

THE WIND DRINKER

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



INSIDE THIS ISSUE

LETTER FROM THE PREZ - 2

FUN RUN RESULTS - 3

WHAT TIME TO DO RUN? - 4

RACE CALENDAR - 6

LIST OF OFFICERS - 7

BSWD INFO - 8



WIND DRINKERS,

Has anyone tried the new Main Street to the Bridgers connector trail? The GVLTT did a great job with this project and we look forward to adding it to our fun run list possibly sometime in the future!

We had the annual Jim Banks Turkey Trot this past week, and gave away six turkeys to participants! We hope you all have a wonderful Thanksgiving and be sure to join us at the Jingle Bell Jog on December 14th.

LETTER FROM THE PRESIDENT

BY GARY HELLENGA

Each month, I (or Carly) will try to let everyone know what's happening with the club, as well as provide periodic musings on topics of general interest to runners. This month, I'll fill you in on the club's outlook for 2020, as well as reflect on a topic I've been mulling over for about a dozen years; next month, I hope to pass on thoughts about running in other places, as our family will be spending most of December in Australia - and hoping to participate in running activities there!

Club News for November

The Wind Drinkers held two fun runs this month. I believe the turn-out for our Bon Appetite Run, and the breakfast outing immediately following, was one of our largest ... at least, in quite a few years! And just this Saturday, we held the Jim Banks Turkey Trot and again awarded 6 turkeys to those who best predicted their run times, or won a turkey in the post-run drawing. Look for further details on these runs elsewhere in this newsletter.

The BSWD Board of Directors met on November 13th. The focus of this meeting was discussion and approval of the club budget for 2020. One of the key items facing us in the new year will be the renewal of our 5-year permit with the Forest Service, which affects several of our races (the Bridger Ridge Run, Baldy Blitz, Devils Backbone, and Old Gabe). Overcrowding of trailheads has become an issue, and we expect the Forest Service will want us to implement some type of a shuttle service to help avoid overflowing the available parking at trailheads. We will be meeting with Forest Service personnel in January to work out the specifics - but if such a requirement is levied on us, of course, it may considerably add to our expenses for putting on these races; look for an update in February's newsletter. Otherwise, our financial performance in 2019 was better than we expected, so the planned increase in membership dues that was to take effect on January 1st, has been cancelled - dues will remain at \$15 for 2020.

We have gone back to manually timing our Fun Runs for the Winter season, since we usually have fewer participants at these runs. However, we will resume chip-timing when the Summer 2020 Fun Runs begin in May - we are working on a few ideas to help streamline the process of issuing the chips at the runs, so we can get those runs going on time.

We are continuing to work toward reducing our "disposables" use, especially water cups, so the participation awards for the Winter season will be soft-sided, collapsible water bottles that can be used to replace one-time-use paper cups. In addition to those that are given out as awards, we will procure more that will be for sale at a nominal price when our summer season commences.

FUN RUN RESULTS FOR NOVEMBER

The annual Bon Appetite Run was held on November 9th. This fun run is low key with participants choosing their own personal course of about 45 minutes and returning to gather at a local restaurant for a no-host breakfast. This year we had 21 participants (a record!) who enjoyed the beautiful fall weather. Originally this run was held on Thanksgiving Day but this was changed later on when the Huffing for Stuffing began.

Participants

Leonard Baluski, Kathy Brown, Bob Eichenberger, Bonnie Eichenberger, Teresa Galli, Kristin Harbuck, Gary Hellenger, Lynn Hellenger, Kathryn Homan, Angie Johnson, Corey Johnson, Robbie Lamb, Rob Maher, Rob Maher, Jean MacInnes, Jacki McGuire, Steve McGuire, Kay Newman, Shawna Oostema, Randy Oostema, and Bob Wade.

The annual Jim Banks Turkey Trot, named for one of the original Wind Drinkers, was held on 11/23. Jim served the club in many capacities. One of his last contributions was serving as publisher of the monthly newsletter. Jennifer Wirth was the Vice President in charge and Mira Brody was the attending officer. Volunteers were Alex George and Diane Walker. Thanks to them all.

This was a watch-less race, meaning all participants guessed what time they could finish, and those closest in each distance won a turkey! The winners are marked with an asterisk below. The three additional raffle turkey winners were: Frank Dougher, Leonard Baluski and Robbie Lamb.

4.4 Miles

**Rob Maher 32:57
Robbie Lamb 34:47
Randy Oostema 34:57
Natalie Bond 34:58
Leigh Holleman 35:17
Bob Eichenberger 38:28
Mira Brody 39:12
Charales Smith 40:17
Gary Hellenga 43:02

2.7 Miles

Bonnie Eichenberger 25:19
**CJ Oostema 26:44
Tracy Dougher 28:32
Andrea Abrahamson 28:33
Gail Cary 29:18
Leonard Baluski 30:38
Kristin Harbuck 33:30
Kathryn Homan 40:10
Shawna Oostema 43:00

1 Mile

Frank Dougher 14:30
Madison Oostema 15:38
Jake Oostema 16:00
Sierra Holleman 16:21
Leon Shearman 17:08
**Jean MacInnes 18:15
Kay Newman 18:57
Bob Wade 19:01

WHAT TIME DO YOU RUN?

(aka, Running in the Dark)

One year, not long after we had returned to Bozeman in 2003, I attended the BSWD Annual Meeting and Potluck. Since we live near Deaconess Hospital, I decided to just run down to the Lindley Center for the meeting. What I'd forgotten was how dark it would be when the meeting ended, now that it was late September, so I ended up running back home in the dark - without a headlamp! The experience got me thinking about the different times of day that people run, and what time of day was "best".

I started running as a sophomore in high school, when I joined the cross-country team. Practice was after school, so the first several years I ran, I got used to running in the afternoon. Meets, though, were held on Saturday mornings, and since we competed against other American schools throughout Germany (my dad was an Air Force pilot), we usually had a several-hour bus ride to get to our races. I often had to get up at 4:30 or 5:00 AM for these trips, so every week felt like an "epic", and I would do my best to get a few more winks on the bus ride. For a teenager, these super-early mornings were brutal. I resolved never to run early in the morning, if I could help it!

While attending MSU, I continued to do most of my running in the afternoons, after classes. I even found that I felt physically better running even later in the day - usually just before dark (and, occasionally, after dark .. but I won't talk much about those hijinks in a family publication!). But, as I was also in the Army ROTC program, in my junior year, it became necessary to get up for 5:45 AM physical training several days a week. We ran in formation, Army style, so we didn't run very fast, but it was still good that we did calisthenics before the running - otherwise, my blood just didn't get moving enough to really run that early in the morning!

After graduating, and starting my Army career, though, I became thankful for doing the physical training in the early morning - I went to a training school in Georgia in the summertime, ... and before sunrise was the ONLY time of the day it was bearable to run! With the heat and the humidity, you started sweating the minute you walked out of your air-conditioned lodging, before the exercising had even started!

After leaving the Army, I returned to afternoon running - after classes, while in grad school, then after work, once I'd started the '9-to-5' job routine. Occasionally, I would run to work in the early AM, but it always seemed harder on my body running in the morning than it was on the return jaunt in the evening. Sometimes, lunch hour was the only available time, but I hated that - too hot, too much traffic around our work site, always feeling pressed for time, getting back into a shirt and tie after a too-short shower, and then not having time to actually eat lunch!

After a second stint in grad school (afternoon running, again), I moved to Colorado Springs for work. I joined a local running club, and wanted to join their twice-weekly training runs for the Garden of the Gods 10-Mile race - but they were at 6 AM! Ugh! Yet, I went for it. At those training sessions, I met Lynn (my wife).

She introduced me to coffee, which I'd hitherto not been able to drink, despite years living in Europe and being in the Army! But, in my late 30's, I finally managed to acquire a taste for it. What a revelation! Coffee was the early morning "enabler" I needed to truly become a morning runner! Though I have to say that I still didn't feel as "fluid" running in the early morning as I did in the afternoon or evening, I did usually feel more invigorated during my work day - and I found that "life" interfered with my running plans much less when I ran first thing in the morning. After-work running plans often succumbed to late days at work, being too tired, having new errands crop up during the work day, and many other excuses not to get out and get that run in.

While living in Colorado, I also got a chance to run in several team relay races, including the Colorado Relay, and the Hood to Coast in Oregon. These are around-the-clock relays that involve continuous running through at least one full night, so I had several legs over the years that occurred between midnight and dawn. These can be very surreal experiences! I remember one leg, running almost 10 miles from Vail Pass to downtown Vail, down a deserted bike path in the middle of the night, totally alone for over an hour - I kept thinking I'd see movement just outside the beam of my headlamp (mountain lions can be a danger on trail runs in Colorado!). One of my teammates kinda freaked out running a 6-mile leg at 3 AM; she worked in the Washington, D.C., area, and said she'd never been anywhere so dark at night as that stretch of lonely Colorado highway! Indeed, we didn't mention to her that one of the relay runners had crossed paths with a bear earlier that day - I doubt we could have coaxed her out of the van for her leg, if she'd known that!

When we returned to Bozeman 15 years ago, the time of day that we ran was mostly dictated by work schedules and our kids' school times - usually in the late afternoon, but sometimes jammed into the early morning hours, if the daily schedule was too full. When Lynn and I were both preparing for Boston in 2006, and we had two little ones under the age of 6, it was really hard to find enough training hours for both of us, given that one of us had to be minding the kids, and we both had full-time jobs - one would have to go early, and the other, late in the day.

Now that Lynn and I are both retired, and our kids are self-sufficient, we have much more time flexibility. After 40 or so years of having available running times mostly dictated to us, we can finally choose the times we want. So, what have we chosen? Well, things have changed a bit, for us. Given injuries and other things, we both run much less than we used to. In fact, running has become more of a side activity for us, compared to other interests (e.g., hiking, backcountry skiing), so it's no longer highest priority in our free-time scheduling. We like to do runs with friends, so that ties us to certain scheduled events like the Wind Drinker Fun Runs, and a Thursday evening group I run and socialize with. I tend to work running sessions in around my skiing plans. But I still avoid running in the dark, if I can help it!

I have been considering this "morning vs. evening" running debate for far longer than that night I ran home in the dark from the Lindley Center - probably as far back as when I started doing military physical training at "oh dark thirty" in the early Eighties. Now, I periodically read articles in magazines or online that examine the science behind training at various times of the day, and it's always interesting to compare their observations against my own experiences.

What about you - what time works best for you? (NOTE: We will NOT be changing Fun Run times to 5:30 AM, no matter how you answer that question!)

RACE CALENDAR

DECEMBER

- 14** Jingle Jog Run. Start at the GVL offices at 212 S Wallace. Cookie swap to follow.

JANUARY

- 4** "Resolution Run" A Fat Ass 50K Run/Walk. (One 5K loop at a time Road or Trail). Headwaters State Park located out of Three Forks. Starts at 9:00 am and finishes at 3:00 pm. Free entry fee, free company, free snacks. Run off those Christmas pounds.

FEBRUARY

- 1** Froze Nose. BSWD Fun Run. Distances of approximately 1, 3 and 5 miles. Starts on the MSU campus at the corner of 11th and Grant on the MSU Campus. Your finish time from this run will determine your start time next month at the Handicapped Run. First runner starts at 9:00 am.

MARCH

- 7** Run to the Pub in Bozeman. Saint Patrick's Day 10K and Half Marathon put on by Pub 317. Voted the second best ½ Marathon in the US. The scenic courses run through streets, trails, parks and country roads.

- 14** AOH Saint Patricks Run in Anaconda. (Meet at 3rd and Main) Bus to the start. Fast downhill course 3 and 6 Mile courses for runners and walkers. Wheelchair Divisions. Registration is open online.

APRIL

- 25** Back from the M Run using the new Story Mill Trail. Starting at 9AM at the M and finishing at the Story Mill Park.

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.



BIG SKY WIND DRINKERS 2020 OFFICERS

Gary Hellenga

Co-President

Carly Urban

Co-President

Tracy and Frank Dougher

Vice President

Ana Brown and Jenna Fallaw

Vice President

Nick Waliser

Vice President & Membership Team

Robbie Lamb

Vice President

Jennifer Wirth

Vice President

Kathryn Hohmann

Vice President

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Equipment Manager

Kay Newman

Results, Calendar & much more

Tom Hayes

Newsletter Publisher

Lisa Verwys

Website & Facebook Manager

Tomas Dumbrovsky

Website Admin



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