

# 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,

Happy Spring! It's micro-spike/posthole season (depending on your desired vert) but I hope everyone's been getting outside with these beautiful, long(er) sunny days. This month's newsletter includes Handicapped Fun Run results and a full race calendar to peruse.



# HANDICAPPED FUN RUN RESULTS

The annual Handicapped Run was held on the MSU Campus on Saturday, March 2nd. The idea is to improve your time from that of last month at the Froze Nose Run. Only Leonard Baluski completed the 3.19 mile distance on both days and showed an improvement in March despite it being -7 degrees! Thank you to Jenna Grimm for setting up the course and Rob Maher and Eric Veca for volunteering. Congratulations to Leonard, and may our runs be much warmer from here on out.



## HALF-MILE

Bob Wade 15:14

Kay Newman 15:15

## 1.2 MILES

Chris Ashland 7:50

Randy Oostema 8:27

Nick Waliser 10:36

Darryl Baker 12:20

Gary Hellenga 12:20

Gail Cary 15:00

Andrea Abrahamson 15:11

## 2 MILES

Jacki McGuire 31:10

## 3.19 MILES

Leonard Baluski 32:50

(Previous Run Time was 33:29)

## 5.2 MILES

Jason Gilbert 50:52

Chad Nash 50:52

# RACE CALENDAR

## APRIL

- 6** 7th Annual Sweat for the Vets 5K. Bozeman. Starts at Cypress and E. Babcock. Proceeds go to veteran organizations. Register at the start.
- 20** NEW FUN RUN! The first-ever Copper City Trails Run will take place north of Three Forks. Watch the newsletter for upcoming details.
- 26** Bozeman Without Borders 5K. Walk or Run. 6:00 pm start at the Lindley Center. Assembly at 4:30 pm. (1102 E. Curtiss.) Proceeds go to Engineers without Borders.

## MAY

- 1** BSWD Andy Blank Historic Depot/Story Hills Fun Run. 6:30 pm. Three distances from which to choose. Meet and greet old friends and new.
- 11** Montana Women's Run, a longtime tradition in Billings. 2 miles (9:00am) and 5 miles (8:00am) Walk or Run starting downtown. Register at RunSignUp.
- 12** Haven Mother's Day 5K in Bozeman. Save the date.

- 11** Don't Fence Me In Trail Runs. Helena. 30K, 12K and 5K distances starting at 7:30, 10:00 and 10:30am respectively. A non-competitive 5K dog walk starting at 10:45. Start and finish near Anchor Park. This is a fund raiser for the Prickly Pear Land Trust and its work to preserve open space in the Helena area. Contact Martin Miller mpmiller93@yahoo.com, 406-459-6296. Register online at [www.pricklypearlt.org](http://www.pricklypearlt.org). "May we all have trails to run on4ever!!!"
- 18** Baldy Blitz Starting at 9:00am at the M Parking Lot to the top of Baldy and back down. Register on the BSWD Web Page.
- 25** Frank Newman Spring Marathon, Half Marathon and Marathon Relay. In honor of one of the founders of BSWD. New this year: No pre-registration. Register at the start of your distance. Cost is \$3.00 per person which includes lunch at Sacajawea Park in Livingston at the finish of the race. Lunch and awards around 12:30. The full marathon distance starting at 8:00 am on Bridger Canyon Road at the Stone Creek Trail, course turns at Jackson Creek Road and continues along to the frontage road at the top of Bozeman Hill finishing in Livingston at the park. The ½ Marathon starts at the top of the Bozeman Hill and follows the marathon course into the park in Livingston. Guest lunches can be ordered and purchased for \$3.00. No shuttle service provided, limited support, water provided.



# RACE CALENDAR

Continued...

## JUNE

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

**13-15** 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 plus other sports. [www.montanaseniorolympics.org](http://www.montanaseniorolympics.org) or [montana.fusesport.com](http://montana.fusesport.com)

**15** Old Gabe 50/30 Trail Run starting at 6:00 am at Middle Cottonwood Trail in the Bridger Mountain Range. Bozeman. Info at [WindDrinkers.org](http://WindDrinkers.org). Registration closes at 6:00 pm on Thursday, June 13. Food and prizes at the finish line.

**22** 26th Annual Jim Bridger Trail Run. Bozeman. Ten miles (2000 ft elevation ) Entry fee includes Mandatory Shuttle to the Start at Sypes Canyon. Grilled lunch at the finish, monetary awards and raffle prizes. Register at <https://runsignup.com/Race/Mt/Bozeman/JBTR>

Wulfman's CDT - 14K Trail Run organized by [buttespissandmoanrunners.com](http://buttespissandmoanrunners.com). Exit 233 Off of I90 near Butte

## JULY

**4** Come celebrate the independence of our country and the people served by Reach Inc. by participating on July 4th at 8am for a 1K, 5K, or 10K run or walk on the trails of north Bozeman. All proceeds from this event will go to Reach Inc., a local non-profit that helps adults with developmental disabilities to lead more independent, fulfilling lives.

## AUGUST

**6** Sweet Pea Run 5K/10K. Races start & end in downtown Bozeman. Register early to save: <https://runsignup.com/Race/MT/Bozeman/SweetPeaRun>

**10** Ed Anacker Ridge Run. Lottery Sign Up on May 5. Registration Opens May 19. Check out information on the web site. [www.winddrinkers.org](http://www.winddrinkers.org).

## OCTOBER

**7** Raw Deal Run in McLeod, MT (16 Miles S of Big Timber) 3 Mile Run or Walk, 6 Mile Run Costume contest and Chili Feed. More information to follow

# VOLUNTEER OPPORTUNITIES



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

WE NEED YOUR HELP! VISIT  
[WINDDRINKERS.ORG](http://WINDDRINKERS.ORG) >  
VOLUNTEERS  
TO SIGN UP FOR A SHIFT



A GROUP OF ENTHUSIASTIC "NIGHT AT THE M"  
CONTENDERS.

# 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](http://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](mailto:miracbrody@gmail.com)