course behind MT Oredigger Campus. 3 and 7.3 Mile Courses.



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. 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. Bozeman ½ Marathon starting at 9:45 and 10K starting at 10:30. Ride buses from the Fairgrounds to the start. Buses leaving at 9:45 and 10:30. Finish on Main Street. Hosted by Pub 317. You might even win a trip to the Dublin Marathon

A P R I L

- 20** NEW FUN RUN! The first-ever Copper City Trails Run will take place north of Three Forks. Watch the newsletter for upcoming details.

RACE CALENDAR

Continued...

M A Y

11 Montana Women's Run, a longtime tradition in Billings.

Haven Mother's Day 5K in Bozeman.

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. Several volunteers needed.

J U N E

1 Annual Madison River Run. Ennis. Water to Whiskey 5K. Start off your summer with this fun race. More info to follow.

13-16 Montana Senior Olympics to be held in Missoula using venues at the new Fort Missoula Regional Park. Open to adults 50 and older. 14 sports including Track & Field, 5&10K Road Races Cycling, & Swimming. Visit www.montanaseniorolympics.org for more information.

A u g u s t

6 Sweet Pea Run 5K/10K. Races start & end in downtown Bozeman. Register early to save \$ and purchase Sweet Pea Festival bands. Don't miss out on this great community event! <https://runsignup.com/Race/MT/Bozeman/SweetPeaRun>

VOLUNTEER OPPORTUNITIES



FROZE NOSE
FEBRUARY 2
8:30AM-11:00AM



COPPER CITY TRAILS
APRIL 20
8:30AM - 12:00PM

**WE NEED YOUR HELP! VISIT
WINDDRINKERS.ORG >
VOLUNTEERS
TO SIGN UP FOR A SHIFT**

FAT ASS 50K FUN RUN

2019 Results

Our mild winter made the Fat Ass fun run unique this year - the trails were actually dry! We had a great turnout, including one 40k and one 50k finisher. The race took place at Headwaters State Park and was coordinated by Tom Walsh. Thank you to our hardworking volunteers Don Rogers and Danielle Skjelver.

5k

Frank Dougher 38:50

CJ Oostema 41:10

Angie Johnson 42:27

Kristin Harbuck 45:10

Madison Oostema 1:17:32

Jake Oostema 1:17:40

Kim Rollefson 1:17:53

Bob Wade 1:22:00

**Danielle Skjelver and Kay Newman also ran, but did not record time.

10k

Tom Walsh 52:15

Tracy Dougher 1:08:05

Gail Cary 1:10:00

Emily Kimmel 1:12:57

Angie Rutherford 1:13:00

Martin Rollefson 1:16:40

Susan McCall 1:27:00

Molly Ward 1:27:04

Andrea Abrahamson 1:29:40

John Aitchison 1:38:00

Steve McGuire 1:46:44

Shawna Oostema 2:14:00

15k

Brian Hippe 1:32:05
Robbie Lamb 1:33:24
Greg Young 1:40:43
Alaric Skjelver 1:47:26
Karen Walton 1:54:13
Phil Weiss 1:55:08
David Biesel 1:55:13
Lance Cooper 1:55:30

20k

Rob Maher 1:46:44
Craig Hildreth 2:36:00
Darryl Baker 3:00:55

25k

Clem Izurieta 2:33:50
Terry Leist 2:33:50
Taylor Thomas 2:46:48
Nick Waliser 3:09:25
Eric Veca 3:12:29
Taylor Thomas 2:46:48
Charles Steele 5:01:13

30k

Nathan Hofferber 3:15:17
Erik Peterson 3:32:59

40k

Randy Oostema 5:02:49

50k

Carolina Balliew 5:42:10

NEWS & ANNOUNCEMENTS

Frank Newman Registration Changes

Registration for the Frank Newman Spring relay/marathon will be morning-of at the start line. Please show up 15-20 minutes before your race starts. We are also in need of volunteers on race day as well as the Friday before to help set up.



BSWD Are Going Green



To lessen our impact on the environment, we will no longer use styrofoam and plastic cups and bowls for drinks and snacks. We will provide paper products and always encourage you to bring your own water bottles to races and fun runs.

Upcoming Meetings

Constitution & Bylaws meeting March 12th.
Next board meeting is March 26th.

★ NEW BSWD FUN RUN! ★

We have added the Copper City Trails as our April Fun Run this year! Check back for more details.

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