

# 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,*

Hope everyone had a great holiday season. Our co-president, Gary was traveling around Australia and included a piece about his travels and some photos. The above image is of the Mandrup pedestrian bridge in Perth.

Don't forget the Resolution run a "Fat Ass 50K" is on Saturday January 4th! Run as many loops as you need to burn off that holiday stress. There will be hot drinks and good company.

# RUNNING AWAY FROM HOME

BY GARY HELLENGA

How's that for an ambiguous title? No, this isn't about me not liking my parents or anything - it's about running in places other than our beloved Gallatin Valley.

I'm sure most Wind Drinkers have experienced running a race in another city or state. Growing up in a military family, and traveling widely as an adult, both for work and pleasure, I've been lucky enough to get to run in many interesting and scenic places. Sometimes it's runs in urban settings with lots of concrete, but also lots of historical sites and fascinating architecture; other times, it's trail running in rural country or wilderness. From Boston and Philadelphia, to wild Alaska or New Zealand, there's always so much to see while running in new places. As I write this article on my tiny tablet keyboard, we are at a hotel in downtown Sydney, Australia, preparing for the long flight home tomorrow. I meant to run this morning, but was too jetlagged from our overnight flight from Perth the night before. Still, I'd like to go this evening, or early in the morning. Sydney is a great city to run in, as there are many large parks and it's easy to reach the harbor, where runs along the boardwalks and wharfs are not only scenic, but the coolest places to be on hot summer days (it's currently mid-summer here in the Southern Hemisphere)!

We spent most of this vacation in Perth, on Australia's western coast. When we are somewhere more than a few days, we try to find a local running store or club, and try to join one of their training runs. Last time in Australia, I did several runs with a group organized by The Running Company, a running store in Launceston, Tasmania. This time, we hooked up with the Perth Urban Runners, an informal training group that holds 7K (4.2 miles) workouts twice a week. Like our BSWD fun runs, these runs are free and open to any level of runner. Lynn and I were not the only new participants at these runs though, of course, we were the ones from the furthest away; our fellow runners were stunned to hear

we do runs this time of year in temps down to -10 or -20 degrees Celsius (14 or -4 Fahrenheit), especially as the local temps had recently been up around 40 degrees (over 100 degrees Fahrenheit)!

One of the routes we ran circled pretty Lake Monger on a nice bike trail, and the other followed boardwalks and bike paths along the city waterfront on the Swan River. The latter included passing across the Mandaluppedestrian bridge (see photo), as well as running past the beautiful new Optussports stadium, and The Camfield - supposedly the world's largest pub! We didn't get to visit it, but joining your "mates" for a pint at a nearby pub is a regular tradition at many group runs in Australia. Last summer, we exchanged houses with a family in Germany. As we were on the edge of a small town, it was easy to get out onto



*Sydney waterfront - quiet in the early morning*



farm roads and hiking trails in the surrounding countryside. Running up hills between farm fields and patches of woods, I was reminded strongly of my running roots - I'd started running as a high school sophomore in a very similar environment in another part of Germany. I particularly liked taking the forest trails, where the trees were so dense, it looked like twilight even in the middle of the day!

At the end of our trip, we watched the local triathlon, and I was so into it, I promised myself I'd be coming back one summer to do the race myself (someone hold me to that!). Aside from group and individual training runs, there are cool races abroad to participate in, as well. I've twice gotten to run the City to Surf 10K in Christchurch, New Zealand. On the other end of the spectrum, Lynn completed the grueling Avalanche Peak Challenge, a 14K mountain run involving a 3,000 foot climb, alpine ridge traverse, and a 3,000 foot descent down scree slopes, most of the race being off trail. New Zealand produces some of the world's greatest mountain runners, and it's not hard to see why!

While we were in Christchurch, we participated in a weekly event called ParkRun - it's held every Saturday morning, at the same 5K course (usually in a local park), so you can track your running progress (or not) over time. They are free, and you can download a bar code to use to enter one anywhere they are held. The ParkRun movement is world-wide; it started in England, and spread to most of the former British colonies in the next decade. We've done ParkRuns in New Zealand and Australia, and will be looking for others in other countries we visit in the future. In the last few years, ParkRuns have popped up in the USA; the closest to Bozeman is in Boulder, Colorado, or Eugene, Oregon.

Is there a market for one in Montana? Maybe if the Wind Drinkers joined forces with other running groups and outdoor stores we could make something like this work - we'll have to wait and see!

# FUN RUN RESULTS FOR NOVEMBER

The annual Jingle Jog was held on the Gallagator Trail on 12/14. Ana Brown was the vice president in charge and Kathy Brown was the volunteer. We enjoyed a cookie potluck after.

## 1 Mile

Jake Oostema 8:04  
Shawna Oostema 8:05  
Jean MacInnes 14:29  
Bob Wade 14:31  
Kay Newman 14:33  
Sierra Holleman 16:31  
Asher Rogers 20:00  
Don Rogers 20:57

## 3 Mile

Leigh Holleman 20:14  
Darryl Baker 25:18  
CJ Oostema 27:44  
Valerie Long 27:59  
Leonard Baluski 28:11  
Laura Smith 29:15  
Allison Theobald 29:17  
Gail Cary 30:15  
Kathryn Hohmann 36:12

## 5 Mile

Randy Oostema 37:05  
Katrina Ivancic 37:17  
Bob Eichenberger 38:26  
Charles Smith 41:22  
Frank Dougher 47:46  
Tobias Holleman 47:48

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## Running Biomechanics Study

The Neuromuscular Biomechanics Laboratory at Montana State University is currently recruiting volunteers for an ongoing study examining the relationship between clinical movement screen performance and running mechanics, and whether this relationship changes with fatigue. Listed below are the requirements and benefits:

Requirements- Between ages of 18-45- Running at least 20 mi/week for three months prior to testing- No injuries that affected training volume or running gait within the past three months- No major surgeries

All participants will receive- Full 3D gait analysis- Isometric strength measurements of the major muscle groups around the hip, knee and ankle- Results from a test used to measure dynamic strength, balance and screen for injury risk (Y-Balance Test)

Data collections will continue through early Spring 2020. To schedule an appointment please contact Scott Wilson (csw1561@gmail.com)

# RACE CALENDAR & 2020 OFFICERS

## F E B R U A R Y

- 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.

## M A R C H

- 7** BSWD Handicapped Fun Run. Use your time from Froze Nose. 5, 3, 1.1 mile courses. Meet at MSU Grant & 11th.

- 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

- 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

- 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.



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Co-President

### **Carly Urban**

Co-President

### **Tracy and Frank Dougher**

Vice President

### **Ana Brown and Jenna Fallaw**

Vice President

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Results, Calendar & much more

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### **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](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

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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)