

THE WIND DRINKER

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



The Devil's Backbone, July 2020, photo by Mira Brody

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FROM THE PREZ--

Earlier this summer, we were hoping we'd be back to "normal" for our regular fun runs and races by August, but it hasn't worked out that way. Within the past two weeks, we've had to make the difficult decisions to cancel the Bridger Ridge Run and the John Colter race. We are also taking the Sweet Pea 5K and 10K races virtual this year. Pretty much all this summer's events that haven't cancelled, have gone virtual - in fact, there have been quite a few virtual races to choose from, including the Bozeman Running Company's Brew Pub 5K runs, the Montana Endurance Challenge series of uphill events, and the Godfrey Saunders Run for Social Justice.

What I'm noticing, from postings on Strava and Facebook, is that a lot of people are getting out into the mountains a lot, to put in their miles - one 'silver lining' to the virtual race thing is that you can do your runs wherever you like. Great views, and built-in social distancing (I put in 10 miles of admittedly mostly walking yesterday on a trail, and saw no one else the whole way - pretty good for a Saturday around here!).

Many of our members are using the virtual run concept to keep up their participation stats - usually by this point in the summer, our fun runs would only have 1 or 2 runners with perfect attendance, but this season, we've got quite a few who have ticked a run every week so far! We continue to get good participation in the Challenges, too - some really impressive efforts have come in on some weeks!

Speaking of participation, the Wind Drinkers Board approved a Participation Awards scheme developed where runners will earn points for runs, volunteer stints, etc., and can use those points to order prizes. Look for details coming out shortly in one of our weekly virtual fun run reminder emails!

THE MATURE RUNNER

By David Summerfield

Mature Runners Love to Smell the Flowers

If I write an article for the BSWD Newsletter, it has to be about something I am actually living right now. And with all these years of talking about the "Mature Runner" - well...it's stretching it a bit now. I'm not really running any more. Oh, I can still run, but it just doesn't come off too well - it feels like I'm missing some body parts, or the essential parts are stored away in some locked drawer somewhere. But I still love making fun of the crazy antics distance runners come up with - so they can keep on running whether they should or not. So, for this August 2020 article, I have to make some more confessions.

I completely love walking up the Sourdough Trail. Stacy and I love the terrain, the meeting up with Sourdough regulars, seeing the newest flowers come into bloom, watching the river level change week-by-week. There is a definite Sourdough community out there, and you become a member of this community just by showing up once. If it grabs you, and enters into your heart and soul, you have become part of this special community. A good example is from yesterday - Stacy went to the "Bridge"- that dreaded word to some people, the goal of a lifetime for others, or just another ho-hum 9.5 miler.

Yesterday, Stacy ran into an old friend - Rudy. He's 90+ years old, and they meet less frequently

now, but there he was with his family in tow – standing around the new 2 ponds ¼ mile up the trail. When you don't see a real 'ole timer for awhile, there's that nagging suspicion something must have happened. But there he was with his indomitable smile. After a warm greeting, she moved on up the trail. After awhile, she realized she hadn't said a word about how much she loves him. There might not be another chance!

This being Sourdough Trail, even people you don't know are your potential best friends. So, further up the trail a couple horses were coming down. Without hesitating, she flagged them down, and explained the whole scenario – and would they please find Rudy (probably still near the ponds) and tell him his friend Stacy wants him to know she loves him. There, that should do it. But then a few minutes later, a runner came around a corner – going faster than the horses, so she flagged down the runner – and went through the same routine – sharing the message to find Rudy and let him know Stacy loves him.

So, what IS this article about? Telling people you meet on the trail that you love them? Yes, and it's really about becoming more familiar with an important part of your neighborhood. And just plain 'ole being neighborly. It can be done 6 feet apart.

And this leads me into meeting some of my very best friends on the trail – the flowers. The following is a horrible admission – how about NOT trying to see how fast you can get from point A to point B? Well, it does have its benefits. You get to smell (admire, eat, take a picture of) the flowers. You might not burn as many calories. So, I too want to share the “Rudys” I've met this past week.

Do I need to say “go up Sourdough soon” and follow my directions to find my best friends? It's up to you. Let's start with the most startling flower most people don't know about. They have never been so abundant in memory. They are called the White Bog Orchid. For the scientifically inclined....*Platanthera dilatata* of the Orchidaceae family.



I'm talking about 50-60 teeny little orchids all clutching a tall stalk. I guarantee you can't see the orchids if you're running by. The stalk is 1-2 foot tall, but you have to stop, get really close, and put your face right next to the stalk to see actual orchids growing wild. Do it – go find them! The 1st stand is on the left – about 1.6 miles up the trail.

They need standing water, which you'll see puddling along the trail there. Then the next place that's easy to see is on that wide, circular curve in the trail before you crest at 4.5 miles – before going straight down to the Bridge. You'll see the standing water on the left, and suddenly dozen of orchid stalks. Want more? One of my favorites that just started blooming this week is the Yellow Evening Primrose (*Oenothera biennis*). There's so much to say about this flower. Again, it grows on the left side of the trail going up and is



scattered all up and down the trail – though I haven't seen them much before the 1 mile mark. Their stalk is several feet high, and looks just like the cinquefoil (5 petals) – but this flower only has 4 petals, or the cleft can make it look like 8. Soft yellow – and in full bloom can be 1-2 inches across. The “evening” in the name is because it can stay in bloom at night, and closes up in the morning. So, it opens up in the afternoon. The petals are sweet – and edible. Walking the sidewalks along Durston Road right now – there are several commercial ones with HUGE yellow petals – low to the ground, almost no stalk.

OK. Gotta stop pretty soon. But last week, just

walking along the trail around the 4 mile mark was this Gorgeous Puffball a few inches off the trail. I instantly realized this was a prize – a mushroom in Perfect ripeness. I grabbed it, took a bite – and shared it with Stacy who has learned to trust some of my more questionable habits. The rest went home with us, and provided several nights' salads with great taste. Where to find them? No clue. They just appear. If you find one “just” past its prime (not firm), it's BAD to eat. No, I'm not trying to tease you. They can pop-up just about anywhere. White, round top. Firm. They come in all sizes (1/2 inch to 1 foot in diameter). When they “go to seed” – the round ball becomes brown, filled with 1000's of spores that go “puff” if you step on them. So...the challenge – go find a good one and EAT IT! See y'all along the trail ...

–David Summerfield



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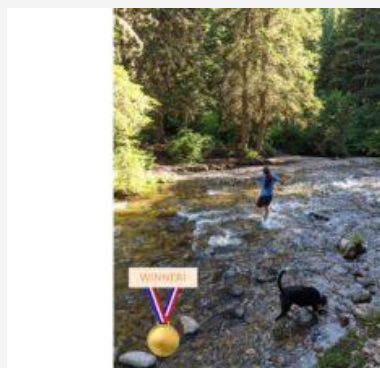
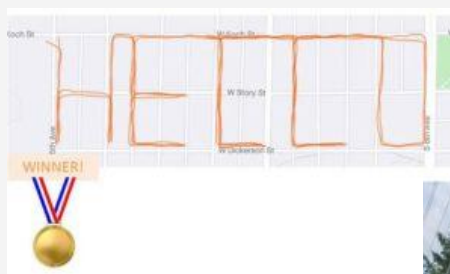
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Website Admin

FUN RUN RESULTS FOR JULY

Week 7 Results – Summer 2020

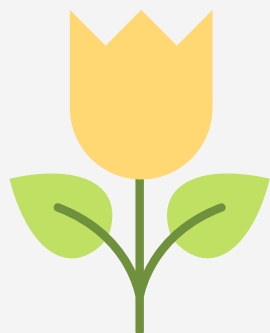
Name	Distance	Location
James Jong	13.31	Other (not in list below, or custom route)
Darryl Baker	10.9	Other (not in list below, or custom route)
Robyn Miller	10.76	Triple Tree
Kelly Sprinkle	10.27	Triple Tree
Don Rodgers	10	Other (not in list below, or custom route)
Robbie Lamb	6.5	Other (not in list below, or custom route)
Teresa Galli	6.1	Other (not in list below, or custom route)
Finn Wirth	6	Bozeman (Sourdough) Creek
Jennifer Wirth	6	Bozeman (Sourdough) Creek
Sam Bass	6	Other (not in list below, or custom route)
Angie Kocielek	5.75	Bozeman (Sourdough) Creek
Leanne Roulson	5.25	Bear Canyon
Natasha Walth	5.05	Other (not in list below, or custom route)
Jason Nicholas	5	Bozeman Pond
Natalie Nicholas	5	Drinking Horse
Gary Hellenga	5	Peets Hill/Bite of Bozeman
Karen Funke	4.75	Other (not in list below, or custom route)
Rob Maher	4.6	Other (not in list below, or custom route)
Gail Cary	3.65	Other (not in list below, or custom route)
Leonard Baluski	3.2	Bozeman Pond
Jacki McGuire	3.1	Other (not in list below, or custom route)
Steve McGuire	3.1	Other (not in list below, or custom route)
Leslie Schmidt	3	Other (not in list below, or custom route)
Necia Nicholas	3	Triple Tree
Jean MacInnes	2.6	Other (not in list below, or custom route)
Bob Wade	2.6	Other (not in list below, or custom route)
Corey Johnson	2.58	Other (not in list below, or custom route)
Kristin Harbuck	2.54	Other (not in list below, or custom route)
Angie Johnson	2.51	Other (not in list below, or custom route)





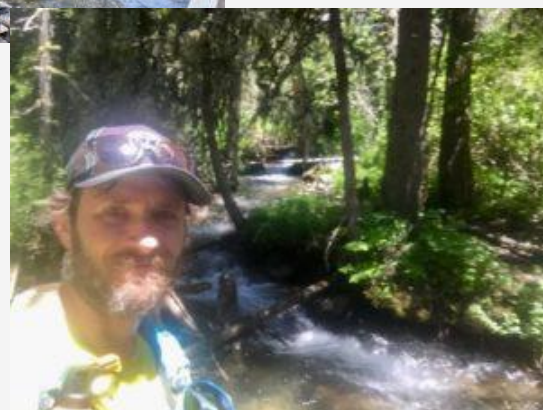
Week 9 Results – Summer 2020

Name	Distance	Location
Neal Rainey	6.6	Peets Hill/Bite of Bozeman
Natasha Walth	6.1	Other (not in list below, or custom route)
Mike Veselik	6	South Cottonwood
Charles Smith	5.7	Highland Glen
Robbie Lamb	5.5	Southside Trails (Buchl potluck)
Rob Maher	5	Other (not in list below, or custom route)
Darryl Baker	4.8	Other (not in list below, or custom route)
Karen Funke	3.5	Peets Hill/Bite of Bozeman
Sam Bass	3.5	Other (not in list below, or custom route)
Leonard Baluski	3.2	Triple Tree
Leslie Schmidt	3	Other (not in list below, or custom route)
Corey Johnson	3	Other (not in list below, or custom route)
Gail Cary	3	Triple Tree
Don Rodgers	3	Other (not in list below, or custom route)
Gary Hellenga	2.07	Highland Glen
Jean MacInnes	1.6	Other (not in list below, or custom route)



Week 8 Results – Summer 2020

Name	Distance	Location
Rob Maher	10.8	Other (not in list below, or custom route)
Darryl Baker	7	Middle Cottonwood
Teresa Galli	6.92	Other (not in list below, or custom route)
Natasha Walth	5.4	Triple Tree
Martin Rollefson	5.2	Peets Hill/Bite of Bozeman
Gary Hellenga	5.2	Middle Cottonwood
Kelly Sprinkle	5.04	Hyalite Reservoir
Jennifer Wirth	5	Highland Glen
Jacki McGuire	5	Treasure Run (McGuire potluck)
Steve McGuire	5	Treasure Run (McGuire potluck)
Robbie Lamb	4.8	South Cottonwood
Charles Smith	4.3	Middle Cottonwood
Karen Funke	4	Other (not in list below, or custom route)
Leonard Baluski	4	South Cottonwood
Kristin Harbuck	4	South Cottonwood
Leslie Schmidt	3.4	Other (not in list below, or custom route)
Corey Johnson	3.03	Bear Canyon
Finn Wirth	3	Highland Glen
Gail Cary	3	Highland Glen
Angie Johnson	2.94	Bear Canyon
Bob Wade	1.98	Other (not in list below, or custom route)
Jean MacInnes	1.9	Other (not in list below, or custom route)
Andrea Hamre	0.8	Other (not in list below, or custom route)



HAULING WATER FOR THE RIDGE RUN

By Darryl Baker

Although the Bridger Ridge Run was canceled and we won't need the water we hauled, there are always special stories when we haul water for BRR and this year was no exception.

A good friend of mine Tim Griffiths, was badly hurt a few years ago in a skiing accident and wasn't sure to what extent he'd ever be able to recover. He had run numerous big time races including the Big Horn 100 a couple of times and the Hurt 100 in Hawaii. We had a lot of interest this year in hauling, and he wanted to haul so I put an elk on it and the Baldy label, and had him haul it up from the bottom.

This is what he wrote after he placed the last jug at Baldy:



"That was a very special summit for me this morning. It was on this very mountain not far from this point that my whole world changed in the blink of an eye...I honestly wasn't sure if I'd ever be able to have the ability to get to the top let alone pack 2 1/2 gallons of water up there. So sweet cresting the rise and knowing I was in fact getting back on top. And although I had planned to hike back down, I ended up jogging the whole way with a big smile on my face. Thanks for saving this jug for me buddy. ☐"

And this is what I wrote back to him: "And that my friend was the sweetest jug of all. Good job man." – Darryl

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
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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