

# 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,*

Thank you to all our water haulers this year! We could not provide the aid that we do for these races without your help. We have all the water we need up at Bridger and Baldy for the Ridge Run on August 10th. Good luck to all those running.

Be sure to check out our new postcards at the Fun Run table. If someone you know is interested in becoming a member, feel free to grab one to pass on.



# FUN RUN RESULTS FOR JULY

Forty five entrants along with a few dogs were glad to see the clearing skies and sunshine which made for a pleasant experience following a brief rainstorm. Thanks to Jennifer Wirth for arranged the event, and Leonard Baluski and Angie Johnson for volunteering. This run was a "no watches" run, meaning you choose a time pre-race, and try and be back as close to that time as possible. Names with \*\*\* were the winners in that time category.

## 15 Minutes

Leon Shearman 12:28  
\*\*\*Payton Johnson 15:25  
Finn Wirth 16:29  
Wren Wirth 16:29  
Gary Hellenga 16:42  
Maren Johnson 17:45  
Robbie Lamb 26:11  
Tycho Ohler 42:37  
Menno Ohler 42:37  
Otto Ohler 43:58

## 30 Minuets

Kay Newman 26:12  
Tobias Holleman 29:14  
\*\*\*Megan Buecking 29:56  
Victor Pugliese 30:05  
Abbey Eichenberger 30:22  
Carol Alvarado 30:36  
Bob Eichenberger 30:44  
Kristin Harbuck 32:02  
Adelaide Rugemer 32:21  
John Rugemer 32:21  
Darryl Baker 33:02  
Corey Johnson 33:56  
Angie Johnson 33:56  
Jim Rucker 34:27  
Jake Turner 34:27  
Sam Rucker 34:27  
Claire Rucker 34:27  
Tracy Dougher 35:11  
Jake Oostema 35:32  
Shawna Oostema 35:38  
Amelia Pearson 35:53  
Sherri Pearson 36:01  
John Fulton 36:36  
Frank Dougher 42:38  
Merel Van der Horst 44:12

## 45 Minutes

Pam Brock 38:49  
Andrew Holleman 40:24  
Teresa Galli 43:44  
Jon Wirth 44:23  
\*\*\*Rob Maher 44:30  
Kelly Sprinkle 45:49  
Randy Oostema 49:23  
Mark Genito 49:50  
Tom Walsh 51:57  
Jacki McGuiere 52:53

There were 57 participants who ran or walked the annual Bozeman Ponds fun run on July 3rd, and a great event to celebrate Leonard Baluski's birthday. Jenna Grimm and Tom Walsh set up the courses. Volunteers were Teresa Galli, Merel Van der Horst and Darryl Baker. Thanks to Leonard for supplying the pizza and to all who helped with the weekly fun run.

## 1 Miles

Finn Wirth 6:07  
Jack Rainey 6:12  
Brady Stanionis 7:49  
Ryan Stanionis 7:50  
Tula Rainey 10:05  
Wren Wirth 10:09  
Jake Oostema 10:11  
Neal Rainey 10:11  
Jenny Wirth 10:13  
Zolain Khumalo 10:14  
Floyd Khumalo 11:04  
John Aitchison 11:09  
Madison Oostema 11:24  
Leon Shearman 11:59  
Shawna Oostema 12:16  
Jean MacInnes 12:49  
Maren Johnson 13:02  
Robbie Lamb 14:06  
Terry Walsh 16:35  
Kay Newman 16:37  
Tycho Ohler 18:55  
Otto Ohler 20:50  
Menno Ohler 20:52

## 3 Miles

Kiedis MacFarlane 25:53  
Leonard Baluski 29:55  
Eric Veca 32:57  
Tracy Dougher 32:57  
Luke Stanionis 32:58  
Nick Waliser 32:59  
Bob Stanionis 33:00  
Carly Urban 33:42  
Gary Hellenga 33:42  
Frank Dougher 34:32  
Kathryn Hohmann 35:06  
CJ Oostema 37:13  
Angie Johnson 37:29  
Corey Johnson 37:30  
Kristin Harbuck 39:06  
Molly Ward 39:06  
Lila Cebualla 39:53  
David King 39:53  
Sean Ostrowski 40:11  
Lucy Ostrowski 40:12

## 5 Miles

Jon Wirth 37:45  
Rob Maher 38:17  
Tom Walsh 40:14  
Caleb Schreibels 40:14  
Breckyn Kornachuk 43:41  
Nataie Nicholas 43:42  
Jason Nicholas 43:46  
Randy Oostema 45:00  
Leigh Holleman 45:00  
Triana Rainey 48:12  
Tobias Holleman 58:31  
Janet Arms 1:00:12  
Elijah Arms 1:00:14  
Griffin Arms 1:21:06

The South Cottonwood fun run was held on July 10th. The courses were set by Carly Urban and our volunteers were Megan Buecking, Corey Johnson and Mike Lavery.

## 2 Miles

Finn Wirth 18:54  
Jack Rainey 24:08  
Jon Wirth 24:09  
Sam Bass 26:18  
Amelia Pearson 26:26  
Jullia Kuss 26:27  
Sherri Pearson 26:40  
Marit Rucker 27:37  
Claire Rucker 27:38  
Jim Rucker 30:50  
Shannon Rucker 30:50  
Sam Rucker 30:54  
Evan Krza 35:49  
Angie Kociolek 35:58  
Dan Krza 36:02  
Wren Wirth 38:24  
Tula Rainey 38:31  
Neal Rainey 38:43  
Jean MacInnes 43:00  
Tycho Ohler 46:37  
Zolain Khumalo 53:42  
Libby Khumalo 53:43  
Floyd Khumalo 53:46  
Merel Van der Horst 59:52  
Menno Ohler 59:52  
Otto Ohler 59:53

## 4 Miles

Tom Bass 35:24  
Gary Hellenga 44:26  
Nick Waliser 46:39  
Carol Alvarado 49:29  
Griffin Arms 49:38  
Luke Stanionis 50:14  
Ryan Stanionis 50:15  
Tobias Holleman 50:57  
Elijah Arms 51:28  
Janet Arms 51:31  
Travis Miller 56:22  
Leonard Baluski 56:23  
Frank Dougher 1:02:19  
Kristin Harbuck 1:07:41  
Molly Ward 1:07:42  
Angie Johnson 1:08:39  
Andrea Abrahamson  
1:08:40  
Janet Axelson 1:15:49  
Lynae Axelson 1:15:50  
Jim Axelson 1:15:52  
Jacki McGuire 1:16:14  
Steve McGuire 1:16:16  
Suzanne Winchester  
1:20:23

## 5.5 Miles

Mark Genito 39:45  
Rob Maher 40:44  
Randy Oostema 43:08  
Prescott Wright 43:44  
Heidi Genito 47:44  
Bob Eichenberger 49:33  
Leigh Holleman 50:44  
Kurt Buchl 52:18  
Kelly Sprinkle 53:52  
Tom Walsh 53:56  
John Rugemer 54:56  
Adelaide Rugemer 54:56  
Robyn Miller 55:02  
Teresa Galli 56:04  
Trina Rainey 56:36  
Jenny Wirth 56:38  
Darryl Baker 57:13  
Nicole Hobbs 58:34  
Adam Axelson 1:15:51

52 runners showed up for the annual Triple Tree Trail Fun Run. Ana Brown was the vice president who set up the courses. Leeanne Roulson and James Pritchard were the volunteers. Thanks to them all. Results are attached.

## 1.2 Miles

Willett Ritchey 12:22  
Sebastian White 12:29  
Sam Bass 15:05  
Ellie Ostrowski 17:50  
Lucy Ostrowski 17:55  
Sean Ostrowski 18:03  
Tycho Ohler 18:23  
Floyd Khumalo 20:36  
Angie Ostrowski 20:38  
Hazel Roulson 20:59  
Robbie Lamb 21:47  
Payton Johnson 26:15  
Maren Johnson 26:15

## 3.3 Miles

Janell Landers 35:19  
Gary Hellenga 35:39  
Finn Wirth 37:02  
Jenny Wirth 37:06  
Tracy Dougher 39:56  
Carol Alvarado 40:52  
Hardin Mosey 40:59  
Gail Cary 41:50  
Mira Brody 45:29  
Kendra Prather 45:31  
Leonard Baluski 45:39  
Andrea Abrahamson 46:38  
Corey Johnson 48:12  
Angie Johnson 48:25  
Kathryn Hohmann 49:00  
Jacki McGuire 1:04:14  
Steve McGuire 1:04:17  
Brayden Axelson 1:09:49

## 5.4 Miles

Jon Wirth 47:12  
Tom Bass 48:58  
Rick Landers 49:29  
Randy Oostema 50:21  
Caleb Schreibeis 53:31  
Mark Genito 54:13  
Leigh Holleman 55:58  
Nick Waliser 56:17  
Christian Landers 57:18  
Bob Eichenberger 58:06  
Jeff Johnson 58:32  
Nick Moes 1:00:44  
Darryl Baker 1:01:12  
Kelly Sprinkle 1:02:58  
Megan Buecking 1:03:53  
Robyn Miller 1:05:18  
Carrie Gaffney 1:08:36  
Teresa Galli 1:08:36  
Adam Axelson 1:09:50  
Betty Martin 1:11:32  
Craig Ogilvie 1:15:23

We beat the heat in Hyalite for our Hyalite Canyon fun run! Carly Urban was the vice president in charge and thank you to Craig Hildreth and Cory Johnson for volunteering their time.

## 1 Mile

Payton Johnson 20:06 - Child  
Marin Johnson 20:09 - Child  
Delia Kellner 21:06 - Child  
Chris Kellner 21:06  
Kay Newman 21:27  
Robbie Lamb 24:28  
Tycho Ohler 24:28 - Child  
Floyd Khumalo 38:09  
Zolani Khumalo 38:26 - Child

## 3 Miles

Gary Hellenga 28:02  
Eric Veca 28:20  
Victor Pugliese 29:54  
Craig Hildreth 32:31  
Anders Fox 33:07  
Kendra Prather 35:04  
Leonard Baluski 36:36  
Angie Johnson 38:26  
Kristin Harbuck 38:33  
Lynn Hellenga 48:33

## 5 Miles

Prescott Wright 38:39  
Rob Maher 38:48  
Randy Oostema 40:40  
Polley Meshew 41:35 - Child  
Natalie Nicholas 41:36 - Child  
Lee Fox 42:46  
Jason Nicholas 42:49  
Maureen Sheehan 48:28  
Kurt Buchl 48:29  
Kelly Sprinkle 52:27  
Teresa Galli 53:41  
Robyn Miller 53:42  
Carol Alvarado 56:18  
Craig Ogilvie 56:18  
Janell Landers 57:44  
Christian Landers 57:45 - Child

# RACE CALENDAR

BSWD Fun Runs are marked in RED.

## AUGUST

- 3** Sweet Pea 5 & 10K. Bozeman. 5K starting at 7:25 and 10K at 7:15. Information is on our website.. Registration is open!
- 3** Pump n Run for Recovery at Zoo Montana (2100 Shiloh Rd) Billings.) Those who are 18 and over can take 30 seconds off their race time with every successful bench press you do. There are 12 age/gender divisions. \$25 entry fee for either the Pump-N-Run or the 5K Walk N Run. <https://runsignup.com/race/Billings>
- 7** Bear Canyon – Bring your leashed dog to the BSWD Weekly Fun Run. 6:30PM
- 10** Ed Anacker Ridge Run. We encourage spectators to help cheer our runners on! Hike to Bridger or hang out at the finish line.

## SEPTEMBER

- 14** John Colter Run at Missouri Headwaters State Park. 7.5 miles of trail starting at 9:00am followed by a BBQ lunch and music! This one fills up fast, register at: <http://winddrinkers.org/trailhead/run/johncolter/>

## 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](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)