

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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From the Prez

As we went to press last month, we were in the first stages of the coronavirus restrictions, and wondering if we'd be able to hold any in-person events this summer.



A month later, we seem to have passed the peak of infections in Gallatin County, and things are starting to open up -- but we still don't know when in-person events will be allowed. Accordingly, the Board is looking at virtual alternatives to our Fun Runs this summer, which we will discuss at our May 12th Board meeting. We're also collecting member feedback on these ideas via a survey, and will be using that input to formulate our specific plans. Look for news on our plans by mid-May!

We have had to cancel all our events through May, except the Baldy Blitz, which was moved to October 3rd. We will be making a Go/NoGo decision on the Old Gabe 50K and 30K events next week. We hope we'll be able to hold our races after June as scheduled. Through all of this, we are working out how we will handle cancellations and refunds. Despite some businesses opening up next week, groups of more than 50 won't be allowed for a while, and runners still can't travel to Bozeman from out of state for a race, as the 14-day quarantine is still in effect.

In the meantime, we locals are lucky to be able to continue to get out and run our roads and trails on our own (always maintaining our distance from others, of course!) -- and hope that soon, we'll be able to run again with our club friends! In the meantime, keep an eye on our website COVID page (<https://winddrinkers.org/covid-19-updates>) for the most current info on the situation.

THE MATURE RUNNER

By David Summerfield

How To Make The Most of A Virus

Not that we've all haven't had enough already! But since it's consuming so much of our waking moments these days, please allow me to have a little fun here. The only reason I started writing these articles back in 1996 was to make light of our situation, no matter what it was. Usually, the "situation" was the ridiculousness of what we do as runners. And I'm talking about serious runners. Back then (up until not too long ago...) I was among the most serious in town. I could and would click off a marathon ON PACE in the Fieldhouse – back when the 200 meter track was more open to "recreational" runners. It was obsessive, yes. I would join the MSU distance men's workouts on their track – with Coach Dale Kennedy's blessing. As I slowed through the years, he'd welcome me to the track to do my own workout so long as I didn't cut off any of his runners (I of course never passed anyone – it was more a question of not throwing his runners off balance as they zoomed by). I was an equally obsessive distance running coach at a NCAA Div III school in Illinois. I lived in a world of personal statistics and how to make sure they always got better (faster times, PR's) year after year after year.

Back to today's world. Has anyone found that the current general malaise of having to "stay-at-home" and do "social distancing" has only increased the efficiency and diligence of your daily workouts? We long distance runners (walkers, okay?) have the luxury of being accustomed to going out on the trail/road alone. It suits us fine. While obeying all the rules of the lockdown, how fortunate we've been given the green light to do what we love most to do! Miraculously, we're one of the 3 big exceptions to staying at home....getting food, meeting medical needs, and EXERCISE. How about that?

Stacy and I have loved ones in NYC where they pretty much have to stay inside. Our population density is so low here, we can roam the great outdoors at will. We are SO fortunate. This has allowed me the ability to go through my yearly rite-of-passage – which entails giving up the freedom of skate skiing and transitioning to the more gravity-bound activity of moving across the surface of the planet on my own power without the aid of gliding across snow. Sadly, the Crosscut Nordic Center just closed for pass-holders April 19th. The door swung shut, but the virus didn't notice. Nor did it notice my pilgrimage to the High School track. And the virus didn't notice how painful it was for my body. The track workout (mind you, I'm talking about for really Mature Runners only) – is much less of a full-body workout like skate skiing, so I have to compensate with the dreaded trifecta: pull-ups, push-ups, sit-ups. UGH.

I keep thinking the winter hours of poling up and down hills will keep me strong, no - stronger. HA! My 1st visit to the peeling blue hexagonal metal pull-up contraption at the end of the high school track found me unable to do ONE single pull-up. That's not fair.

Besides, there I was, having finished a decent 12:40 walking mile, exhausted and having to wait six feet away from the hexagonal machine while two high school show-offs took turns trying to one-up each other – endless pull-ups. They finally moved away from the blue torture contraption, so I could have my turn at what? Almost ½ a pull-up. At least they didn't laugh out loud.

Yes, I was jealous – they probably saw me stare. It brought up from some deep place in a memory bank that “I used to do that”....was it this lifetime? And another thing, as a former coach, every workout HAS to show some kind of progress – any kind will do. The curve has to keep going up, on any level. So, 2 days later – at the track of course, I did a full ½ pull-up. Now that is measurable progress! And what really motivates me to keep doing this endless dance of workouts? Here's the very frank truth – its called Frank Newman. At the end of winter, and we're talking about many decades of doing this, I HAVE to be physically able to complete the Frank Newman Marathon the Saturday of Memorial Day weekend. That's the only reason. The only logical explanation is....I'm obsessive. I've written each year about this event. For a long time it used to be the only relaxing marathon when I was ticking them off all the time. Now, it's the ONLY marathon I dare do each year. And also because Kathy Brown and Bob Wade let me do it. On my own terms (we start our own watches, and self-support ourselves with hidden food/drink along the way).

Then I read that it's been canceled. What? Not on your life. We will toe the line (hopefully with Stacy at my side again) around 5am May 23rd. We'll leave a car at Bozeman Pass, that's where Stacy waves good-bye (or decides to keep going with me), and we'll end at Sacajawea Park on the Yellowstone River. Now, that's a decent excuse to go to the track and up the mileage bit by bit over 5 or so weeks, wouldn't you say? And that, folks, keeps my own obsessive mind off the world-wide obsession.

And today? I'm off to the track in hopes of getting a full pull-up. If not, I'll find some way to notch an improvement in some category....I have so many of them up-my-sleeve!



RACE CALENDAR

We are doing our best to react and update events as soon as possibly. For the most up-to-date information, please refer to winddrinkersorg/covid-19-updates. Here are the events currently still scheduled. Fun runs from June on are still on as scheduled--every Wednesday evening.

J U N E 13

Old Gabe 30k/50k race

A U G U S T 8

Sweet Pea 5k/10k races

A U G U S T 15

Bridger Ridge Run

S E P T E M B E R 19

John Colter Run

S E P T E M B E R 30

Annual Meeting at the Lindley Center

O C T O B E R 3

Baldy Blitz (rescheduled).

O C T O B E R 1 - 3

Montana Senior Olympics in Missoula (rescheduled).

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

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Vice President

Jennifer Wirth

Vice President

Kathryn Hohmann

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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

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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