

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 all knew it was coming -- race sign up season. Which races did you sign up for, or are you planning on racing this year? Hopefully the unseasonably warm weather has been providing you all with some extra training miles.

Be sure to check out David Summerfield's Mature Runner column in this issue and why he continues to run the Frank Newman Marathon year after year.

THE MATURE RUNNER

By David Summerfield

Are You a Truly Mature Runner?

Are You a Truly Mature Runner? My last article in the Wind Drinker was April 2016. I figured 20 years of articles every month was enough, already!! 4 years later, I must be that much more of a "Mature Runner" – meaning of course I just keep on slowing down, my running heroes keep getting more irrelevant and unrecognizable to the current runners of today, well – my face alone is becoming more unrecognizable even to me....wait....I almost said "my running gait" but I have no running gait - at best it's a brisk walk.

The new co-president of the BSWD (Gary Hellenga) asked if I'd consider writing articles again. His good-natured nudge to come out of retirement included a well-meaning example of how he's a Mature Runner now. It's the familiar story of going so many years of running the Fun Runs in a predictable 8-minute mile....and now realizing that "easy" pace has become a 10-minute+ mile. Frankly, Gary, I don't believe you can qualify to be a real, true-blue Mature Runner yet....you haven't slowed down enough....heck – you're still running! So, I have now redefined what a REAL Mature Runner is.

We can still run all right, but just the thought of running brings such pain to mind, that you'd rather not talk about it. True confession. So what on Earth can I write about? Certainly not my running past heroics, or the Kyle Klickir magic tricks (I'm referring to that local running legend you might remember...he'd show up with all sorts of "running aids" attached to his body – braces of all sorts, perhaps a cane, bandages, and once the gun goes off, his aging body would instantly transform into a beautiful runner in his 20's) – or "here's what it's like to slow down so much". (I'm definitely NOT talking about crawling along the ground, but that could come later.)

I do not want to be depressing – imagining this is what YOU have to look forward to as you age.... What's left to talk about? It's really what inspires me to keep the 'ole bod going as smoothly as possible, to feel as normal as possible as the years tick by. We'll see if that can do the trick. I'll always go "all out" in every activity. Put me on a bike, I'll push the pace as much as possible (frankly I've missed the easy way to get up a good sweat – just run hard) – but I can actually get sweaty – and it seems a miracle now. Or go for a long hike – several hours worth...mind you not every day, but when I feel like it.

Now I can reveal my reasoning about why I MUST do the Frank Newman Marathon every Memorial Day weekend. I started this when I moved to Bozeman in 1994. It's always been my favorite run of the year – late May, gobs of snow still on all the mountains, leaving early to watch the sunrise on the Bridgers, all the fields are a deep green, LOW KEY competition, and the best post race carbo-loading around (yes, Subway sandwiches never taste any better). So I slow down, so what? As long as Bob Wade and Kathy Brown still put it on (and will indulge me) I'll always do it. Yes, over 20 years the finish times increase each year. Yes, I now walk every step of the way.

But I prepare just like I used to when I'd do the 6-minute mile marathons of long ago. Here's the best part – I try to leave so I can arrive at the Sacajawea Park in Livingston before the last runner comes in....and this is a worthy goal now. This year it had to be a 5am start. Oh my gosh was it beautiful. I got to walk with my wonderful partner Stacy. It was dark on Bridger Canyon Drive (I still start at the "old" starting line near mile marker 13). Rounding the corner just past the 11 mile marker, a stunning moose was eating grass along the road and just stared at us for awhile. Then about 2 miles up Jackson Creek Road, a herd of 25 elk crossed in front of us, and kept us in sight as we worked our way up the road – going from left to right across the fences. Cresting the pass, a giant Great Horned Owl – perched on a wood post right next to the road – silently took flight over our heads. 2 years ago as we crested the pass, we could hear the wolves howling down at the "Howlers Inn" near where Frank and Shelley Coles live. And at this point - still no traffic, no other runners, no direct sunlight, and the Bridgers were a blinding white backdrop.

The elation of crossing the finish line really doesn't ever change. For all I could tell, I had just done one more thrilling marathon.

You know, I really want to end by saying "Aging as a runner can really be fun"... that's too simple. It's an adventure, and it's up to the truly Mature Runner to make it as fun as possible. My latest trick? I consciously have to "reinvent" myself anytime a nagging thought comes along....like "ugh, look at that body in the mirror" can lead to "all right, this is the new me...I want to see a dazzling twinkle in those eyes RIGHT NOW." Or, "why am I wheezing so hard going up this tiny little hill?" can lead to "I still have endorphins, let's watch them kick in!" I want to end this with a much-needed sense of perspective. Take a deep breath; see yourself floating above the Earth (yes, this is reinventing yourself a bit).

Last night my wife and I were singing along with the chorus in Fame ('80's musical) and one of the verses went like this: I sing the body electric, I celebrate the me yet to come, I toast to my own reunion when I become one with the sun, and I'll look back on Venus, I'll look back on Mars, and I'll burn with the fire of 10 million stars, and in time and in time, we will all be stars.

FAT ASS 50K "A RESOLUTION RUN"

We had a great turnout for our annual and coveted Fat Ass 50k at Missouri Headwaters State Park. Participants ran in 5k loops with four completing the full 50k! A great way to kickstart a new decade and shake off some of the lingering holiday stress. Thank you to volunteers Kathryn Hohman, Robbie Lamb, Darryl Baker, Neil Rainey and Clem Izurieta.

5k

Craig Hildreth 39:00
Gary Hellenga 40:00
Asher Rogers 41:40
Jenny Thven 42:10
Don Rogers 42:30
Frank Dougher 42:50
Tracy Dougher 44:08
Bonnie Eichenberger 46:00
Kristin Harbuck 46:54
Jayne Mays 1:24:15
Gene Mays 1:24:50
Jake Oostema 1:47:00
Madison Oostema 1:47:00
Kay Newman -No time recorded

20k

Jenifer Golgy 2:04:00
Leigh Holleman 2:04:00
Cale Hofferber 2:04:50
Robyn Egloff 2:08:20
Rachael Hundhausen 2:15:55
Jacy Rothschiller 2:18:24
Robbi Lamb 2:24:15
Phil Weiss 2:25:51
Megan DeHaan 2:32:52
Darryl Baker 2:45:09
Greg Young 2:46:08
CJ Oostema 3:25:47

10k

Bob Eichenberger 1:06:10
Kyle Conrad 1:06:20
Tim Griffiths 1:10:59
Heidi Marks 1:11:00
Angie Rutherford 1:20:05
Emily Kimmel 1:20:05
Kristina Kilts 1:21:08
Pete Kerl 1:23:30
Molly Ward 1:24:00
Susan MacCall 1:24:00
Karen Walton 1:25:50
Bobbi Ecklund 1:27:09
Jacki McGuire 2:04:07
Leon Shearman 2:05:40

25k

Rob Maher 2:26:40
Lance Cooper 3:10:10

30k

Terry Leist 2:50:34
Fran Zelenith 3:46:58
David Biesel 3:47:16
Randy Oostema 3:52:00

35k

Jesse Niemeir 3:12:50
Ashley Rubick 4:57:20

15k

Annie Thomas 1:20:00
Jenn Fallow 1:20:00
Karen Walton 1:25:50
Neil Rainey 1:29:00
Dave Kascht 1:49:50
Terra Spotts 1:50:00
Nat Frale 1:50:42
Nikki Kimball 1:51:40
Megan Swanson 1:52:56
Jack Berg 1:53:07
Lyn Petersen 1:56:00
Lori Johnson 1:56:50
Angie Kociolek 1:56:50
Heather Sipes Tucker 2:03:40
Leon Shearman 2:05:40
Leonard Baluski 2:23:30
Steve McGuire 2:55:00
Shawna Oostema 3:24:30

50k

Mark Genito 5:37:48
Rick Hollenbaugh 5:55:46
Brandi Maims 6:59:31
Randi Wickens 6:59:31

RACE CALENDAR

F E B R U A R Y

1 Froze Nose, a traditional Fun Run. The same course will be run but the starting point is likely to change to a spot south of S 11th and Grant near Town and Country Foods. Check out the website for a more definite location. Starting time is 9:00 am. Your finish time at this race will determine your starting time at the Handicapped Run next month. 1, 3, and 5 Miles.

8 Love 'em or Leave 'em 5K Bozeman Start at the Filling Station at 2005 N Rouse at 10:00 am. Register at Run Sign Up.com. Registration ends on 2/7/20 at 9:00 pm. Benefit for Bozeman Summit Schools

15 Wulfman's Frigid Digger. Butte. Distances 3 or 7.3 Miles. Race details and online registration at buttespissandmoanrunners.com. Race day registration from 8:30 – 9:30 at Montana Tech HPER Lobby 1300 W Park Street. Walkers welcome in the 3 mile event. T shirt not guaranteed after 2/7/20.

M A R C H

7 Handicapped Run. Various starting times as calculated by finish times at the Froze Nose Run. (Same course and distances) Try to beat your Froze Nose Finish time. Distances of 1, 3 and 5 Miles

14 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.

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.

A P R I L

17 Bozeman Without Borders 5K. 6 – 9pm. Lindley Center 1102 E Curtiss. Project to provide clean water, sanitation and classrooms to children in Kenya. <http://runsignup.com>. [bozemanwithoutborders](http://bozemanwithoutborders.com)

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.

M A Y

2 Baldy Blitz. Run from the M Parking Lot to the top of Baldy and down again. A good way to get started on your 2020 racing season. PLEASE NOTE the date is subject to change. Stay tuned.

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.

J U N E

11-13 11 – 13 Montana Senior Olympics in Missoula. Fourteen sports for adults who are fifty years of age and older. Includes 5 & 10K Road Races, Track & Field, Swimming, Cycling, Archery, Bowling, Tennis, Table Tennis, Pickleball, Golf, Basketball, Race Walk, Horseshoes, Badminton and Shuffleboard. <http://montana.fusesport.com>. All abilities welcome. Info at 406-586-5543.

20 20 Wulfman's CDT 14K Trail Run on Homestake Pass Exit 233 Off of 190. Runsignup.com. Proceeds are donated to help build, maintain and improve trails in SW Montana. Sponsored by the Butte Piss and Moan Runners.

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

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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