

# THE WIND DRINKER

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



*Hurricane Pass, Aug. 2020, photo by Mira Brody*

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*Wind Drinkers,*

For someone who loves races—the energy, the cowbells, the snacks, the post-race parties—this summer has been tough. I had big plans to train and run my first Rut 50k: my longest run. In the midst of processing that it wouldn't happen this year, my training buddies and I jumped in the car, drove down to Jackson, and ran the entire Teton Crest Trail instead, something I probably wouldn't have done in a year that involved careful planning, nutrition and timing around race schedules.

So I guess the lesson of cancelled plans is: just jump in the car and go for it.

*—Editor*

# FROM THE PRZ

## Gary Hellenga

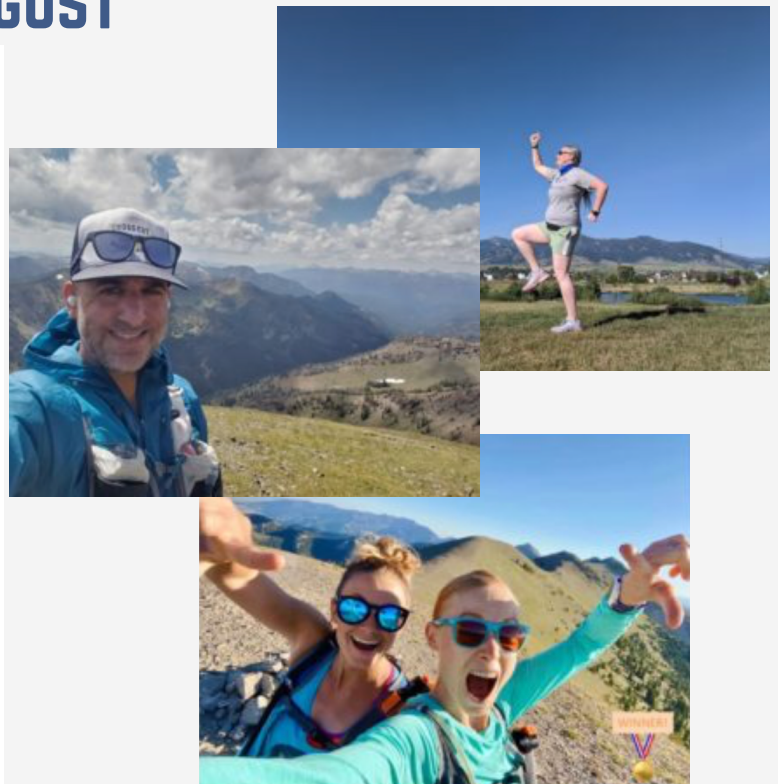
As we head into September, we'd really expected we'd be back to more-or-less normal running and racing schedules for Fall. Instead, we're heading into uncertain times, as MSU and local schools try to conduct at least partially "in-person" instruction, while stories of less successful efforts in other areas of the country fill our news feeds. Our late-summer/early-fall classics like the Ridge Run and John Colter Run, unfortunately, had to be cancelled. Yet, we're starting to see a few glimmers of hope! Though state-wide virus numbers still remain stubbornly elevated, local counts in Gallatin County and surrounding counties have steadily dropped. We were able to complete a virtual edition of the Sweet Pea Run recently, and have hopes we'll yet be able to hold the re-scheduled Baldy Blitz in early October as an actual in-person race, in some form or another. The Bozeman Running Company also has brought one of their popular Springtime events, the Expedition 12k, forward into the fall (September 27th), and still plans to hold the Foothills 16K on October 17th. Let's hope this trend of increasing in-person events continues!

On a scheduling note, the City of Bozeman has cancelled our use of the Lindley Center for our Annual Meeting on September 30th. We are looking at alternate possible sites that might allow for a socially-distanced in-person meeting - we hope to announce a new plan by mid-September, so stay tuned.

## FUN RUN RESULTS – AUGUST

### Week 10 Results – Summer 2020

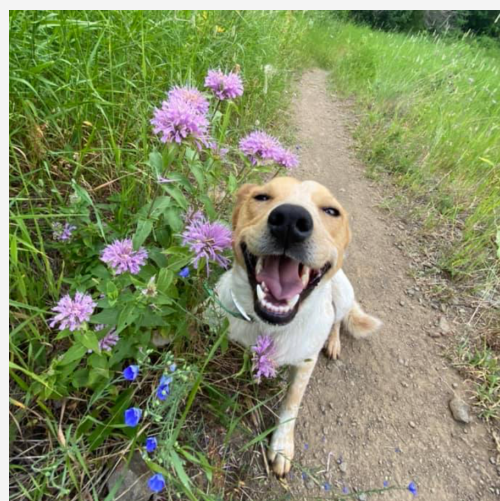
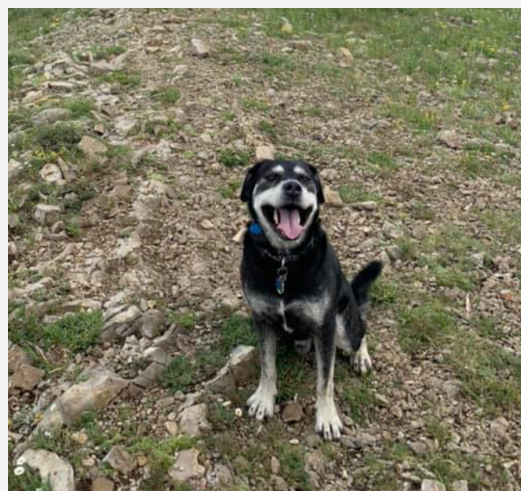
Name	Distance	Location
Rob Maher	13	Other (not in list below, or custom route)
Teresa Galli	9	Other (not in list below, or custom route)
Leanne Roulson	6.21	Lindley Park
Natasha Walth	6.15	Other (not in list below, or custom route)
Charles Smith	5.46	Triple Tree
Darryl Baker	5.3	Triple Tree
Robyn Miller	5.07	Bear Canyon
Kelly Sprinkle	5.02	Bear Canyon
Kelly Sprinkle	5.02	Bear Canyon
Karen Funke	5	Triple Tree
Robbie Lamb	3.36	Other (not in list below, or custom route)
Corey Johnson	3.05	Other (not in list below, or custom route)
Angie Johnson	3.01	Other (not in list below, or custom route)
Leslie Schmidt	3	Other (not in list below, or custom route)
Andrea Abrahamson	3	Other (not in list below, or custom route)
Don Rodgers	3	Other (not in list below, or custom route)
Gail Cary	3	Other (not in list below, or custom route)
Kristin Harbuck	3	Other (not in list below, or custom route)
Leonard Baluski	2.7	Hyalite Reservoir
Ryan Grady	2.5	Regional Park
Sam Bass	2.4	Other (not in list below, or custom route)
Angie Kocielek	2	Other (not in list below, or custom route)
Jean MacInnes	1.3	Regional Park
Bob Wade	1.25	Regional Park





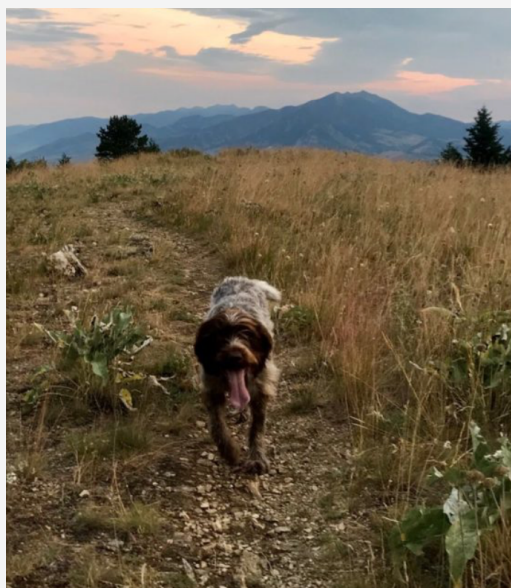
# Week 11 Results – Summer 2020

Name	Distance	Location
Darryl Baker	11.4	Other (not in list below, or custom route)
Rob Maher	11	Other (not in list below, or custom route)
Natasha Walth	6.3	Other (not in list below, or custom route)
Charles Smith	5.3	Other (not in list below, or custom route)
Gail Cary	5.2	Triple Tree
Andrea Abrahamson	4.6	Triple Tree
Ryan Grady	4	Bozeman Pond
Don Rodgers	4	Other (not in list below, or custom route)
Robbie Lamb	3.86	Other (not in list below, or custom route)
Kelly Sprinkle	3.8	Drinking Horse
Robyn Miller	3.78	Drinking Horse
Corey Johnson	3.11	Other (not in list below, or custom route)
Kristin Harbuck	3.08	Bozeman (Sourdough) Creek
Asher Rodgers	3	Other (not in list below, or custom route)
Leslie Schmidt	3	Other (not in list below, or custom route)
Leonard Baluski	2.4	Bear Canyon
Sam Bass	1.5	Other (not in list below, or custom route)
Bob Wade	1.4	Bozeman Pond
Jean MacInnes	1.4	Bozeman Pond



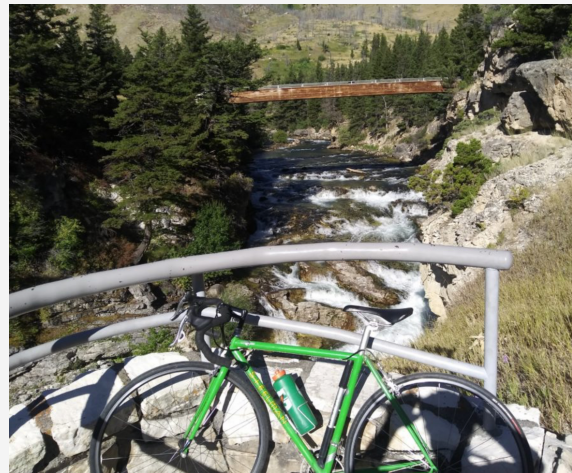
# Week 12 Results – Summer 2020

Name	Distance	Location
Leanne Roulson	7.57	Other (not in list below, or custom route)
Natasha Walth	6.5	Regional Park
Gail Cary	6.2	Other (not in list below, or custom route)
Teresa Galli	6.2	Other (not in list below, or custom route)
Kelly Sprinkle	5.03	South Cottonwood
Robyn Miller	5.01	South Cottonwood
Charles Smith	5	Hyalite Reservoir
Rob Maher	5	Other (not in list below, or custom route)
Robbie Lamb	4.8	Other (not in list below, or custom route)
Don Rodgers	4	Other (not in list below, or custom route)
Andrea Abrahamson	3.5	Other (not in list below, or custom route)
Ryan Grady	3.3	Other (not in list below, or custom route)
Kristin Harbuck	3.25	Lindley Park
Corey Johnson	3.2	South Cottonwood
Leslie Schmidt	3	Other (not in list below, or custom route)
Leonard Baluski	2.3	Middle Cottonwood
Jean MacInnes	1.1	Glen Lake Rotary Park (East Gallatin Rec Area)



### Week 13 Results – Summer 2020

Name	Distance	Location
Teresa Galli	7	Bozeman (Sourdough) Creek
Natasha Walth	6.1	Regional Park
Kelly Sprinkle	5.3	Cherry River Fishing Access
Robyn Miller	5.3	Cherry River Fishing Access
Rob Maher	5	Other (not in list below, or custom route)
Darryl Baker	5	Other (not in list below, or custom route)
Gail Cary	4.6	Triple Tree
Charles Smith	4.5	Lindley Park
Leanne Roulson	4.05	Southside Trails (Buchl potluck)
Karen Funke	4	Middle Cottonwood
Andrea Abrahamson	3.5	Other (not in list below, or custom route)
Angie Johnson	3.25	Peets Hill/Bite of Bozeman
Leslie Schmidt	3.2	Other (not in list below, or custom route)
Don Rodgers	3	Other (not in list below, or custom route)
Leonard Baluski	2.9	Treasure Run (McGuire potluck)
Corey Johnson	2.9	Regional Park
Ryan Grady	2.5	Regional Park
Robbie Lamb	2.23	Other (not in list below, or custom route)
Jean MacInnes	1.2	Other (not in list below, or custom route)



### Week 14 Results – Summer 2020

Name	Distance	Location
Teresa Galli	9.88	Bozeman (Sourdough) Creek
Charles Smith	8	Other (not in list below, or custom route)
Ryan Grady	8	Other (not in list below, or custom route)
Natasha Walth	6.7	Regional Park
Don Rodgers	6	Other (not in list below, or custom route)
Kelly Sprinkle	5.06	Peets Hill/Bite of Bozeman
Andrea Abrahamson	5	Cherry River Fishing Access
Darryl Baker	3.9	Drinking Horse
Kristin Harbuck	3.6	Treasure Run (McGuire potluck)
Leslie Schmidt	3	Other (not in list below, or custom route)
Corey Johnson	2.95	Other (not in list below, or custom route)
Leonard Baluski	2.8	Lindley Park
Gail Cary	2.7	Other (not in list below, or custom route)
Asher Rodgers	2.4	Drinking Horse
Jean MacInnes	1.1	MSU Stadium/Track trails
Bob Wade	1.1	Other (not in list below, or custom route)



# THE MATURE RUNNER

**By David Summerfield**

As these lazy summer days drift by, I'm reminded of a memorable BSWD Potluck held at Tim Adams' and Marybeth Jones' house. Back then, I was a regular Fun Runner, especially the potlucks, where I was guaranteed great food (runners' types). I usually brought two Domino's pizzas, knowing I could at least eat one whole one if I got there late. Well, this time was when Arne Hovin was still around. He was as quirky as they come, so we fit in well together. His wife Carol was into all the esoteric New Age type movements, and took everything seriously. Arne immigrated to the US in 1953 and still had a strong Norwegian accent. He was the Associate Dean at the College of Agriculture at MSU, but to me seemed more interested in skiing the Birkebeinner and Rendezvous races in the winter, and doing all the local Montana runs in the summer. This scene happened about 20 years ago.

Arne ran the Ridge Run several times, and his last one was when he was 74. This Potluck happened around then. I sat down next to him on a stone wall and there he was....eating voraciously most of a BBQed Costco chicken. Now I knew he was a strict vegetarian. I had been to his house up Springhill Community Road several times, and they grew their own food – they had a huge greenhouse, and Carol made sure they were always eating just the right food to guarantee they'd live to at least 120. That was one thing we had in common – I was writing articles for the Wind Drinker back then, and this led me to buying a book they were using as a guidebook - "The 120-Year Diet" by Roy Walford, MD. The basis was to consume WAY less calories – the reason Western man doesn't live much over 90. We consume way more calories than we need. And they're not the good calories. So, we're talking about nutrition-rich food, but not calorie-rich. I know I consume WAY more calories than I probably need, even now. Back then, with a 10-mile/day run, I knew I "needed" at least 4000 calories. I never counted them. I would just eat until I couldn't anymore. That's pretty simple, no? And that happened for several decades.

And then Arne came into the picture. He was SO thin. And yet he was able to do the Ridge Run without any problem. He also set-up a cross-country ski course on his property and invited his neighborhood to use it all they wanted. I digress. Back to Arne getting all greasy-fingered with his Costco chicken. Of course I gave him a hard time, and he loved it. He never said "Don't tell Carol about this" – that was understood. But I got to witness his breaking the rules of his own game. The sad part of this story is that he developed Alzheimers, so they moved to Portland, OR to be near his son. And he soon passed away (he was 85), and then Carol followed soon after that. Sad, yes. But sadder because they had devoted so much time, energy, finances and creativity to a cause that appeared to hasten their demise. Did I ever try the diet? No. Something vital was missing in that regime, and I'm still wondering what it is. I continue to eat until something tells me to stop, and occasionally I overeat and don't feel well through the night. And I learn my lesson until it happens again.

Then almost on cue, I get an email from an old climbing buddy from Fort Collins. He could always “out climb me” any day, or carry a heavier pack, but we were always a good team. He’s also going through this “how to stay fit and healthy” as we age. He highly recommended David Sinclair, PhD’s newest book entitled “Lifespan – Why We Age – and Why We Don’t Have To”. Sinclair is a leading scientist in the field of aging and how to prevent it. I’m on page 122 and highly recommend it to anyone wanting to stay active and lead a good, long, healthy life. Here are a few key points I cannot help but harp on in the following months!

The 1st is all about the CR diet (calorie restriction) modified to the CRON diet (calorie restriction with optimal nutrition). This is what Arne was trying to do, but perhaps he missed one of the steps, which is unlikely since he was a lifetime scientist. I also think starting this kind of diet needs to be done earlier in life. So, IF (intentional fasting) is becoming more popular now. Problems can crop up if one goes at it to any extreme. Just skip a meal now and again. Give the body a chance to go into a kind of “survival” mode (or as Sinclair calls it – engage the “longevity gene”) – if only for a few hours or a day. I used to try this without anyone telling me to do it – I usually picked a Sunday where I would only eat fresh fruits. It always felt good afterwards. That was 20-30 years ago. I don’t know why I stopped. I also used to take five-week long expeditions into the mountains with patrols of “newbies”. We’d start out with food on our backs for 2-weeks, and we also carried ropes, climbing and fishing gear – average was a 60 pound pack. I would always lose around 15 pounds per trip – all the while feeling strong and full of vitality – and wonder why I felt so strong, while getting thinner. And it was never “malnutrition” – just a cutting back on what I really needed. (Of course during the 2-3 day interval between trips, I’d do my best to get those 15 pounds back as quickly as possible... oh those trips to the Safeway in Lander, WY.) The chapter on CR revived all sorts of memories that make sense. And the science behind it is very convincing. You should all read it!

That’s it for now. I know David Sinclair is leading the reader along to accept later on in the book his conclusion that no one HAS to “age” in the normal way – and can lead disease-free lives of good activity and become a Centenarian. Want to try?

– David Summerfield



## MEMBER PROFILE

*Each month, we will profile one or more members of the Big Sky Wind Drinkers (unless we don't - sorry, we didn't get any volunteers in August!). Our members are our greatest assets, and we'd like you all to meet as many of them as you can!*

### Meet David Ayala and Ana Brown!!

David and Ana came to Bozeman about 6 years ago, after Ana wrapped up graduate studies in California. David, who was originally from Utah, and Ana, who'd worked in the Tetons, were interested in small mountain towns in the West, so when David applied and was accepted to a Math faculty job at MSU, they were both thrilled to get the chance to make Bozeman home. In his interviewing process, David met long-time Wind Drinkers Tom Hayes and Liz McGoff, who also worked in the Math Department, and Tom and Liz introduced them to the running scene in Bozeman even before they were even officially residents. David is still with the Math Department, while Ana is currently working as a nurse at Bozeman Health, and studying to be a Nurse Practitioner.

They joined the Wind Drinker runs right away - starting with their first week here, when they participated in the MSU Track Fun Run. Since then, they've obviously moved on to greater things. David has established himself as a top long-distance runner in the region - not only is he the reigning Bridger Ridge Run champion (2019), but he recently set the Fastest Known Time (FKT) on the Sierra High Route, covering almost 200 miles of on- and off-trail terrain



*David and Ana on a recent trip to Granite Peak*

in the Sierra Nevada in just over 4 days' time. He also holds the FKT on the Wind River High Route, a mostly-off-trail 97 mile route across the roof of Wyoming, which he completed in just over a 48-hour period last year!

Ana has similarly excelled at long runs in tough mountain environments. She won last year's Bighorn Trail Run 18-Miler, and, in 2017, placed 1st, 2nd, or 3rd in every race she entered that year! She's also been a top finisher in the Ridge Run and the Huffing For Stuffing race.

But she, as well as David, say they really just like being able to run far, and fast, in the mountains. Neither has any definitive competitive running goals for the future - they just want to continue doing "adventurous" stuff in the mountains!

Despite their lofty achievements, David and Ana are pretty low-key, "normal" people! They've enjoyed being members of the Wind Drinkers, and can be found most Tuesday evenings hanging out with local runners at the Tuesday Night Track training sessions. They are enthusiastic ambassadors of a vegan diet, and have recently embarked on an exciting new adventure - they are planning on adopting two kids from Haiti in the near future! If you see David or Ana on a local trail - or flashing by on a local summit - be sure to say Hi!

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## BIG SKY WIND DRINKERS 2020 OFFICERS

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**Ana Brown and Jenna Fallaw**

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**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](http://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](mailto:miracbrody@gmail.com)