

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,

Running has long been a therapy we use to move through difficult situations. So what place does it have in times where we can no longer gather, celebrate in the same space or join our tribe at our local gym? As we agonizingly watch the races we've been training so hard for cancel, our gyms close, and our community retreat from social contact, runners are grappling with the very backwards concept of "slowing down."

The Wind Drinkers have made the difficult decision to postpone our kickoff potluck on April 29 and Baldy Blitz for now. With summer events still far away, we are watching the situation carefully and adding verbiage to any race registration pages alerting participants that races are subject to rescheduling or cancellations at short notice.

As with any race—we will reach the finish line, no matter how tired or defeated, with the help of our community.

Stay healthy, stay informed, and be kind.

FROM THE PREZ

By Gary Hellenga

If you're like me, you've been finding a whole bunch of emails in your Inbox telling you what every company you've ever interacted with is doing about the coronavirus situation. Well, here's your news from the Wind Drinkers about what's going on, regarding the virus situation and our club's activities!

While we say we are a "fitness" club, we really are more than that - we are a social group. We hold club runs, races, and potluck dinners, all designed to bring together our members to engage in, and share, experiences based around running. Our members have told us they lament not being able to interact as regularly with each other during our winter season as during our summer season (monthly runs, versus weekly runs); it's just more fun to do these things together. But the crux of the current virus spread mitigation efforts, social distancing, makes these personal social interactions impossible. At the time of this writing, schools are closed, and the public is being asked not to congregate in groups of any size. While official policy indicates that this arrangement is temporary, we cannot yet know how long the underlying threat will remain. Accordingly, our Board is following the situation and making plans to address our planned events over the next few months. We want to support our running membership, but also be good citizens in helping to limit the spread of the virus. Thus, we expect we will be needing to cancel a significant portion of our scheduled runs and races, or possible move them to dates later in the year. As we make final decisions on which events will be cancelled or changed, we will do our best to keep everyone informed, via club-wide emails, the Wind Drinker newsletter, and our winddrinkers.org web site.

Our next Board meeting was to be held March 24th, but we have postponed that until April 7th; when we hold the re-scheduled meeting, it will be online, via a video-conferencing arrangement, so we aren't physically together.

During that meeting, our main topic of discussion will be what we will do about our events scheduled through May, including the Baldy Blitz and Frank Newman races, as well as our first 5 summer fun runs.

We are currently discussing with the Forest Service what options may exist for the Baldy Blitz - if an alternative date later in the year is not an option, we will likely need to cancel it. We have also postponed indefinitely the Summer Kick-off potluck at the Lindley Center on April 29th. We are hoping that virus infections will peak, then decline, soon, so that events later in the summer can occur as scheduled. However, we should be prepared to face the possibility that the current health restrictions will be in place for many months, and that most, if not all, of our events may need to be cancelled.

So what should our runners do? Well, obviously, we think it important to stay informed on the latest on the situation, and follow guidance issued by governmental authorities. Nothing derails a season like a serious illness. But, even if running with your normal group isn't an option, there are still things that you can do. The safest, probably, is making use of your treadmill, if you have one - even if you, like me, loathe the idea of being inside as the weather is getting nicer! Or run solo. The idea of "virtual runs", where everyone does their own run, but the results are consolidated as if everyone had done the same run or race, seems to be pretty popular right now. Indeed, we are currently discussing holding such an event for the club.

A week ago, this sounded like a great idea. But since then, there have been numerous reports of issues with so many people showing up at trailheads and popular recreational paths, that the social distancing everyone's trying to implement, has been somewhat self-defeating - trailhead lots are full, and some locations are even banning outdoor activities due to the sheer numbers of "individuals" who are unintentionally creating group gatherings, or risking putting an additional burden on emergency crews trying to help with the virus pandemic.

While we want to encourage our members to continue running during these times, we really want to avoid inadvertently contributing to the problem.

Perhaps it's best to try running in the areas around where you live or work, instead of "doing your own thing ... along with 100 others" at the Sourdough Trail trailhead! See how creative you can be, in devising fun, kooky events you can do on your own, or with members of your own household. How cool will it be to own the course record on the "XXX household Staircase 100"?!

Look for an update in next month's newsletter, when, I hope, we'll have a better idea how our long-term plans will be impacted.

HANDICAPPED FUN RUN

The annual Handicapped Run was held on the MSU Campus and along the Holly Cherry Loop on March 7th. Thanks to Neal Rainey and Nathan Hoefferber, Run Directors and Kathy Brown for timing! Runners attempted to improve based off of their Froze Nose times for last month.

1.1 Mile

Gary Hellenga 11:24
Asher Rodgers 13:32
Don Rodgers 14:37
Leon Shearman 19:14
Marin Johnson 19:46
Nathan Dillon 21:24
Shawna Oostema 21:48
Madison
Oostema 22:46
Jake Oostema 27:04
Kay Newman 29:27
Lynn Hellenga 30:59
Bob Wade 31:00
Payton Johnson 33:02

3 Miles

Bob Eichenberger 27:56
Craig Hildreth 29:13
Leonard Baluski 33:45
Dan Larson 34:51
Kristina Kilts 35:41
CJ Oostema 36:13
Angie Johnson 39:15
Marziah Hashimi 39:24
Corey Johnson 39:30
Kristin Harbuck 40:12
Kathryn Hohmann 42:19
Naomi Shields 50:26

5 Miles

Christopher Ashland 33:42
Robbie Lamb 38:39
Rob Maher 39:36
Leigh Holleman 42:07
Crystal Beckman 43:18
Randy Oostema 51:57

THE MATURE RUNNER

By David Summerfield

What's It All About? Mature Runners MUST Question What They Are Doing...

As the end of winter becomes a reality, especially for one who LOVES winter, it's a time of reflection, and this really means I have to patiently figure out ways to cope graciously with something imposed upon me by a greater power (simply called the tilting of the planet...the vernal equinox, get it?). As the ice starts to disappear, footfalls are easier, more sure, we can let our guard down (balance).

I was doing this last week while carrying a long 2'x4' trying to get down some monster icicles from the roof. Where did that invisible slick of ice come from anyway? Not paying attention, I went down hard, and am still limping. Darn. The only "fall" all winter, including skiing. This makes me wonder even more about my role in helping power that gigantic explosion of 10 million stars. I'm referring to the refrain from the song from Fame I mentioned in February's newsletter:

"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..."

So, was all this business of 55 years' worth of running like crazy, skiing like crazy, heck – doing everything physical like crazy – was it all just getting the body in shape so I can... "go out" in a teeny "poof" (as the Earth burns up spectacularly in the Sun). Of course, we're talking about millions/billions of years from now, but do you get my drift? Are you laughing out loud yet, or does it promote some introspection?

This is where I'm going with this: As a running club, we encourage everyone to get physically fit, running fit. Why?

It has a lot to do with having that intense feeling of “being alive” and that can’t help but make you feel good and worthwhile.

It helps working on goals, getting the body to respond better and being more integrated with the other part of your life – your inner life – the life you lead in your head (or mind, or spirit, or that other part that supports your body).

That said, why bring up the fact of the galactic cycle – where new star systems coalesce from former star systems that finished their life spans? Is that really what we’re doing – being born on this planet – getting our heat/light/energy from our “mature” sun - and getting fit as possible in this life cycle, and then....what? Is this a dead-end conversation?

Not for me. It opens up infinite possibilities. The refrain speaks of the “me yet to come” and having a “reunion when I become one with the sun”. This really speaks of an ultimate life course, doesn’t it? ...becoming one with the sun sounds a lot like becoming one with all life – with all that is going on, on this planet right now. And my personal hypothesis is that what it’s all about is being the most vibrant you possible, and this has to include making your own physical body able to support as easily as possible the “real” you – who you are inside, what motivates you to get up every morning, what helps determine what you’ll eat today, say today, think today, create today. And that is what forms your life on Earth. “... and in time, and in time, we will all be stars.”

Startling, perhaps. But don’t you have to admit it’s exciting to think you’ll take part in forming a new star system – physically? That still blows my mind. It could result in not “sweating the small stuff” – like I do so much! Example: the last 10 miler I skate skied at CrossCut I averaged a 9:38 mile – which I arrived at by a very careful attention to my GPS watch – a careful one point focus for 96 minutes and 14 seconds. Why the heck do something as ridiculous as that? There is no logical explanation of course. I took the body I currently have, and put it through a “routine” on snow.

Basically, I was once more putting the body through its paces to get it ready for any challenge that can come along. I want to be ready to be the “me yet to come” so I can “become one with the sun”in the best shape possible. And this is very probably the most outrageous article I’ve even written.

But then these days are certainly the most outrageous we’ve seen in our current lives, no? Hmmm, we’ve all got some pretty exciting happenings ahead of us, don’t you think?

BIG SKY WIND DRINKERS 2020 OFFICERS

Gary Hellenga

Co-President

Mira Brody

Secretary & Newsletter Editor

Carly Urban

Co-President

Jacki McGuire

Treasurer

Tracy and Frank Dougher

Vice President

Darryl Baker

Membership Chair

Ana Brown and Jenna Fallaw

Vice President

Merel Ohler

Membership Team

Nick Waliser

Vice President & Membership Team

Toby Holleman

Equipment Manager

Robbie Lamb

Vice President

Kay Newman

Results, Calendar & much more

Jennifer Wirth

Vice President

Tom Hayes

Newsletter Publisher

Kathryn Hohmann

Vice President

Lisa Verwys

Website & Facebook Manager

Eric Veca

Vice President

Tomas Dumbrovsky

Website Admin

Neal Rainey

Vice President

RACE CALENDAR

Due to COVID-19 concerns, a lot of races, fun runs and gatherings have been cancelled or postponed including BSWD's April fun run "Back from M" and the Baldy Blitz. I have chosen, with optimism, to start this calendar in June with the events currently still scheduled.

J U N E

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.

J U L Y

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

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