

THE WIND DRINKER

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



Baldy Summit on Baldy Blitz day, May 18th

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WIND DRINKERS,

Summer Fun Runs have begun! Check out this month's newsletter for results and the calendar for upcoming runs. Baldy Blitz was its usual rouge self, attracting over 100 runners. There was rain, there was snow and there was mud - as well as a wedding! Congratulations to Melissa Moore and Joe Davis who held a unique mountain-peak ceremony during the Blitz.



Tips For Staying Visible While Running

IF YOU ARE A RUNNER, YOU UNDERSTAND THE IMPORTANCE OF VISIBILITY. YOU NEED TO MAKE SURE THAT DRIVERS NOTICE YOU. WHEN YOU ARE VISIBLE, YOU ARE MUCH LESS LIKELY TO BE HIT BY A CAR OR INVOLVED IN AN ACCIDENT. TO MAKE SURE YOU STAND OUT AND ARE SEEN, HERE ARE A FEW TIPS TO MAKE SURE YOU ARE VISIBLE:

Dress to Stand Out

Traditional colors blend in with the landscaping and surroundings. When you put on fluorescent colors, you will stand out in the crowd. You can don a safety vest, such as those that highway workers wear, which are cost-effective. They are a few dollars and offer bright colors as well as reflectors. You could choose a fluorescent jacket or vest, such as lime green, neon yellow, red, hot pink, or bright orange.

Don the Reflectors

If you are out after dusk or before dawn, or if you are running in inclement weather such as rain, snow, or fog, you will need to have reflectors on to help you stand out. Reflective tape or strips across your chest and back are very helpful. Reflective bands are great for the ankles and wrists. Be sure to use reflective tape on your legs and arms. Even add reflectors on your shoes if they don't already have some. Consider a flashing LED light to hang from your chest and/or back to get extra attention.

Run with a Buddy

Two people are easier to see than just one. You should run with a running buddy or two. This offers additional help as well. If one of you become injured or ill, you will have help along. When there are two or more people wearing fluorescent gear, they will stand out much more. Plus, you're more likely to run further and faster in a group!

Adhere to Traffic Laws

When you are out for a run, run in a predictable fashion. You should never cut between cars or run through traffic. Always stop at intersections and make eye contact with others, so you can rest assured they see you. When running along a street, be sure to stay at least four feet from parked cars, so you don't get doored. Always listen for the clicking of door locks and for people entering and exiting vehicles. Run toward traffic and keep the lookout for vehicles that are heading toward you so you can jump out of the way.

You don't want to get so far over near the curb that cars will get too close to you and hit you with their mirror. Instead, place yourself in a spot where you will be out of harm's way. When possible, run on the sidewalk.

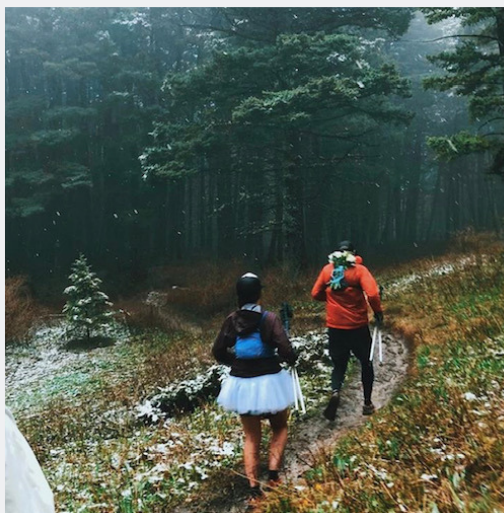
Place Yourself Strategically

When you make yourself visible, you are much more likely to have safe runs and avoid accidents. You can enjoy years of fun, healthy exercise by just adhering to the safety regulations and by doing everything that you can to make sure you are noticeable. Enjoy years of fun and safe running by making sure you are visible every time that you head out.

This article was created Personal Injury Help (www.personalinjury-law.com), an organization dedicated to providing the public with information about personal injury and safety information. Nothing in this article should be construed as legal advice, and it is intended for informational use only.

CONGRATULATIONS TO MELISSA AND JOE!

A trekking pole arch, running tutu, floral hydration pack and even cake! A Baldy Blitz wedding, May 18th 2019



FUN RUN RESULTS FOR MAY

The Andy Blank/Story Hills Run was held on 5/1/19. The event is in honor of Andy who was one of the founders of our organization. Thanks to Tom Walsh for organizing the event and to Darryl Baker and Eric Veca for volunteering their time.

1.52 Miles

Finn Wirth 13:19
Hazel Roulson 18:45
Wylie Swanson 20:18
Meg Swanson 20:19
Dan Krza 21:45
Evan Krza 21:45
Angie Kociolek 21:47
Wren Wirth 28:56
Jen Wirth 29:17
Merel Van der Horst 29:26
Bob Wade 35:10
Jean MacInnes 37:36
Lizann Kudrna 37:36
Terry Walsh 38:52
Lynn Paul 38:56

3.35 Miles

Jacob Turner 25:16
Alex Sanders 29:52
Kyle Zyrek 29:55
Gary Hellenga 30:31
Abby Eichenberger 30:46
Brandon Smith 32:11
Megan Buecking 33:06
Tobias Hollemn 35:24
Carol Alvgeron 35:38
Raul Olmo 35:56
Marisa Griffith 36:00
Gail Cary 36:44
Leonard Baluski 37:05
Andrea Abrahamson 39:37
Leanne Roulson 39:39
CJ Oostema 42:00
Lucy Ostrowski 43:57
Sean Ostrowski 43:58
Molly Ward 44:52
Kristin Harbuck 44:52
Anie Majerus 45:22
Kathryn Hohmann 45:44
Corey Johnson 48:40
Maddie Swica 53:19
Jen Swica 53:19
Jacki McGuire 54:54
Maren Johnson 54:58

5.45 Miles

Jon Wirth 41:02
Angie Johnson 42:04
Andrew Arena 43:42
Rob Maher 43:47
Alan Cleary 45:17
Randy Oostema 45:59
Tana Cran 46:12
Kit Heffner 46:13
Nick Waliser 51:21
Mark Genito 52:07
Bob Eichengerger 53:21
Heidi Genito 53:38
Kelley Huemoeller 55:21
Allisoon Fredrick 55:22
Chelsi Moy 55:23
Teresa Galli 59:56

The Hyalite Canyon Fun Run started at the Winter Road Closure barrier. Tom and Teri Walsh set up the courses. Thanks to them, and volunteers Tomas Dumbrovsky, Robbie Lamb and Glenn Bergenfield.

1 Mile

Ritchey Willett 12:26
Sebastian White 12:28
Sam Bass 13:47
Hazel Roulson 14:37
Evan Krza 16:18
Dan Krza 16:19
Angie Kociolek 16:19
Jacki McGuire 21:27
Jean MacInnes 21:40
Bob Wade 23:54
Kay Newman 29:50

3 Mile

Allison Theobald 31:04
Brandon Smith 32:38
Darryl Baker 33:06
Gary Hellenga 35:48
Tobias Holleman 36:55
Don Majerus 37:32
Leanne Roulson 38:44
Leonard Baluski 39:08
Frank Dougher 39:26
Anni Majerus 42:29
David Kine 42:33
Kathryn Miller 42:34
Kristin Harbusk 45:02

5 Mile

Randy Oostema 39:01
Stephanie Lynn 39:30
Jena Cram 41:44
Lisa Verwys 44:09
Carly Urban 44:10
Cobi Heiser 45:38
Eric Veca 47:11
Teresa Galli 48:55
Kelly Sprinkle 50:30

Despite the rain, a great group showed up to participate in the Target/Outlaw Run and potluck. Nick Walliser was the vice president who set up the courses and Margaret Owen Spiak and Mike Spiak were the volunteers. Angie Johnson provided the home for the potluck. Thank you to all of them for their work!

1.01 Miles

Gary Hellenga 10:50
Ellie Tanguay 11:37
Maddie Swica 12:37
Dan Krza 13:10
Angie Kociolek 13:10
Evan Krza 13:10
Eric Newman 15:30
Leon Shearman 16:05
Jacki McGuire 16:05
Jean MacInnes 19:10
Teresa Leland 19:10
Lynn Hellenga 19:10
Jake Oostema 23:45

2.44 Miles

Jeff Johnson 21:50
Brandon Smith 21:50
Amy Eichenberger 22:58
Jacob Turner 22:58
Carol Alvarado 24:40
Leonard Baluski 25:05
Carrie Gaffney 25:32
Jen Swica 25:32
Gail Cary 26:50
CJ Oostema 27:12
Andrea Abrahamson 27:39
Hazel Roulson 28:32
Kathryn Hohmann 30:36
Lucy Ostrowski 30:46
Sean Ostrowski 30:46
Suzanne Winchester 32:24
Merel Van der Horst 34:33

3.79 Miles

Rob Maher 27:27
Randy Oostema 28:01
Megan Buecking 37:27
Alex Sanders 37:27
Kyle Zyrek 37:27
Leanne Roulson 45:12
Eric Veca 47:57
Teresa Galli 47:57

The Drinking Horse Mountain fun run was held on May 22nd. Many thanks to Jennifer Wirth for setting up the courses and to Robbie Lamb and Kristin Harbuck for volunteering.

1.5 Miles

Finn Wirth 16:32
Gary Hellenga 18:05
Evan Krza 20:39
Angie Kociolek 20:40
Dan Krza 20:41
Bob Wade 22:17
Craig Hildreth 24:46
Maren Johnson 25:38
Leon Shearman 30:56
Jean MacInnes 34:30

2.4 Miles

Hannah Geomann 25:11
Carrie Gaffney 27:16
Jeff Johnson 27:29
Jen Swica 27:38
Darryl Baker 29:14
Kurt Buchl 32:14
Peter Hull 32:16
Sierra Holleman 33:02
Tobias Holleman 33:02
Frank Dougher 33:35
Carol Alvarado 34:01
Lucy Ostrowski 36:24
Sean Ostrowski 36:25
Hazel Roulson 38:20
Andrea Abrahamson 38:33
Leanne Roulson 38:55
Travis Miller 39:23
Leonard Baluski 39:58
Corey Johnson 43:22
Gail Cary 47:43
Molly Ward 47:43

3.9 Miles

Andrew Holleman 37:19
Jon Wirth 38:22
Rob Maher 42:30
Mark Genito 48:51
Heidi Genito 48:54
Eric Newman 51:40
Nick Moes 53:10
Gro Lunde 54:20
Kelly Sprinkle 57:19
Robyn Miller 57:20
Eric Veca 1:02:46

SCHOLARSHIP WINNERS

We are proud to present the four Big Sky Wind Drinker Scholarship winners for 2019!

"What Running Means to Me"



Blu Keim

Throughout my running career at Twin Bridges, I have made many friends, learned many lessons, and created many bonds. When I first started running cross country during seventh grade, I didn't think anything of it. It was just another sport, something to do in the off-season before basketball. When freshman season rolled around, I had become a seasoned runner, and in the process made a few friends along the way. But high school mileage was different than junior high. I used to think of cross country only as a way to get me in shape for basketball season, but as it turned out, I loved the sport for its own merits and I especially loved being around my teammates and friends. My sophomore season came and went; that year at the state meet we received fourth place as a team, by a mere one point. My junior season really had it out for me, with

smokey skies from the wildfires and weather hotter than hot. My fondest memory of this season was during the Mountain West meet in Missoula. Hundreds of teams from Montana, Idaho, and Washington came to compete, but the one thing everyone there had in common was dread for THE HILL. In the middle of the course, there is a hill that feels like Mount Everest, and even worse, it plateaus three times so every time you think you're done, you have another section to go up before you can reach the sweet release of the downhill. As I was running up this hill, I found myself puking, but not stopping. Once I hit the top of the hill, a fellow runner had fallen and was just praying to be done, while everyone was running around and avoiding her. I, while still running, grabbed her with both arms, and told her, "We're gonna die together, but we're gonna finish this race." Since then, I have been known in cross country circles as the puking girl picked up the fallen girl. My senior season was a bittersweet time. There were a lot of lasts (like the last time I ever had to run "the hill"), but it was also definitely the most fun. As I crossed the finish line at the state meet, also in Missoula, on the Mountain West course, tears filled my eyes, and competitors that I didn't even know embraced and comforted me. Cross Country has been a journey, but it has taught me how strong and amazing people can be, and how we can always give more even if we think we can't. The sport has brought me countless memories, like attending four state meets in four different places around the state, and unbreakable friendships. I am grateful to have had the courage to run those thousands of miles in the past six years, and I wouldn't trade them for anything. That is what running means to me.



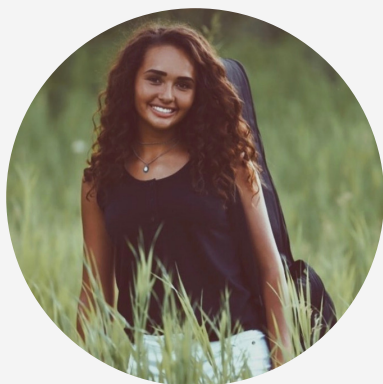
Renn Meuwissen

Renn will be going to MSU for printmaking. This summer he'll be doing a big running and climbing tour here in Gallatin Valley and will work on a film featuring their journey.

The hot summer air is thick with campfire smoke and the sweet scent of marshmallows and sweaty runners. The picnic table where we're sitting, however, is a distance away from the raucous firepit and a cool mountain breeze is refreshing us. The sunset, barely visible through thickets of aspen and pine trees, is illuminating the hills around our little cabin. I'm listening intently to my friends, feeling my heartbeat quicken with an altogether unfamiliar feeling of anticipation. Inspiration isn't the right word. It's a giddy, nervous, exhilarating, energetic, warm, buzzing, happy feeling. My friends, all seasoned runners, and captains of our team are laying the groundwork for a plan; to compete at Nike Nationals that season. It's a special moment for me, and one that I'll remember in the years to come.

The feeling of that night is imprinted in my mind, sitting in the back of my brain whenever I start to delve too deep into my memories.

For me, that's what running means. It's a feeling of belonging to something, of looking up to your idols and saying to yourself, "I'm gonna be there, one day." It's exhilaration of the purely unknown, and the will to explore. That running camp, nestled in the Beartooth mountains outside of Redlodge, was the first time I really, truly, experienced running. It was my initiation into the split short world of running (needless to say, my life was forever changed), and one of the most defining moments in my life. From that point on, I was a runner. My high school career had begun, and it led me through four years of cross country, where I eventually became a captain and was able to share what I loved about the sport. Running took a few paths for me that were wholly unexpected. I quit track after one season and took to trail running during the spring. It was a decision which preserved my love of running and has brought me some incredible opportunities. Trail Running brings me solace, relaxation, and a grounded feeling. I also love the community of runners that I've met. They are as much a part of running as the sport itself. It's a sport anyone can do, and which attracts an incredible diversity of awesome humans. I feel at home among the muddy, sweaty, gluttons-for-misery who make for the hills in their spare time. It's a unique group of mountain lovers and athletes who are willing to push themselves to their own limits. There is nothing quite as special as meeting another runner on the trail. There exists a brief second then, when your eyes make contact, and the balance of your run is interrupted. It's a mutual connection; to the trail, to each other, to the simple love of the Flow. It's a giddy, nervous, exhilarating, energetic, warm, buzzing, happy feeling. And then, as fast as it began, it's over. You step to the side of the trail and they buzz past, further down the muddy path, while you snap back into the rhythm of your footsteps, squelching along.



Shelby Walls

was who I looked up to the most. She attended Three Forks High School and was important contributor in the undefeated girls basketball team. She ended her career with a 51-0 record with two 1st place trophies in girls Class B. As a competitor she instilled self discipline at an early age.

I do not believe perseverance can be merely taught in books or people. It is a personal journey sculpted and formed by our life experiences and how we react to those experiences. When I was a child I lost my father to alcoholism, so I do know very well how important it is to persevere. Growing up I put all my energy into sports, which was beneficial but also detrimental. My whole perspective changed when I tore my ACL. The injury showed me how unpredictable life can be. It has taught me I can not control what happens to me, but I can control my reaction. After nearly a year of rehab I had entered my sophomore year with a mind determined to succeed. Little did I know what plans and lessons running still had in store for me.

Change is habitually feared when it should be embraced. It is generally easy to remain in the comfortability of what we define as “good enough”. Rather than accept the challenge to become something greater. Running was no longer a sport for me when I moved to Butte, MT. My mother was recently engaged to a new man and at that time and this abrupt change was something I didn’t want to handle. I was surrounded by people I didn’t know or in a school I didn’t want to be. The frustration I had felt had to go somewhere and it was inevitably poured into running. Now running numerous miles throughout the hills of Butte everyday after school had allowed me to really think about my life and where it was going. Running has shown me parts of myself I did not want to see, to acknowledge the struggles I had and to conquer them head on. Running has pushed me into the right direction and has defined my character.

Overall this sport has taught me that if it doesn’t challenge you it does not change you. Running is more than just a sport, it is an amazing lifestyle that I will cease to fall out of love with.

“If you can’t fly, then run. If you can’t run, then walk, if you can’t walk, then crawl. But whatever you do, you have to keep moving forward.” - Martin Luther King Jr. This quote depicts how I want to live my life, it has always stuck with me. I never used to embrace adversity as much as I do now, but running has taught me the most important lesson in life; perseverance.

From the time I could walk, I was constantly active. My mother had put me in every sport possible as a child. From gymnastics to ice skating to softball to innumerable basketball camps, running seemed to intrigue me the most. My mother was a great athlete herself and

Jonathan Noble

Running has been important to me ever since I began running in the seventh grade. I enjoy it because it is a great way to exercise, takes you to different places, and relaxes me. I especially enjoy running on a team, because it helps build friendships and pushes me to improve. Most importantly, however, running is fun. I run because I enjoy it.

When I started running, I didn't need the exercise much. I was young, growing, and active, so there wasn't much need to exercise. But there is something nice about having that extra strength and endurance that comes along with running. The competition that came with running pushed me to continually improve, and being stronger not only helped my running, but my self esteem as well.

I've always wanted to be a traveler. To visit other countries and continents, see the rainforests, coral reefs, and fjords. And while I can't run to all of those places, running has given me opportunities to travel around my town and around Montana. Throughout my running, I've learned of many places around Livingston to run that are secluded, relaxing, or beautiful. I've found incredible views and found parts of town I hadn't previously known existed. With my cross country team, I've also run across the state, from Lewiston to Kalispell to Butte. I've run on golf courses, reservations, and dog parks. I've gotten to see and run through some incredible places that aren't very far from home.

Running helps me clear my mind. When I run, it takes my mind off of my worries about school, paying for college, or people. It gives me time to take in fresh air, expel excess energy, and clear my mind. When I'm stressed, I have a few routes that I take, with beautiful paths of views that help calm my senses and bring me back to myself. Sometimes I run with friends, and getting to talk to them while running also helps me calm down and enjoy myself.

The most impactful thing running has had on my life is the relationships. I've had three cross country coaches, and I've gotten to know them well. I've made countless friends through running that I certainly wouldn't have otherwise. My time running with these people is one of my fondest memories, and I certainly wouldn't be the same person without those experiences. There's something about sitting down and talking after a race that I shared with my teammates that brought us especially close. Getting to share the pain of pushing yourself to those limits, the satisfaction of passing a rival during the race, and the wonderful feeling of finishing with a personal record time make those moments incredible.

One of my best memories of running was the divisional meet my freshman year. It was in Browning, and my race was disappointing. I hadn't run particularly well, but I was still able to have fun and enjoy the event with my team. At the end of the meet, the officials had the runners and coaches from all of the teams gather, and we danced a traditional Native American dance of friendship. It was very simple, but still beautiful. I'm not very familiar with the culture surrounding the dance or the tribe, but it was touching to be invited to be a part of such an incredible ceremony. Running has provided me with countless memories. It has changed my life for the better. There aren't words to describe all of what it means to me.

RACE CALENDAR

BSWD Fun Runs are marked in RED.

June

- 1** Annual Madison River Run. Ennis. Water to Whiskey 5K. Start off your summer with this fun race.
- 5** Southside Trail and Buchl Potluck starting at 6:30 pm. Bring a dish to share along with eating utensils and don't forget your personal water bottle since we are striving to do our part to cut down on waste.
- 8** Governor's Cup. Helena. Registration is open for the fun run 5 & 10K, half and full marathon. <http://www.govcupmt.com>
- 12** Tour de Critters. BSWD Fun Run 6:30pm. Thanks to Frank Coles for hosting this popular event off of Jackson Creek Road.
- 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 or montana.fusesport.com
- 15** Old Gabe 50/30k Trail Run starting at 6:00 am at Middle Cottonwood Trail in the Bridger Mountain Range. Registration closes at 6:00 pm on Thursday, June 13. Food and prizes at the finish line.
- 15** Heart and Sole Run. Billings. Race the 5K championship, run the 10K or walk the 2Mile Walk. Attend the Montana Active Life Festival. Info 406-254-7426. Fun for all!!
- 19**
- 22** Highland Glen fun run at 6:30 pm.
26th Annual Jim Bridger Trail Run. Bozeman. Ten miles, 2000 ft in elevation. Register at <https://runsignup.com/Race/Mt/Bozeman/JBTR>
- 22**
- 26** Wulfman's CDT - 14K Trail Run organized by buttespissandmoanrunners.com.
Sourdough Trail fun run with Dogs 6:30 pm. You are to attempt to complete your distance in the allotted time. Times will be announced at the start and no watches allowed. Dogs on leashes are welcomed.

July

- 3** Bozeman Ponds fun run. 6:30 pm start followed by pizza provided by Leonard Baluski, long time BSWD member. Happy Birthday, Leonard and many thanks to you.
- 13** 51st Annual Beartooth 5 & 10K Runs on the top of the scenic Beartooth Pass outside of Red Lodge. Expect high altitudes and great scenery. Info at visitredlodgeevents.com



A note for dog-friendly fun runs: please bring a leash and pick up after your buddy!

AUGUST

- 3** Sweet Pea 5 & 10K. Bozeman. 5K starting at 7:25 and 10K at 7:15. Information at www.winddrinkers.org. Registration is open.
- 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.

October

- 3** 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

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

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