

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,

We voted in our new board members, presidents and vice presidents at our annual pot luck last month. Please be sure to check the roster on our website. Enjoy a letter from Gary Hellenga, one of our co-presidents, on the next page.

Our next Fun Run is the Bon Appetite Run on November 9th at 9AM. There will be two untimed distances followed by a no host breakfast at a local restaurant. Meet at the Elks Parking Lot (205 Haggerty Lane).

LETTER FROM THE PRESIDENT

BY GARY HELLENGA

Much has changed in the Gallatin Valley since I came to MSU as a freshman in the 70's, and ran my first Wind Drinker fun run as a grad student in the 80's. Town no longer ends in farmers' fields at the intersection of 19th and Durston, Kagy is now paved east of the golf course. Our go-to social venues like the Zoo Bar, St, George and the Dragon, Little John's Bar, and the Sundance Saloon were closed or renovated into something new decades ago. Bozeman has continued to grow.

The running scene has changed over time, too. Gone are iconic races like the Liver-Eatin' Johnson and the Pole, Pad, and Pedal. Untrammelled farm roads where we used to train, like Stuckey, Fowler, and Cottonwood, are now busy suburban roads. Races now sometimes fill up, and you miss out if you don't sign up months in advance. But there have been some good changes, too. The network of trails throughout the Valley has expanded tremendously, offering up many destinations without needing to run on roads. Great new events, such as the Huffing for Stuffing race, have become new classics. There are now running events nearby on just about any weekend of the year, and there are many running groups around to join, so one can always find running partners.

The Wind Drinkers have tried to keep up with the changing environment. In recent years, we have been moving away from two of our long-time fun runs, the Back To Bridger, and Back From Bridger, due to concerns about the increased traffic levels on Bridger Canyon Road. We've tested out a few new venues, including Crosscut Ranch and the Copper City bike trails near Three Forks. Just last week, we held our October fun run on single-track trails at Crosscut Mountain Sports Center, and I was really excited about the courses we were able to lay out. And for our April run, we'll be coming up with a new event to utilize the new trail just completed from Story Mill Park to the M.

Each summer, we try to replace one of our less popular fun runs with a new location - using new trails, new parks, or just places we've never held a run before. As we evolve the club's offerings, be sure to come out and experience these new events and locations with us! And if you have an idea for a new place for the club to run, let us know!

FUN RUN RESULTS FOR OCTOBER

It was a great day at our first Winter Fun Run held at Crosscut Mountain Sports Center. Gary Hellenga set up the courses and our volunteers were Gary and Lynn Hellenga who swept the course along with Frank, Tracy and Alex Dougher who took care of the finish line.

1.2 Miles

Jean MacInnes 27:39
Kay Newman 27:39

2.8 Miles

Alex Nordquist 26:21
Elizabeth Nordquist 32:19
Toby Holleman 33:45
Carol Alvarado 36:25
Leonard Baluski 36:47
Susan McCall 39:27
Lynn Hellenga 1:11:38

4.9 Miles

Andrew Holleman 40:59
Randy Oostema 41:45
Dan Campbell 41:47
Eric Veca 42:57
Leigh Holleman 43:25
Robbie Lamb 44:31
Mark Genito 44:50
Teresa Galli 53:54
Charles Smith 54:16
Angie Kociolek 57:17
Lori Johnson 57:18
Leanne Roulson 1:01:57
Gary Hellenga 1:12:28



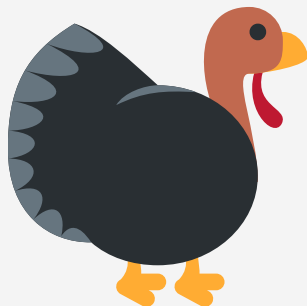
Photo courtesy of Crosscut Mountain Sports Center's Facebook page.

RACE CALENDAR

NOVEMBER

- 9** BSWD Bon Appetite Run. Two distances with no timing followed by a no host breakfast at a local restaurant. Meet at the Elks Parking Lot (205 Haggerty Lane) at 9:00 am.
- 11** Veterans Day Run. Butte. A Montana Tradition. Starts and finishes at the American Legion (3201 Wynne Ave) at 11:11 am. Run sign up that morning at the site.
- 23** Jim Banks Turkey Trot. A BSWD Tradition with three distances. Predict your finish time and possibly win a turkey. Starting at Foothills Fellowship Church. 4000 Springhill Road. 9:00 am start
- 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@BeartoothBillingsClinic.org.

14th Annual Huffing for Stuffing. Bozeman. Save the date. Info to follow



DECEMBER

- 14** Jingle Jog Run. Information to follow next month.

JANUARY

- 4** 50K Fat Ass 50K Run to burn off those extra pounds you gained over the holidays. Run as many 5K loops (road and/or trail) starting at 9:00 am with cutoff time at 3:00 pm. Headwaters State Park located outside of Three Forks.

FEBRUARY

- 1** Froze Nose. Watch for possible changes as to the meeting place. More details to follow

MARCH

- 7** Handicapped Run. More details to follow.

APRIL

- 25** Back from the M. Exact Location to be decided.

MAY

- 23** Frank Newman Marathon, ½ Marathon and Marathon Relay. The marathon Starts on Bridger Canyon Road at 8:00 am. The ½ Marathon starts at the top of the Bozeman Hill on the Frontage Road at 9:00 am. Finishes at the Sacajawea Park in Livingston with a picnic. More details 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

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