

THE WIND DRINKER

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



May Baldy summit, photo by Darryl Baker

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From the Prez

We initiated our Virtual Fun Run season this week, and we're off to a good start. We had 38 people "attend" this week's run and 10 who took up the associated challenge of getting out to run in their brightest running attire, to atone for the somewhat dreary weather (look elsewhere in this newsletter for the results)!

We've also been building momentum in our online Strava Club - over 35 members now, and growing each day!

Perhaps the best news was the May 19th announcement that we'll be moving into Phase 2 of the Governor's reopening plan and getting closer to being able to do group runs and races in person! With the opening of tourism season, we'll have to see how this goes--and whether there'll be any renewed outbreaks of the virus--but we're hopeful that we may yet be able to hold some of our most popular races this summer or fall. In the meantime, please keep up the running and participating in the virtual runs while we're in the early phases of reopening!

THE MATURE RUNNER

By David Summerfield

As promised, this Mature Runner HAD to go out and prove his abilities (now called stubbornnesses) and willingness to push through various challenges. The Frank Newman Marathon is always the last Saturday of May (Memorial Day weekend). It was cancelled. What? My rite of passage into summer CANCELLED?? No way José. Then the thought came—why not a “virtual” run? Well, there’s no way I’m going to “pretend” to do this marathon. After all, it’s the last (and only) running event I do every year. I have to keep the record going (see the above meaning of “abilities”). I’ve cajoled Bob Wade and Kathy Brown into letting me do this “on my own terms” every year....meaning I start at the old traditional starting line (the 200 yards past the 13 mile marker on Bridger Canyon Road, and imagining where the old “0” was paved over last year.....grrr). And I get to start anytime I want, like 2-3 hours ahead of the real start. Yes, the start has been changed to somewhere up Stone Creek out of safety’s sake. But I’m too stuck in my rut to go up the muddy Stone Creek! (remember, being stuck in a rut is called an ability). True to form, this year saw a “snow mixed with rain” forecast all of Saturday. Of course. How many of these silly marathons have blowing rain/snow in your face all the way from Bozeman Pass to the Sacajawea Park?

So, here’s what happened. My family convinced me they really wanted to accompany me to Bozeman Pass. Stacy and 17-year old Jacky. They verified they were not being forced in any way to do this. I kept double checking, even right up until we took off. BUT—since there was NO event going on due to the COVID-19, I had the luxury of doing the marathon on Sunday instead. I changed the rules—that’s the hallmark of being a Mature Runner: you just make up your own rules—but follow them to the nth degree. The “improved” forecast for Sunday was for no rain. Accuweather and the Weather Channel both agreed. Being suspicious Sunday morning as I walked the dog in the rain at 3:30am, I checked one more time with Accuweather.....“there is a stationary front over Bozeman but clearing over Great Falls.” Hmmm, so....we parked the car at the start on Bridger Canyon Road, stepped out into a drizzle, and started walking. Low clouds, no—we were walking IN the clouds. The Bridger Ridge was shrouded until we reached Livingston. No views. Our ravings to Jacky about the amazing views of snow-clad peaks, luscious green meadows, and abundant wildlife was challenged for most of the day. And the snow was mixed with the rain, of course.

Our theme became “Oh Boy”—said with hints of various degrees of sarcasm at every turn—whenever we’d pass a mile marker (yes, I’ve memorized all the mile marker locations after so many years of doing this)—or seeing the beauty of a low cloud hanging over a grassy pasture, or hearing a bird song. But we persevered. We DID see the same 20 or so elk around mile 4.5 on Jackson Creek, but this year in the rain, they weren’t energized enough by our passage to jump across the fence in front of us. We did see and hear many Sandhill Cranes, a rabbit, a deer, a muskrat in a pond, and no howling wolves at the Howlers Inn.

With no “official” clock ticking, I gratefully got into our waiting car at Bozeman Pass and wondered out loud about continuing (a shameful thing to do). I ended up spending 18 minutes in the car, got over my wavering, and took off again. True to tradition, the second half of the marathon was everything I’ve trained for all these decades: digging deeply and just plain ‘ol “going for it”.

That, folks, is what Mature Runners love to do. That’s what distinguishes us from others, we continually set ourselves up for a much anticipated situation. Don’t we always search for opportunities to dig down into our core, and come up with some ability we seldom use anymore? We used to do this on a regular basis. I’d give one workout per week going ‘all out’ in some way or other. The thought was to keep “race ready”. With aging bodies, true “racing” just doesn’t happen the way it used to. I do have to admit that there are many runners in their ‘70’s and ‘80’s who are still intent on establishing records for their age divisions. So, it looks like my definition of a Mature Runner is someone who has “matured” past the need for recognition of athletic prowess, and is now just running/walking for the pure joy of “doing it” for its own sake. And that’s pretty much a therapeutic thing. There. I’ve said it. Running/walking is our therapy. Bringing inner peace to the surface through an activity that is still very physical.



Stacy and Jacky at Bozeman Pass during David's Frank Newman Marathon.

Back to Frank Newman. The finish time would make no difference. And to be very Frank (again), all the previous marathon times on this course, (or on any other for heaven’s sake!) really make NO sense. Yes, the number would go on my log (going back to the 1st FNM back in 1995) just one more entry below last year’s entry. I hope the reader understands the irony of keeping personal records. And yes, I did spend many moments during the last 10 miles of this marathon figuring what average pace I needed to get “under” last year’s time. How silly is that, after explaining why finish times make NO difference. HA. They do, personally, but it is such a fleeting thing.

So, a final definition of a Mature Runner is one who does silly things out of habit, and then moves on, ready for the next opportunity to do silly things.

MAY VIRTUAL FUN RUN RESULTS

We had 38 people who submitted Virtual Runs for week #1--see results and photos below! Don't forget to submit your milage at <https://winddrinkers.org/trailhead/2020-summer-fun-runs-member-entries/> for next week's fun run.

We also saw on the BSWD Strava Club that Brett Valentine ran most of the Frank Newman Marathon this past weekend. Bravo!

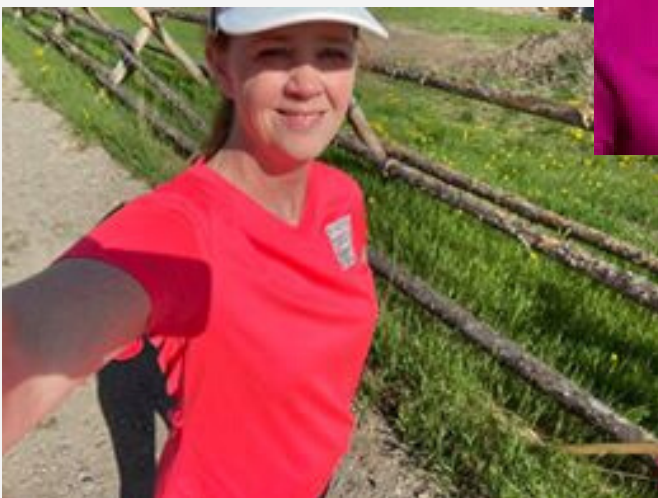
Leigh Holleman	8
Alex Saunders	6
Jason Nicholas	5.5
Teresa Galli	5.43
Natasha Walth	5.03
Charles Smith	5
Darryl Baker	5
Nancy Baker	5
Rob Maher	5
Neal Rainey	4.8
Andrea Hamre	4.79
Jacki McGuire	4.5
Robbie Lamb	4.37
Ryan Grady	4.1
Don Rodgers	4
Necia Nicholas	4
Leonard Baluski	3.8
Andrea Abrahamson	3.5
Mike Veselik	3.5

Jeff Johnson	3.22
Leslie Schmidt	3.2
Corey Johnson	3.19
Lynn Hellenga	3
Natalie Nicholas	3
Tracy Dougher	3
Gary Hellenga	2.82
Craig Hildreth	2.8
Kristin Harbuck	2.6
Dan Krza	2
Danielle Skjelver	2
Jean MacInnes	1.9
Menno Ohler	1.43
Merel Ohler	1.43
Nathaniel Ohler	1.43
Otto Ohler	1.43
Tycho Ohler	1.43
Carol Alvarado	1
Kay Newman	1

FUN RUN PHOTO CONTEST

Congrats to Gary for brightest outfit and thank you all who participated, proving we can continue the spirit and comrade of BSWD running even when we are apart.

The next challenge is: oldest, or most classic race t-shirt. To submit, attach your photo to the run on Strava (don't forget to join the Big Sky Wind Drinker's Strava club), post on the BSWD Facebook page or email it to us.



FUN RUN PHOTO CONTEST



RACE CALENDAR

We are doing our best to react and update events as soon as possible. For the most up-to-date information, please refer to winddrinkers.org/covid-19-updates. Here are the events currently still scheduled.

AUGUST 8

Sweet Pea 5k/10k races

AUGUST 15

Bridger Ridge Run

SEPTEMBER 19

John Colter Run

SEPTEMBER 30

Annual potluck at the Lindley Center

OCTOBER 3

Baldy Blitz (rescheduled).

OCTOBER 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

Robbie Lamb

Vice President

Jennifer Wirth

Vice President

Kathryn Hohmann

Vice President

Eric Veca

Vice President

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Vice President

Mira Brody

Secretary & Newsletter Editor

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Treasurer

Darryl Baker

Membership Chair

Merel Ohler

Membership Team

Toby Holleman

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

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