

BIG SKY WIND DRINKERS PRESENTS
THE 35TH ED ANACKER

BRIDGER RIDGE RUN

SEPTEMBER 2019 // NEWSLETTER #504

THE WIND DRINKER

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TWO NEW ALL-TIME WOMEN'S RECORDS FOR THIS YEAR'S RIDGE RUN



The 2019 Bridger Ridge Run was held on August 10th with 260 finishers from all corners of the country. The weather was perfect and it had rained the night before, making for a soft and relatively dust-free trail. It was the perfect formula for a record-break!

Results

1. David Ayala / Bozeman, MT / 3:17 / Male Overall
2. Renn Meuwissen / Bozeman, MT / 3:36
3. Mike Lavery / Bozeman, MT / 3:37

1. Kristina Trygstad-Saari / Bozeman, MT / 3:40 Female Overall
2. Grayson Murphy / Salt Lake City, UT / 3:41
3. Emily Allison / Bozeman, MT / 4:09

Complete results can be found at RunSignUp.com



Forward Sweep Crew heading up Sacajawea Peak.
Photo by Rob Maher



Friends and family cheering from the Bridger Aid Station.
Photo from Bozeman Daily Chronicle



A Ridge Runner sporting a "SPEED" memorial race bib.

Photo by Megan Dehaan

Thank You Volunteers

Thank you to all the volunteers who made this race possible! This run is not only a feat of human athleticism but also a community event, drawing friends and family to hike nearly 3,000 vertical feet to cheer throughout the course. Thank you to the race photographers, water haulers, sweep crew, cow bell-ringers,

chiropractors and the ladies at the finish line who were bandaging our cuts and refilling our water cups without a second thought. I know some of us are especially thankful for the beer keg on Baldy. Thank you to our fearless Race Director, David Summerfield, for your fearless leadership and making it all happen with the same spirit year after year!

Kristina Trygstad-Saari and Grayson Murphy both beat the women's course record previously held by Nikki Kimball for nearly a decade. David Ayala of Bozeman took first place overall at 3:17. Full results are posted on RunSignUp.com.



David Summerfield sending the first wave off.

Photo by Eric Bendick

FUN RUN RESULTS FOR AUGUST

A record number of runners (67!) participated in the annual Bogert Park Run on July 31st. Ana Brown was the vice president in charge and the volunteers were Merel Van der Horst and Carol Alvarez. Afterwards we wandered down to Bite of Bozeman and enjoyed some delicious local food!

1.3 Miles

Finn Wirth 10:26	Wylie Swanson 18:57
Griffin Arms 10:42	Rachel Beever 19:13
Anthony Kuss 11:41	Meg Swanson 19:23
Honor Randall 13:26	Yuriko Yano 19:24
Brandon Randall 13:27	Robbie Lamb 20:31
Finn Klug 13:39	Shawna Oostema 20:32
Elijah Arms 13:53	Marin Johnson 23:33
Sam Bass 15:11	Madison Oostema 23:55
Julia Kuss 15:32	Jake Oostema 24:01
Amelia Pearson 15:32	Menno Ohler 24:03
Jessica Kuss 15:43	Frank Dougher 24:04
Sherri Pearson 15:44	Jean MacInnes 24:16
Janet Arms 15:44	Kay Newman 24:17
Delia Kellner 17:27	Wren Wirth 26:58
Henrik Kellner 17:33	Jon Wirth 26:59
Chris Kellner 17:33	Tycho Ohler 29:38
	Otto Ohler 29:41
	Thomas Nepomuceno 35:32

3.5 Miles

Jenna Fallaw 27:14
Raoul Davion 28:02
Matthew Smeltzer 33:12
Mark Pierson 33:14
Darryl Baker 33:30
Gary Hellenga 34:01
Laurie Jenkins 34:19
Victor Pugliese 34:45
Elliot Kittel 36:27
Gail Cary 37:14
Ryan Stanionis 37:57
Luke Stanionis 38:05
Ravenor Davion 38:17
Tracy Dougher 41:07
CJ Oostema 41:08
Leonard Baluski 41:42
Corey Johnson 47:28
Charles Gieseko 51:45
Dick Endris 51:51
Grace Karreman 1:09:05
Meg Oeller 1:15:53
Sue Marcavenski 1:15:53

4.8 Miles

Rob Maher 35:47
Randy Oostema 36:25
Jenny Wirth 38:08
Caleb Schreiber 38:09
Polly Meshew 40:03
Nomi Friedman 40:04
Breckyn Kornachuk 40:31
Leigh Holleman 41:59
Nick Waliser 43:48
Kelly Sprinkle 47:39
Craig Ogilvie 49:58

The 8/7 fun run was held at Bear Canyon with participants and their dogs! Thank you to Carly Urban for organizing and our volunteers Jean MacInnes and Mike Lavery.

1 Miles

Finn Wirth 10:12
Ravenor Davion 11:56
Cooper Johnson 12:15
Brady Stanionis 13:20
Ryan Stanionis 13:22
Robbie Lamb 18:03
Henrik Kellner 18:06
Delia Kellner 18:06
Chris Kellner 18:17
Tycho Ohler 20:38
Paul Gaffney 22:39
Carrie Gaffney 22:41
Megan Buecking 24:38
Kay Newman 29:21
Pam Brock also ran with no time recorded.

3 Miles

Raoul Davion 26:00
Jenny Wirth 26:00
Victor Pugliese 32:12
Craig Hildreth 33:33
John Rugemer 34:03
Adelaide Rugemer 34:03
Carol Alvarado 34:12
Tracy Dougher 34:23
Eric Veca 34:25
Randall Honor 34:25
Brandon Randall 34:27
Luke Stanionis 35:27
Tobias Holleman 38:59
Marziah Hashimi 40:07
Corey Johnson 40:08
Ryan Ghormley 40:29
Angie Johnson 41:01
Leonard Baluski 43:16
Kristin Harbuck 46:13

5 Miles

Andrew Holleman 37:26
Jon Wirth 37:33
Nicole Ghormley 40:29
Rob Maher 40:56
Caleb Schreiber 45:44
Nomi Friedman 46:21
Natalie Nicholas 46:22
Leigh Holleman 48:23
Jason Nicholas 48:46
Heidi Genito 54:09
Mark Genito 54:10
Craig Ogilvie 1:00:00

The 8/14 fun run included a potluck at the home of Jacki and Steve McGuire. Ana Brown set up the courses and our volunteers were Angie Kociolek and Eric Veca. Thank you them and our gracious hosts!

1.2 Miles

Haddon Otey 8:40
Gary Hellenga 9:52
Nick Waliser 15:48
Wren Waliser 15:58
Floyd Khumalo 16:43
Zolani Khumalo 16:45
Ellie Ostrowski 18:41
Lucy Ostrowski 18:42
Sean Ostrowski 18:55
Madison Oostema 21:09
Payton Johnson 21:11
Jake Oostema 21:12
Marin Johnson 21:54
Bob Wade 27:48
Martin Rollefson 27:49
Tycho Ohler 29:04
Otto Ohler 29:06
Kim Rollefson 29:47
Kay Newman 29:47

2.9 Miles

Andrew Holleman 22:55
Cooper Johnson 23:41
Bob Eichenberger 23:45
Megan Buecking 26:48
Carol Alvarado 27:24
Christian Landers 28:04
Janell Landers 28:10
Tracy Dougher 29:07
Leonard Baluski 29:13
Dan Krza 29:19
Gail Cary 29:28
Jay Dudas 32:19
Sam Bass 32:47
Tom Bass 32:48
Kathryn Hohmann 33:25
Daniela Calle 33:52
Kristin Harbuck 37:44
CJ Oostema 38:52
Shawna Oostema 49:15

4.7 Miles

Randy Oostema 34:14
Jason Nicholas 34:29
Rick Landers 34:30
Caleb Schreibeis 35:12
Corey Johnson 36:13
Leigh Holleman 37:55
Jeff Johnson 39:17
William Baker 39:46
Natalie Nicholas 40:32
Craig Ogilvie 45:07
Teresa Galli 46:13
Carrie Gaffney 46:15
Janet Arms 50:10
Griffin Arms 50:10
Adelaide Rugemer 52:48
John Rugemer 52:48

The Fun Run on 8/21 was held at Lindley Park. Thank you to Jenna Fallaw, the vice president in charge and to Gary and Braedan Hellenga for volunteering.

1.4 Miles

Cooper Johnson 10:44
Leif Growney 10:44
Carly Urban 10:45
Andrea Cavert 14:50
Susan Atkinson 17:21
Marin Johnson 18:00
Jean MacInnes 21:37
Hazel Roulson 23:23
Chris Roulson 23:23
Tycho Ohler 26:24
Otto Ohler 26:43
Bob Wade 28:29
Frank Dougher 28:29
Kay Newman 28:30

3 Miles

Owen Naberhaus 21:55
Eric Veca 22:25
Jeff Johnson 22:42
Nick Waliser 22:52
Poppy Atkinson 22:56
Bronson Hall 22:59
Jenna Survoy 23:22
Chad Coley 23:23
Johnna Hall 23:37
Mia Dudas 27:34
Jason Percy 27:40
Marziah Hashimi 27:43
Robyn Miller 27:51
Kelly Sprinkle 27:52
Tobias Holleman 28:03
Brandon Randall 28:36
Honor Randall 28:40
Carol Alvarado 29:06
Gail Cary 30:28
Kathryn Hohmann 30:54
Leonard Baluski 31:18
Adelaide Rugemer 31:31
John Rugemer 31:31
Travis Miller 32:39
Corey Johnson 32:53
Angie Johnson 33:20
Andrea Abrahamson 33:35
Taylor Lonsdale 34:41
Roam Lonsdale 34:42

4.7 Miles

Rob Maher 28:08
Caleb Schreibeis 28:31
Kit Heffner 28:40
Jason Nicholas 29:52
Polly Meshew 29:52
Heidi Genito 33:10
Alex Sanders 33:23
Janet Arms 33:56
Craig Ogilvie 35:00
Gabe Eilers 37:52
Chad Catt 39:08
Tracy Dougher 39:37

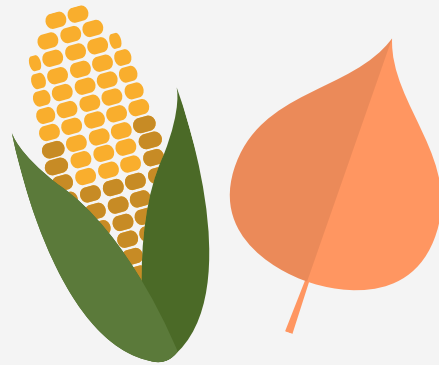
RACE CALENDAR

BSWD Fun Runs are marked in RED.

SEPTEMBER

- 4** Middle Cottonwood. BSWD Weekly Fun Run. 6:30 pm
- 7** 2nd Annual Change Lives. Bozeman. 5K Run sponsored by the YMCA. Proceeds benefit the YMCA's Recharged program, a cancer wellness program. See the web site for information or call hld@gallatinvalleyymca.org. 406-994-9622.
- 7** Bozeman Marathon/Relay and Half Marathon. Starting at 7:00 and 8:00 am. (6 1/2 hour completion deadline) A Boston Marathon qualifier. All runners take the bus to the start as parked cars will be towed.. <https://runsignup.com/run/MT/BozemanMarathon>. Proceeds go to the Bozeman Hawk XC Team. Info at bozemanmarathon@gmail.com. 5K Run at 8:30 am
- 11** Painted Hills and Connector. BSWD Weekly Fun Run. 6:30pm
- 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/>
- 18** Story Mill Park Run. Weekly fun run at 6:30 pm. Come see the newly opened Park on Bridger Drive.

- 25** Annual Meeting and Potluck at the Lindley Center. 6:00 pm. No organized run. Club furnishes fried chicken. Bring a dish to share. Bring your own utensils.



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

NOVEMBER

- 28** 10th annual Turkey Trot for American Cancer Society. Red Lodge. Before you stuff yourself, lace up your shoes for the 5K Run that highlights the Great American Smoke Out. There is no entry fee, just bring a non-perishable food item for the Bare Tooth Cupboards. For more information call 406-860-3825 or email TurkeyTrot@BeartootehBillingsClinic.org.

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