

THE WIND DRINKER

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



Photo by Darryl Baker

INSIDE THIS ISSUE

THE MATURE RUNNER - 1

*FROZE NOSE FUN RUN RESULTS -
4*

RACE CALENDAR - 5

BSWD INFO - 6

The Mature Runner By David Summerfield

Winter Reveries, or....Everyone Needs The Wilderness Any Way They Can Get It

Last month's article ended with the lyrics from Fame (musical) which included:

"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."

Were any of you able to go floating up above the Earth, at least for a moment or two? Try as I might, I still go for the floaty feeling of skate skiing, though it probably doesn't look like it to others. It's my winter escape, creating my own heat as the cold settles over the Earth towards nightfall. Now that substantial snow has finally come, I do try to forget about the slowness of my forward pace on skis. Tomas Gideon passed me this week, he who skis like a Nordic god. 2 or 3 breaths later he was out of sight. My reaction? "Don't don't try to catch him David. Get back into your own world where YOU control what happens."

And suddenly, my skating form relaxes, I get the rhythm back, and MY pace comes back effortlessly. Where is all this heading? How is it that "...in time, we will all be stars"? This may sound too philosophical, but at some point all this "going around the sun" business will end up having the Earth burning up in the Sun – and our "personal" particles (aka bodies) will help fuel a giant exploding Sun! That sounds pretty exciting doesn't it? Keep that in mind while I delve into a little "end of winter" reverie....

The snow IS gradually receding as we reach March – and trails are becoming slowly exposed for running – and I find myself way too sad in saying goodbye to the cross-country skiing season. I had another great 2 hour ski up Sourdough Trail. It looked like the dead of winter once you got far enough up the trail/road. Why sad? This is a horrible confession - because it means I have to get ready to...walk/jog/bike again. What? Wait a minute - those hours up Bozeman Creek were blissful. I saw no one after mile 2. Fresh snow had just fallen - I had winter wonderland all to myself.

Is everyone really geared up for running now? Suddenly I was Jim Bridger out there looking for my traps and checking behind my back for the Blackfeet – knowing no other white man was within a week's ride away. It had that wild feeling – I skied across fresh moose tracks. The wilderness feeling crowded in upon my senses. It was exhilarating.

I know many people go up Baldy all through the winter - I've tried that but I kept looking down on an exploding civilization all around below me. Here, the deeper you got into the wilds, well, I even started thinking about Peter, Susan, Edmund, and Lucy, as they went through the wardrobe and found themselves in a snowy, foreign land. I found myself looking around for sounds of a carriage carrying the White Queen.

I found myself desperately wanting winter to last for ever (not that I wanted an audience with the queen). I stopped deep into the woods past mile 7, and just stared around. Tears started welling up. It seems so weird trying to relate it on paper after the fact. I can get these same sensations in the summer too (assuming it comes), going deep into an area where no one else goes very often. It is said that wilderness nourishes the soul.

I faced that thought, and wondered what it really means. Man is a social being, no? So, being with friends or other humans should do all the nourishment necessary, no? What made me try with every fiber of my being to soak up the moment - deep breaths, intense feelings, thoughts like "I belong here, and nowhere else right now"...or "I don't want to go back down, ever"....or "I want to freeze this moment and never forget it." Oh. Then I remembered. When everything isn't going hunky-dory in life, wilderness becomes an escape/perspective-giver from problems. And don't some problems need a way to be escaped from?

Out there, everything is so completely free from human encroachment, its devoid of humanity's stupidities and machinations and idiocies. If it all feeds the soul, then that must mean the soul needs something other than daily human life trivia to keep alive. Every twig, every fallen tree, every snowflake seemed to be in the exact right position. Don't touch a thing. This is the way life should be. I'm an observer out here - and I don't want to disturb a thing - hopefully the little double ski tracks aren't too much to upset the balance.

I felt like I was tip-toeing away. As the trailhead approached an hour later, I did feel the "whew - there's the car, and a safe way home" feeling. But I also felt, "suck it up David, here we go again. Put your game face on and re-enter the human race." At least I know again that there is an alternative to the way things seem to be.

And now, several days later, I'm still breathing in deeply and feeling the effects of being out there.....and planning the next outing so I can recreate the same feeling to keep me going another span of time

Parts of this story are borrowed from a Winddrinker article I wrote 12 years ago.

FROZE NOSE FUN RUN

The annual Froze Nose Run was held on the MSU Campus on Feb 1st. Nick Walliser set up the courses and our volunteers were Jean MacInnes, Nathan Hofferber and Dillon Hofferber. Runners, don't forget to come back for the Handicapped run in March and try and beat your time!

1.1 Mile

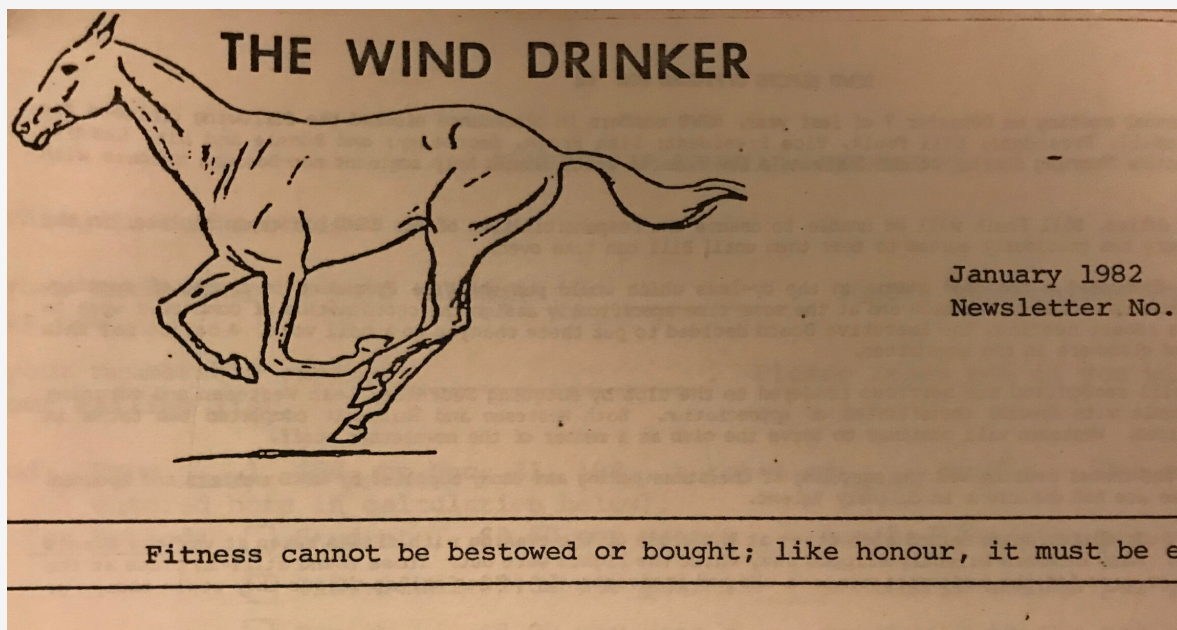
Asher Rogers 11:36
Gary Hellenga 11:44
Don Rogers 12:21
Jacki McGuire 19:03
Leon Shearman 20:48
Tobias Holleman 23:18
Jennifer Ullmon 23:36
Jake Oostema 23:55
Shawna Oostema 24:23
Kay Newman 24:23
Lynn Hellenga 24:23
Bob Wade 29:26
Marin Johnson - No time recorded

3 Miles

Kristina Kilts 29:27
Sierra Holleman 31:03
Leonard Baluski 33:45
Tracy Dougher 36:27
Payton Johnson 38:06
Kristin Harbuck 40:23
CJ Oostema 43:16
Corey Johnson 45:52

5 Miles

Christopher Ashland 34:51
Tracy Dougher 36:27
Matthew Evans 38:12
Rob Maher 39:15
Randy Oostema 39:38
Robbie Lamb 39:51
Leigh Holleman 41:32
Allison Theobold 43:04
Crystal Beckman 43:35



Did you know there are copies of "The Wind Drinker" from the 70s and 80s?!

RACE CALENDAR

MARCH

- 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.

APRIL

- 11** Bruce's Big Butte Challenge: 11K, 5K and 1M runs starting at Montana Tech at 10am. Honoring the memory of Bruce Robinson. Information at Butte's PissandMoanRunners.com. Mostly dirt roads and trails.
- 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>
- 19** Expedition 12K Trail Run at Lewis and Clark State Park Whitehall, MT. 12,000 feet vertical gain Save the planet go cupless and carpool because of limited parking. More information at <http://www.bozemanrunningcompany.com/expedition12k.html>.
- 25** Back from the M Run using the new Story Mill Trail. Starting at the M and finishing at the Story Mill Park. 9:00 am start. Check the website for more information
- 29** Kick off Potluck for the 2020 Summer Fun Runs. 6:00 pm at the Lindley Center. Bring a dish to share and your own utensils to reduce waste. The club will furnish fried chicken. Come and learn about the upcoming summer season.

MAY

- 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.



JUNE

- 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** Wulfman's CDT 14K Trail Run on Homestake Pass Exit 233 Off of I90. Runsignup.com. Proceeds are donated to help build, maintain and improve trails in SW Montana. Sponsored by the Butte Piss and Moan Runners.

JULY

- 25** 25th Annual Water to Whiskey 5K. Ennis. Check In and late sign up starts at 4:00pm until 5:30 at Lions Club Park. All ages & abilities welcome. 6:00 pm start on a new course.

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

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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